

FAMILY HANDOUT: PATIENT SAFETY PLAN

Keep an eye out for changes in:

- Mood
- Irritability or behavior problems
- Isolation or avoiding others
- Not wanting to engage in activities that used to be enjoyable
- Sleep (more or less sleep)
- Appetite (eating more or less or changes in weight)
- Worrying
- Grades

Coping strategies:

- Listen to music
- Take a walk
- Talk to a trusted friend or family member: _____
- Find a safe space: _____
- Other: _____
- Other: _____

Professionals or agencies to contact during a crisis:

- Primary Care Provider _____ Phone _____
- Clinician Name _____ Phone _____
- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text "HOME" to 741-741
- 211, press 1 for Mobile Crisis Intervention Services (formerly EMPS)
- 988 Suicide & Crisis Lifeline, dial 9-8-8 to be connected to 24/7 free and confidential support
- The Trevor Project:
 - a. Call: 1-866-488-7386
 - b. Or Text "START" to 678-678
- 911

Making the environment safe:

- Eliminate access to fire arms
- Eliminate access to all sharp or dangerous items
- Eliminate access to household cleaners /chemicals
- Eliminate access to medication and alcohol