

## Kids Safety: 4 Key Questions

### 1. Do I need help?

Are there warning signs that show you are beginning to struggle with your problem? These warning signs can include new or unusual thoughts, feelings, or behaviours. List them here.

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### 2: How can I cope?

What can you do yourself to take your mind off your problem? What obstacles might stand in the way of you coping with the problem?

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### 3: Who can you talk to?

If you are having problems dealing with your mood and problem by yourself, you should get in touch with family members or friends you trust. List more than one, in case your first choice isn't available to help you.

*Name*

*Contact info (phone number, email address)*

<i>Name</i>	<i>Contact info (phone number, email address)</i>

### 4: Which professional people can help me?

If your problem doesn't go away, or if you have suicidal thoughts, you should contact a professional who can help. Who could you call?

Local emergency number	911
Professional or agency	
Other professional	
Kids Help Phone	1-800-668-6868 <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>