Even if you do everything you can to stay safe while in the community, things can happen. **Do not be afraid or embarrassed to tell someone you trust if you think you might be in an unsafe situation.**

List some people you trust here:

1. ______________________________________
2. ______________________________________
3. ______________________________________
4. ______________________________________
5. ______________________________________

**Other Good People to Call:**

- Adult Protective Services: 707-565-5940
- Child Protective Services: 707-565-4304
- North Bay Regional Center: 707-569-2000