Reverse the Trend of Irreversible Actions

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