Children at Risk for Self-Harm or Harm to Others: Home Safety Guidelines (1/2)

Cardinal Pediatrics
304-599-8000

ACT RIGHT AWAY ON YOUR CHILD'S COMMENTS

IF your child mentions wanting to hurt themselves or others again, always take it seriously. This includes commends about death, dying, serious self-harm, seriously harming another person, or an attempt to end their life or another person's life

Take ALL comments and attempts seriously
KEEP TRYING these resources until you reach someone:

Cardinal Pediatrics Emergency Line
866-776-6486
Immediate Crisis
911

National Suicide Prevention Lifeline
1-800-273-8255
text: text "START" to 741-741
a live, trained specialist will respond

Closely Monitor your Child

Monitor your child at all times until at least the first follow-up appointment with a mental health professional. The clinician can assess your child's safety and talk to you about the continuing need for close supervision.

Close supervision means:

- Keep your child's bedroom door open at all times.
- Do not allow your child to be alone in any room of the house, including the bathroom, without leaving the doors open. Check on him often.
- Do not let your child visit friends, relatives or others unless there is constant adult supervision.
- Talk to the counselor or administrator at your child's school. Make arrangements for the child's safety needs to be met.

Let your child know you are available and willing to listen when he is ready to talk to you about what happened. Do not try to make him talk about the reasons for his actions. Many children are not comfortable discussing issues soon after discharge. Pressure to do so may make him feel worse. A more in-depth discussion will take place during your child's visit with a mental health counselor. Continue to use the support systems and coping strategies you and your child learned while he was in the hospital.

Encourage your child to follow his or her personal safety plan. It is helpful to make a few copies of the safety plan so you can post one in the child's room and on the refrigerator. Your child and his guardian or caretaker should each have a copy of the safety plan to carry with them all the time.

If your child seems to be in a better mood, do not assume this means that he is not at risk to hurt himself. Many times children hurt themselves when they feel less depressed and have more energy to carry out such actions.

304-599-8000

Remember we are only a text/phone call away!

Children at Risk for Self-Harm or Harm to Others: Home Safety Guidelines (2/2)

Cardinal Pediatrics
304-599-8000

ACT RIGHT AWAY ON YOUR CHILD'S COMMENTS

IF your child mentions wanting to hurt themselves or others again, always take it seriously. This includes commends about death, dying, serious self-harm, seriously harming another person, or an attempt to end their life or another person's life

Take ALL comments and attempts seriously
KEEP TRYING these resources until you reach someone:

Immediate Crisis
911
Cardinal Pediatrics Emergency Line
866-776-6486

National Suicide Prevention Lifeline
1-800-273-8255
text: text "START" to 741-741
a live, trained specialist will respond

Safety Proof The House

This may include things you have not considered before.

General guidelines are:

● **It is very important that all knives, guns and ammunition be removed from the home.** If that is not possible lock these items away to deny your child access. Store ammunition in a separate place from the firearm.

Research shows that having a gun in the home increases the risk of suicide.

● Search your house and your child's room. Look for any items that could be used to self-harm. These items include weapons, sharp objects, over-the-counter and prescription medicines (these might be hidden), belts, ropes, and cords.

● Lock up or remove all prescription **and** over-the-counter (OTC) medicines. We recommend a safety lock box for all medicines kept in your home. This includes such items as:
aspirin , Tylenol® , vitamins, supplements, all other OTC , prescription medicines

● Your child should not have access to alcohol, cleaning supplies and power tools. **"Out of reach"** is not enough. These items must not be accessible to your child at all. It is possible that all of these different items may have to be removed from your home for a long period of time.

● Be aware of items in the home that your child could use to cut off his air flow. These items include: plastic bags, balloons, belts and cord of any kind
(electric cords, cords from window blinds and vacuum cleaner cords).

● Take away your child's keys. Do not allow him or her to have access to a car until the first follow-up appointment with a mental health professional.

304-599-8000

Remember we are only a text/phone call away!

Patient Safety Plan Template

Cardinal Pediatrics
304-599-8000

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing

1.
2.
3.

Step 2 : Internal coping strategies - Things I can do to take my mind off my problems without contacting another person (relaxation techniques, physical activity)

1.
2.
3.

Step 3 : People and social settings that provide distraction

1. Name: Number:
2. Name: Number:
3. Place: 4. Place:

Step 4 : People whom I can ask for help:

1. Name: Number:
2. Name: Number:
3. Place: Number:

Step 5: Professional or agencies I can contact during a crisis:

1. 911
2. National Suicide Prevention Lifeline - 1-800-273-8255 text: text "START" to 741-741
3. Cardinal Pediatrics Emergency Line - 866-776-6486

Step 6 : Making the environment safe:

1.
2.
3.

The 1 thing that is most important to me and worth living for is:

304-599-8000

Remember we are only a text/phone call away!