Parents and Carers Safety Plan

Your name: _____ **Contact number:** _____

Relationship to the young person: _____

Additional guardian/carer: _____ **Contact number:** _____

Relationship to the young person: _____

Young person's name:_____ **DOB:** _____

THINGS TO KEEP IN MIND



Warning signs or red flags that my young person needs some help from an adult:
(e.g. not eating, yelling)

Things I can do to support my young person during those moments:
(e.g. talking, TV, work through the safety plan, hug)

Ways I am going to check in with my young person:
(e.g. checking-in codes, texting, talking at breakfast)

What level of supervision is needed for the next couple of days?
It is important for you and your young person to remember that this level of supervision will not last forever, but it is needed right now.

What I will do to look after myself during this time and who can support me:
(e.g. talk to a friend, speak to an elder, speak to a religious/spiritual support, take time out for me, helplines)

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MAKING THE HOME SAFER

Things I can immediately do to make the home safer:

1. ***Lock up –*** *all medications (prescription and over the counter medications such as pain killers), weapons, ropes and poisons. This can be in a locked box, tool box or lockable room.*
2. ***Relocate –*** *if you don't have somewhere secure to lock these things away, take them to a trusted adult or somewhere else out of the home.*
3. ***Limit –*** *alcohol or other drugs in the home. Better yet remove it from the home completely until the suicidal crisis is over.*
4. ***Dispose –*** *of any out of date medication by taking it to a pharmacy.*
5. ***Supervise –*** *be around your young person so that you are there to see the 'red flags' that things aren't going well for them. This may include taking time off work. We can help you with this.*

Item to lockup/remove:	***Where is it now***	***Action I will take***	***Who will be responsible for this***
(e.g. large knives)	(e.g. kitchen bench)	(e.g. move to box in cupboard)	(e.g. Dad)

SCHOOL/VOCATION SUPPORT

CYMHS can speak with the school's Guidance Officer or School Based Youth Health Nurse to provide them with your young person's safety plan and guidance on how they can support in a crisis.

I give consent for school/vocation contact: Yes [ ] No [ ] Not right now [ ]

WHO TO CALL

If you are concerned for your young person's safety and need some guidance (business hours):

CYMHS Clinician: _____ P:_____

Other Service: _____ P:_____

If you have immediate concerns for your young person's safety and need urgent assistance (24hrs/7days):

1300 MH CALL *(Queensland)*: **1300 642 255**

Ambulance or Police – Triple Zero: **000**

As a parent/carer of a young person who is struggling it can be helpful for you to speak to someone also, helplines are a good place to start.

parentline
1300 30 1300
8am – 10pm, 7days

Beyond Blue
1300 22 4636
24hrs / 7days

Lifeline Saving Lives
Crisis Support. Suicide Prevention.
13 11 14
24hrs / 7days

USEFUL INFORMATION

With the help of parents/carers, CYMHS have made a booklet called 'What happens now?' to provide information and guidance to parents and carers who are caring for a young person during a suicidal crisis.

Ask your clinician if you would like a copy of the 'What happens now?' booklet.



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