

Reverse the Trend of Irreversible Actions

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 TO PLAN AHEAD:

1. Restrict Access - Store It Safe!



- Keep all lethal means stored locked with no access for teens – this includes firearms, medications and alcohol

2. Make a Safety Plan with your teen



- Name 3 people to reach out to in a crisis – teacher, friend, or family member
- Increase adult supervision, such as screen monitoring
- Ask teens how they feel supported – be creative and plan for different situations
- Have agreed upon coping strategies available – see QR code or link for 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
- Initial de-escalation of problems is essential so a crisis may pass
- The goal is to use a plan to calm the situation and seek care later



3 STEPS FOR TIMES OF CRISIS:

1. Provide a Safe Environment at All Times



2. Follow the Safety Plan



- Enact the safety and communication plan
- Give teens 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
- For more ideas visit the link at QR code below

3. Call for Help



- If crisis continues, be ready to ask for help from professionals
- If you fear for immediate safety, bring teen to the ER or call police
- Call a counselor or healthcare provider
- Text HOME to 741741 for support



Scan this QR code to find more resources on our website

www.ohioaap.org/storeitsafe

Ohio Chapter

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American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



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