

Managing your Child's Mental Health Crisis

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 FOR TIMES OF CRISIS

1. Recognize when your child is having a mental health crisis

(displaying changes in mood/behavior that leaves you fearing for their safety)



2. Provide a Safe Environment at All Times

- No access to lethal means
- During the crisis, remove all lethal means from the home



3. 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



4. 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 4HOPE to 741741 for support
- Call or text the confidential Suicide and Crisis Lifeline at 988



CHECK OUT OUR FAMILY DISCUSSION GUIDE





GET PREPARED FOR A MENTAL HEALTH CRISIS

1. Restrict Access – Store It Safe

Whether your child has mental health concerns or not, youth should not have unsupervised access to any lethal means, including: firearms, alcohol, and prescription and over the counter medication. Keep these items locked away and ensure youth DO NOT know the location of the keys.



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

- Name 3 people your child feels comfortable reaching out to in a crisis – for example: a teacher, friend, or family member
- Ask your child how they feel supported – be creative and plan for different situations
- Have agreed upon coping strategies available – scan QR code below for links to 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



LIFE SIDE OHIO

BY YOUR SIDE. UNITED FOR LIFE.

OHIO'S VOICE FOR SUICIDE PREVENTION



Scan this QR code to find more resources on our website

www.ohioaap.org/storeitsafe