



MY SAFETY PLAN

Name:

Home Address:



1

LIST EXAMPLES OF AN EMERGENCY

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EMERGENCY NUMBERS TO CALL

- 911 for all emergencies
- Poison Control Center:
- Healthline: 811 or Saskatchewan Resource Line: 211

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PEOPLE I CAN CALL FOR HELP

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ACTIVITIES I CAN DO TO STAY CALM

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STEPS TO TAKE IN CASE OF AN EMERGENCY

1. Take a deep breath to remain calm.
2. Dial 911.
3. Tell the operator there's an emergency.
4. Say your name and where you are (the exact address).
5. Explain what happened and how many people are hurt.
6. Follow all of the operator's instructions carefully.
7. Stay on the line until the operator says it's OK to hang up.