

Caregiver Safety Plan

1. My risk is...

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2. Things inside/outside of my body that would tell my family, friends, and safe people that I am at risk

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3. Things I can do to feel better

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4. Things parents/caregivers can do or avoid

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5. People I can contact to talk about my self-harming and/or suicidal thoughts, and can help me stay safe:

Name: Contact Method:

Name: Contact Method:

Name: Contact Method:

6. Things my family or I can do to help keep me safe

- Remove or Lock up all Fire arms in the home
- Remove unnecessary medications, and lock up all prescription and over the counter medication
- Lock up all sharps from the home (razors, kitchen knives, razor blades, box cutters, etc.)
***Drop box (increased supervision, 24 hour wake supervision, bedroom door remains open, remove access to vehicles, complete morning and evening safety checks, restrict unsupervised passes at school, sleeping in the same room as parent,)
- ***Drop box (stay around other people, avoid dangerous situations, inform safe people when I am having thoughts of harming myself)

7. Professionals I can contact if I continue to have self-harming and/or suicidal thoughts:

- Counselor: _____ Agency: _____ Phone #: _____
- Catalpa Health (during and after clinic hours) 750-7000
- Suicide Prevention Hotline 1-800-273-TALK (8255)
- HOPELINE: Text “HOPELINE” or 741741 (24/7 trained crisis counselors)
- _____ County Crisis line Phone #: _____
 (Outagamie County – 920-832-4646 or 800-719-4418
 Calumet County – 920-849-9317 or 920-832-4646
 Winnebago County – 920-233-7707
 Waupaca County – during business hours 715-258-6300 after hours 715-832-4646 or 800-719-4418
 Brown County – 920-436-8888
 Kewaunee County – 920-388- 3100 or 920-255-1645
 Door County – 920-746-2588
 Portage County 715-345-5350
 Manitowoc – 888-552-6642
 Waushara County – 715-787-6550 or 888-250-4331
 Fond du Lac – 920-929-3535
 Shawano- 715-526-3240 or 888-238-3253
 Oconto – during business hours 920-834-7000 after hours 920-846-3444)
- 911

My reason(s) to stay safe:

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