If you or your child believe that things are getting worse, follow these steps:

- Ask your child if they are thinking about hurting themselves or others.
- Read your child’s Safety Plan and calmly help your child use their coping skills.
- Call your child’s mental health provider if your child is not using coping skills, feeling worse, or you are unsure what to do next.
- If unsure of how to help your child stay safe, call PIRC at 513-636-4124 to discuss if your child needs to come to the hospital or would benefit from adding services.
- Take your child to an emergency room or call 911 if:
  - your child is out of control
  - you can no longer keep your child safe
  - they have attempted suicide

List family and other adults your child can ask for help.

Mental health providers: Therapist, case manager, psychiatrist

School: Teacher, nurse, principal, coach, aides, other staff

Suicide Prevention Lifeline 1-800-273-8255

CCHMC Psychiatry Intake Response Center (PIRC) 513-636-4124

My child will talk to:

____________________________
____________________________

Safety Planning: Keeping Your Child Safe at Home
What is a Safety Plan?

A safety plan is a list of coping skills and people that your child can use before or during a crisis to stay safe. The safety plan can lower your child’s risk of suicidal and/or aggressive behavior by:

- Making your home safe
- Identifying warning signs
- Providing coping skills and a list of support persons

### Warning Signs

**Things your child may do:**

Yell, cry, argue, hit, pace, threaten others, break items, swear, be overly clingy, look for support, give away items, etc.

**My child’s unsafe actions:**

____________________________
____________________________
____________________________

**Thoughts your child may have:**

Want to die, want to kill others, or feel hopeless, worthless, lonely, isolated, etc.

**My child’s unsafe thoughts:**

____________________________
____________________________
____________________________

### Coping Skills

Activities may take your child’s mind off problems and provide distraction.

**Things your child can do alone:**

Listen to music, draw, color, exercise, deep breathing, play a video game, sleep, take a shower or bath, sing, work on a puzzle, etc.

**Things your child can do with others:**

Talk to a friend or family member, play a game, go for a walk, cook, etc.

**My child’s coping skills:**

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____________________________
____________________________

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**Make Your Home Safe**

Remove dangerous items from the home and/or lock them up.

- Weapons: guns, knives
- Medicines: over the counter, prescribed, and vitamins
- Sharp Objects: scissors, razors, pencil sharpeners, kitchen knives
- Choking items: ropes, belts, cords, plastic bags, long sleeves
- Poisons: bleach, household chemicals and cleaners
- Put away car keys

**Ask your child if they are having thoughts of hurting themselves or others**