



Crisis Prevention Plan

Remember: We can **never** guarantee safety but we can **always** decrease the risk of impulsive or planned events.

Goal of Crisis Prevention Plan: To help you and your child prevent a small problem from turning into a large problem or crisis.

Triggers lead to negative or troublesome feelings and behaviors.

What causes my child's distress, sadness, anger, aggression, or urges to self-harm? / Things, people, or situations that make me feel mad, sad, or upset are:

Warning Signs signal a situation is headed in a negative direction and needs intervention

What are the cues (body language, etc.) that are the first signs of my child's distress (flushed face, shaking, clenched fists, or quietness)? / Others know I am mad, sad, or upset because:

Skills that children/teens can use to help themselves

What are the new and positive ways that my child is learning to cope with distress (distraction, belly breathing, talking it out, etc.)? / When I am mad, sad, or upset I can manage by:

Actions that caregivers can take to help support their child/teen

What can I do as the parent to help support my child? / My caregiver can help me by:

Others that can be called upon to help if needed.

Who else can I or my child call for help if needed? / I can also call:
