

# CT Children's CLASP Guideline Family Handout

## Anxiety & Depression

### FAMILY HANDOUT: PATIENT SAFETY PLAN

#### Keep an eye out for changes in:

- Mood
- Irritability or behavior problems
- Isolation or avoiding others
- Not wanting to engage in activities that used to be enjoyable
- Sleep (more or less sleep)
- Appetite (eating more or less or changes in weight)
- Worrying
- Grades

#### Coping strategies:

- Listen to music
- Take a walk
- Talk to a trusted friend or family member: \_\_\_\_\_
- Find a safe space: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

#### Professionals or agencies to contact during a crisis:

- Primary Care Provider \_\_\_\_\_ Phone \_\_\_\_\_
- Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_
- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: 741-741
- 211, press 1 for Emergency Mobile Psychiatric Services (EMPS):
- 911

#### Making the environment safe:

- Eliminate access to fire arms
- Eliminate access to all sharp or dangerous items
- Eliminate access to household cleaners /chemicals
- Eliminate access to medication and alcohol