**Keeping Your Child Safe at Home**

***Research tells us that children are at high risk for suicide or self-harm after discharge and before their first mental health outpatient appointment.***

It is now important for you to help your child in these ways.

We ask that you:

* Watch your child closely until safety planning is progressed through collaboration with outpatient mental health provider.
* Talk with the therapist about how you will keep your child safe.
* Keep all mental health appointments.
* Remove all firearms from the home.
* Keep checking your child’s room for unsafe items.
* Secure all razors, knives, scissors, and other sharp objects. If your child needs to use these objects, he/she should do so under adult supervision. If your child has a history of self-harm or there are new concerns of self-harming behavior, conduct skin checks 1 times per week, or more often if needed.
* Search your child’s room before discharge in order to remove any potentially unsafe objects. Conduct room checks 1 times per week, or more often if needed.
* Lock medications (prescription, over-the-counter, and vitamins), household chemicals, cleaners, poisons, and all sharp objects in a lock box or locked tool/tackle box.
  + Look for these items in your home, garage, basement, kitchen, bathroom, and storage areas.
  + Give all medication to your child and watch him/her swallow it.
* Secure all car keys (regardless of your child’s age) and if applicable, do not permit your child to drive a vehicle for a minimum of 30 days following discharge.
* Use car harness, door/window locks and alarms, cameras, and/or GPS tracker as recommended.
* Ask your child to stay in common areas of the home to avoid isolation (when awake).
* Ask your child to keep doors open (bedroom and bathroom doors can be partly open).
* Do not permit sleep overs or social activities unless you or a trusted adult can supervise your child the entire time.
* Listen to your child. Do not judge or criticize. Be mindful of the way your behavior/reactions and attitudes affect your child.
* If you or your child believes that things are getting worse, follow these steps:
  + Ask your child if he/she is thinking about hurting self or others.
  + Read your child’s Safety Plan and calmly help your child remember the coping skills.
  + Call your child’s outpatient mental health provider for help.
  + Call the Psychiatric Intake Response Center (PIRC) at 513-636-4124 for help.
  + Call 911 or take your child to the nearest emergency room if you feel you cannot keep your child safe.