

Self-Harm Safety Precautions and Crisis Line Support

If your child has reported thoughts of self-harm or has actually engaged in self-harm within the last month, we recommend the following safety precautions while you wait to meet with a licensed professional about this problem. You can schedule a counseling appointment with one of Anderson Hills Pediatrics' providers or schedule with your child's mental health provider if they are already seeing someone.

Until a personalized safety plan can be developed between your family and a mental health provider:

- ✓ Closely monitor your child:
 - Keep your child's bedroom door open at all times
 - Check on your child frequently
 - An adult should be in the home with your child at all times
 - Check your child's skin for harm every few days
 - Encourage your child to stay in common areas to avoid isolation

- ✓ Safety proof the house:
 - Lock up or remove from your home all razors, knives, scissors, or sharp objects. If your child needs these objects, they should do so with adult supervision
 - Search your child's room or other places they spend time for sharps or something that they could use for self-harm. This includes weapons, sharp objects, medications, belts, ropes, or cords
 - Complete random room checks to ensure there are no dangerous objects in the room. Let your child know you will be doing this to increase safety, but that the room checks will be random

- ✓ Work to improve mental health:
 - Collaborate with your child on a healthy sleep routine: 9-12 hours for pre-teens and 8-10 hours for teenagers
 - Be mindful of eating regular and healthy meals and drinking water
 - Schedule daily physical activity, outdoors as often as possible
 - Spend positive one-on-one time together
 - Discuss how to increase time with friends (keeping in mind an adult should always be present to monitor)
 - Identify and problem solve around stressors

- ✓ If symptoms worsen or change, call the office at 513-232-8100 or after-hours you can call Cincinnati Children's PIRC at 513-636-4124.

TEEN/ADULT Emergency Mental Health Support & Crisis Lines

Suicide Prevention Crisis Line (non-emergency): **988**

Emergency Services: **911**

Cincinnati Children's Psychiatric Intake Response Center (PIRC): **513- 636-4124**

UC Psychiatric Emergency Services: **513- 584-8577**

Beckett Springs (West Chester): **513-657-0765**

Mental Health Access Point, Hamilton County only: **513-588-8888**

Crisis Text Line: Text Hello to **741741**

National Suicide Prevention Lifeline: **1 (800) 273-TALK [8255]**

Mobile Crisis lines can assess and offer mental health support, often are run by police departments:

Hamilton County Mobile Crisis: **513-584-5098**

Butler County Mobile Crisis: **1-844-427-4747**

Clermont County Mobile Crisis: **513-528-7283**

Warren/Clinton County Mobile Crisis: **1-877-695-6333**

Talbert House Care Crisis Hotline: **513-281-CARE (2273)**

Northern Kentucky Crisis Line (Northkey): **859-331-3292**

Crisis lines specifically for LGBTQI+:

The Trevor Project: **1-866-488-7386** or text START to **678678**

Online TrevorChat at: <https://www.thetrevorproject.org/get-help-now/>

Trans Lifeline: **1-877-565-8860**