Reverse the Trend of Irreversible Actions

**Store It Safe**

_A program of the Ohio Chapter, American Academy of Pediatrics_

Keep this information with you at all times – such as a picture in your phone – to help manage mental health crisis moments with teens.

**3 STEPS TO PLAN AHEAD:**

**1. Restrict Access - Store It Safe!**

• Keep all lethal means stored locked with no access for teens – this includes firearms, medications and alcohol

**2. Make a Safety Plan with your teen**

• Name 3 people to reach out to in a crisis – teacher, friend, or family member
• Increase adult supervision, such as screen monitoring
• Ask teens how they feel supported – be creative and plan for different situations
• Have agreed upon coping strategies available – see QR code or link for ideas
• Practice healthy skills to train the brain before times of crisis

**3. Understand Crisis will Happen**

• Remember – the first hour of a crisis is the most overwhelming
• Initial de-escalation of problems is essential so a crisis may pass
• The goal is to use a plan to calm the situation and seek care later
3 STEPS FOR TIMES OF CRISIS:

1. Provide a Safe Environment at All Times

- House icon
- Lock icon
- People icon

2. Follow the Safety Plan

- Phone icon
- Chat icon
- Policy icon

   • Enact the safety and communication plan
   • Give teens a safe chance to use coping mechanisms
   • Try the 5 Senses Grounding Technique. Find (or think of) and say out loud:
     - 5 things you can SEE
     - 4 things you can FEEL
     - 3 things you can HEAR
     - 2 things you can SMELL
     - 1 thing you can TASTE
   • Finish with a deep breath and exhale
   • For more ideas visit the link at QR code below

3. Call for Help

- Warning sign icon
- Doctor icon
- Phone icon

   • If crisis continues, be ready to ask for help from professionals
   • If you fear for immediate safety, bring teen to the ER or call police
   • Call a counselor or healthcare provider
   • Text HOME to 741741 for support

Scan this QR code to find more resources on our website

www.ohioaap.org/storeitsafe