

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 youth – this includes firearms, medications and alcohol

2. Make a Safety Plan with Your Child when Things are Calm



- Name 3 people to reach out to in a crisis – for example, a teacher, friend, or family member
- Increase adult supervision, such as screen monitoring
- Ask your child 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
- The safety plan helps the child get through the initial crisis safely
- Once the situation has been de-escalated, appropriate care can be sought



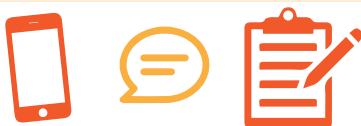
3 STEPS FOR TIMES OF CRISIS:

1. Provide a Safe Environment at All Times



- No access to lethal means
- In times of crisis, may want to remove all lethal means from the home

2. Follow the Safety Plan



- Enact the safety and communication plan
- Give youth 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



- If crisis continues, get help from professionals
- If you fear for immediate safety, call 911
- Call a counselor or healthcare provider
- Text HOME to 741741 for support
- Call or text the Suicide and Crisis Lifeline at 988



Scan this QR code to find more resources on our website

www.ohioaap.org/storeitsafe

Ohio Chapter

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