

How You Can Make Your Home Safer (and County Crisis Numbers)

Once the current crisis has passed, you are at home and you have met with your child's outpatient mental health provider, the recommendations below should be discussed with that provider. Until that time, your job as a parent/caregiver is to help prevent another escalation/crisis to the best of your ability. The ongoing safety/security of your whole family is of utmost importance.

Please consider following the pre-emptive safety steps below.

Safety Proofing the Home

- Secure and lock up objects your child could use to hurt him/herself or others, such as:
 - **Medications**—All medication, including all over-the-counter medicines
 - **Sharp objects** such as knives and razors
 - **Strangulation objects** such as belts, cords, ropes and sheets
 - **Firearms and ammunition** should be locked and kept in separate locations
- If dealing with destructive or aggressive behaviors, lock up items that may be easily broken or used as a weapon.
- **Hiding locked items**—ensure that the items are hidden well and that your child does not know the location of these items.

Home Life

- In your home environment, maintain a “low-key” atmosphere while maintaining your regular routine.
 - Follow your typical house rules and be consistent.
 - Remember, safety is your foremost concern.

- Encourage your child to attend school, unless otherwise directed by your providers.
- Administer medications as directed by your child's medical/psychiatric provider.
- Provide appropriate supervision until the crisis is resolved.
- Attend the next scheduled appointment with his or her provider and at this appointment, continue working on your Crisis Prevention Plan.

In the Event of Another Crisis

- If you believe that you, your child or another person is unsafe, take your child to the closest Emergency Department.
 - Please consider your child's safety when transporting him or her in your own vehicle.
 - If you are unable to safely transport your child, call 911 to provide safe transportation.

Resources Numbers by County

King County

- King County Crisis Line: 206.461.3222 or 866.4CRISIS (427.4747)
- Children's Crisis Outreach Response System (CCORS): 206.461.3222
- King County Teen Link: 866.TEENLINK (833.6546)
- Teen can talk directly to another teen who receives crisis management oversight

Snohomish County

- Snohomish County Crisis Line: 425.258.4357 or 800.584.3578

Pierce County

- Pierce County Crisis Line: 800.576.7764 or 253.396.5180

Other County and Crisis Line

phone number: _____

Statewide Resources

- Alcohol Drug Help Line: 206.722.3700 or 800.562.1240 (Washington only)
- Alcohol Drug Teen Line: 206.722.4222 or 877.345.8336
- Text Crisis Line 24/7: Text “HELLO” to 741.741