[S.I.S.]
Store It Safe

Managing your Child's Mental Health Crisis

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.

4 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

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Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

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, medications (prescription and over-the-counter), drugs and alcohol. 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

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BY YOUR SIDE. UNITED FOR LIFE.

OHIO'S VOICE FOR SUICIDE PREVENTION
OSPF
Ohio Suicide Prevention Foundation
OhioSPF.org

Scan this QR code to find more resources on our website
www.ohioaap.org/storeitsafe

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