HANDS LIFTING HEARTS
INITIATIVES SOCIETY
RESOURCE 07

MY SAFETY & SUPPORT MAP.

People, places and practical steps I can turn to

For African, Black and Caribbean families, youth, and caregivers in Alberta

Map your support options at your own pace. You deserve safety, care, and support.

Family Violence Prevention / Breaking Silence, Building Safety

Sponsored by the Ministry of Children and Family Services, Government of Alberta

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Alberta Government

Build your map at your pace

Thinking about support in advance can make options easier to remember when you feel overwhelmed or unsure. This map can be completed privately or with someone you trust.

Make this your own

Tick boxes and type in the spaces, or print and write by hand. Use a PDF reader that supports forms. You can skip any question, pause, or return later. There are no scores. Save only if it is safe to keep your answers.

Privacy matters. A completed workbook may contain personal information. Use a device and storage location you trust. If someone monitors your device, consider using a safer device or completing the activities without recording answers.

Choose an activity

How safe do I feel?

Warning signs I notice

People I can reach out to

Safer places and calming actions

My next steps if I feel unsafe

Professional and community support

Leave out names or details if recording them could put you at risk. You are not required to share this map. If you are in immediate danger, call 911. You do not need to complete any activity first.

How safe do I feel?

Choose the statement that best fits today. This is a personal check-in, not a risk assessment or prediction.

- ○ I feel safe
- ○ I feel mostly safe but stressed
- ○ I feel unsure
- ○ I feel unsafe sometimes
- ○ I feel unsafe often

What is happening that affects how safe I feel?

What support would help me right now?

Warning signs I notice

Tick any signs you recognise. You do not need to prove that a situation is serious before seeking support.

- [ ] I feel afraid to speak
- [ ] I feel controlled or watched
- [ ] I feel blamed or threatened
- [ ] I feel tense or anxious most days
- [ ] I feel isolated

Other signs I notice

When do these signs appear or become stronger?

A support option I could consider

Recognising warning signs can help you seek support sooner. Responsibility for harm belongs to the person causing it.

People I can reach out to

Choose people who respect your needs and privacy. Use initials or a description instead of a full name if that is safer.

Support person 1

Name or description and relationship

A safe way and time to contact them

Support person 2

Name or description and relationship

A safe way and time to contact them

Support person 3

Name or description and relationship

A safe way and time to contact them

Who feels safest to talk to first?

Safer places and calming actions

Think about places that may offer support or protection. Choose what is realistic and safe for your situation.

- [ ] A trusted friend or family member's home
- [ ] A community space
- [ ] A place of worship
- [ ] School or work

A place I could go and a safe way to get there

Another place or option if my first choice is unavailable

What helps me feel calmer?

You might find comfort in music, prayer, movement, quiet or talking with someone you trust. Choose what helps you; calming activities do not replace protection from harm.

Activities or actions that help me feel calmer

My next steps if I feel unsafe

Complete only what feels safe. You can develop or review a personalised plan with a trained support worker. In immediate danger, call 911.

Someone I can contact

A place I can go

A number or service I can call

A backup option if my first step is not possible

If I am supporting someone else

- [ ] Listen without judgment
- [ ] Respect their pace and choices
- [ ] Ask before sharing their information
- [ ] Encourage professional support when needed

Do not promise absolute secrecy. If someone is in immediate danger or a child may be at risk, seek appropriate help and explain any limits on confidentiality. You do not have to fix the situation alone.

Support you can choose

You do not have to complete this workbook alone. Choose a service that fits your needs. In immediate danger, call 911.

Hands Lifting Hearts Initiatives Society

Youth and family programs and information.

Kids Help Phone

Support and resources for young people across Canada.

ShelterSafe

Find women's shelters and their support services in Canada.

Government of Canada

Family violence information and support resources.

Plan for your safety

Practical safety planning information.

9-8-8 Suicide Crisis Helpline

If you are thinking about suicide or worried about someone, call or text 988. Available across Canada, 24 hours a day.

Call 988 | Text 988 | Visit 988.ca

One support option I may want to explore

Links above are clickable. Support information checked October 15, 2026. Sources: the official service pages linked above. This workbook offers reflection and planning activities; it is not a substitute for individual safety planning or professional support.

Prepared as part of the Hands Lifting Hearts Initiatives Society Family Violence Prevention: Breaking Silence, Building Safety Toolkit.