



Children's
of Alabama®

Preventing a Crisis/Safety Plan

This plan is designed to help me and my loved ones maintain my well-being and prepare for times of high stress and/or crisis. This plan includes making my environment safe, identifying when I need help, ways to better cope with my stressful situation, and community resources.

Making My Home Safe
<input type="checkbox"/> Lock up all sharp objects, weapons, medications, choking items, and poisons
<input type="checkbox"/> Increase supervision
<input type="checkbox"/> Guardian will search child's room to ensure unsafe items are removed
<input type="checkbox"/> Follow daily routine
<input type="checkbox"/>
<input type="checkbox"/>

Knowing When I Need Help	
I know I am beginning to feel stressed and unsafe when this happens:	
Thoughts & Feelings/Mood	Physical (Body & Actions)

Coping Skills & Problem Solving		
What can I do on my own to make the situation better?		
Listen to music	Write in a journal	Relaxation techniques
When my loved ones notice my warning signs, what can they do to help?		
Listen to me	Give space, but check in	Spend one-on-one time

Family & Friends Supports	
When my loved ones and I struggle to resolve my crisis, who can we call for additional help?	
Name	Phone Number

Relaxation/Mindfulness Resources	Online App
Daily meditations to help lower stress and produce better sleep	Breethe
Meditation, guided visualization, affirmations for children & teens	DreamyKid
Meditation for relaxation, sleep, and focus	Calm
Meditations for everyone	Headspace

Community Supports (Psychiatrist, Therapist, Pastor, Sponsor)	
When my loved ones and I struggle to resolve my crisis, who can we call for additional help?	
Name	Phone Number

- I will refer to this plan when I'm having a crisis.
- I will review this plan with my loved ones.
- I will review this plan with my mental health providers.
- I will review this plan with someone at school with whom I trust.

The one thing that is most important to me and worth living for is:

Additional Community Resources	
Name	Phone Number
Psychiatric Intake Response Center (PIRC)	205-638-7472
National Suicide Prevention Lifeline	800-273-TALK (8255)
Crisis Center Line	205-323-7777
Teen Line	205-328-5465
Kid's Help Line	205-328-5437
211	www.211connectsalabama.org
Emergency Services	911 or nearest Emergency Room