

Creating a Mental Health Safety Plan

This worksheet is designed to help parents and children create a personalized mental health safety plan. Having a practical mental health safety plan can help parents and children avoid dangerous choices during times of crisis and elevated stress. A safety plan should identify coping strategies and resources that can help children protect themselves and help parents give support in those stressful moments.

For parents and guardians: Fill in the medical information below so that it is readily assessable if needed. If your child is experiencing mental health issues and is not currently under the care of a mental health professional, talk to your pediatrician. If your child needs immediate help, call 911.

For children and teens: Write down your thoughts for the questions on pages 2 and 3 and keep it in a place where you and your parents or guardians can look back on when you are having a bad day or going through a tough time.

Pediatrician:

- Phone:
- Website:

Insurance/Medicaid Managed Care Organization (MCO) provider for mental/behavioral health:

- Policy number:
- Phone:

Employee Assistance Program (EAP) available to our family:

- Website
- Phone:

Nearest Children's Psychiatric Care Center:

- Name and Phone:

Helpful Terms

Medicaid MCO/Insurance. Medicaid contracts with MCOs to deliver Medicaid program health care services. In Texas, STAR, STAR+, STAR Kids and CHIP are all examples of MCOs. In other instances, families may have private insurance through one or both parents' insurance.

Employee Assistance Program (EAP). An employee assistance program (EAP) is a work-based intervention program designed to assist employees in resolving personal problems.

Children's Psychiatric Care Provider. Private hospitals located within communities to provide care to children with mental health needs.



About me:

Events that happen that cause me to get really angry, anxious, sad, or frustrated:

- 1.
- 2.
- 3.
- 4.
- 5.

Warning signs that I am becoming overwhelmed with my feelings:

- 1.
- 2.
- 3.
- 4.
- 5.

Things I can do when my emotions – sadness, anxiousness, anger, frustration, etc. – feel overwhelming:

- 1.
- 2.
- 3.
- 4.
- 5.

Things adults can do to help me when my emotions feel overwhelming:

- 1.
- 2.
- 3.
- 4.
- 5.

Examples: I don't like being touched when I am angry, just sit by me.

I need people to talk slowly and quietly when I am anxious.

Positive Affirmations. Things I can say to myself that help me feel better when I feel down:

- 1.
- 2.
- 3.
- 4.
- 5.

With the permission of a parent or guardian, watch a YouTube guided meditation for kids or teens, like [this one](#), [this one](#), or [this one](#). Or download a meditation app like [Headspace](#).

Meditations or mindfulness exercises that I find helpful and enjoy:

- 1.
- 2.
- 3.
- 4.
- 5.

Adults I feel I can talk to:

- 1.
- 2.
- 3.
- 4.
- 5.

Emergency Hotline numbers I can call if I don't feel I have anyone else to talk with:

- [SAMHSA's National Helpline](#): 800-662-HELP (4357), or TTY: [800-487-4889](#) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- [National Suicide Lifeline](#): 800-273-8255 and 888-628-9454 (Spanish) Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.
- [Texas Youth Helpline](#): Call 800-989-6884 or text 512-872-5777. The Texas Youth Health provides prevention services to youth, parents, siblings, and other family members who are in need of a caring voice and sympathetic ear.
- [Texas Health and Human Services COVID-19 Mental Health Support Line](#): call 833-986-1919 to speak with a mental health professional for help dealing with stress, anxiety, or depression.
- [Disaster Distress Helpline](#): 800-985-5990 or text: TalkWithUs to 66746. The Disaster Distress Helpline can provide immediate counseling to anyone who is seeking help in coping with the mental or emotional effects caused by developments related to the COVID-19 pandemic.