**Crisis Resources**

**Suicide Prevention Lifeline**
1-800-273-8255

**Crisis Text Line**
Text MT to 741-741
A free, 24/7 text line
406-461-2382

**Safety Planning 101:**
A Guide for Parents

**Shodair Outpatient Clinic**
406-444-1125

**Suicide Safety Plan App**

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**LETHAL MEANS SAFETY**

**Lock + Limit Firearm Access**

- Ask a trusted friend or family member to keep firearms temporarily until the situation improves
- Call your local police precinct, gun range or shooting club to see if they offer temporary storage
- Store firearms unloaded and locked in a gun safe, lock box, or with a trigger lock
- Locking devices with combinations are safer than those with keys

**Lock Up Medications**

- Store all medications in a lock box or locked medicine cabinet
- Follow FDA guidelines for disposing unneeded medications

*Ask about Shodair’s FREE gun trigger lock program!*
What is a Safety Plan?

Crisis Safety vs. Personal Safety...

A crisis safety plan is a written action plan to be used in the event of a crisis that is threatening to the safety of yourself or others and includes information for accessing professional support.

A personal safety plan is a written list of coping skills and resources that can be used to support yourself and your family members in safely regulating your emotions and deescalating a mental health crisis.

Personal safety plans are designed to help increase your ability to regulate your emotions and increase healthy coping during times of stress.

Your personal safety plan should include simple ways to support healthy emotion management, which can be used at any time and in any place without embarrassment.

Everyone in your family should have a personal safety plan for how to regulate difficult emotions. With regular use, safety plans can support all members of your family in increasing healthy emotion management.

A Crisis Safety Plan Includes...

- **Crisis Warning Signs** – How do you know when a crisis safety plan should be used? What feelings and behaviors happen before a crisis?

- **Coping Skills** – What can you do on your own to help prevent yourself from acting on unsafe thoughts or urges?

- **Supportive Friends & Family Who May Distract from the Crisis** – Who can help take your mind off of stressors? Who helps you feel calm and safe?

- **Mental Health Professionals to Contact for Help** – Who are your mental health providers that can be contacted to help deescalate a crisis situation?

- **Creating a Safe Environment** – Identify ways to limit access to dangerous items and lethal means of completing suicide. This may include temporarily limiting access to firearms, medications, substances which impair judgement, and other potentially dangerous items.

- **When to Seek Emergency Help** – Are you or your family members at immediate risk of harm to self or others? If yes, contact 911 or go to your local Emergency Department.

A Personal Safety Plan Includes...

- **How to Manage Difficult Emotions** – What can you do on your own to safely manage difficult emotions? How can you regulate your own emotions in order to effectively support your child in regulating their emotions?

- **Relaxation Strategies** – What are five ways you can calm your brain’s fight, flight, and freeze or collapse responses? What relaxation skills can you use to support the regulation of your body and brain?