

PARENT TO DO LIST

IF YOU THINK YOUR CHILD MAY BE A HARM TO SELF OR OTHERS

- 1) Secure weapons at home. Lock knives and firearms. Lock ammunition separately. Lock and monitor medication for all family members.
- 2) Support your child in helping to communicate with a trusted counselor, caring adult, or friend during a crisis. Sometimes that person may be you, but often, someone outside the situation can respond in a less emotional and judgmental way.
- 3) Please seek professional counseling at this point for your child and your family. You may need just a few sessions, or more long-term counseling may be helpful. It is useful to have some strategies to help you when the going gets tough, which can happen in any family, any time, for many different reasons.
- 4) Please don't leave your child alone in the house for any reason until counseling has been established.
- 5) Follow up with your counselor in a week, or less, to address any further issues.
- 6) Should a crisis arise please contact or access one of the following resources:
 - 911
 - Suicide Hot Line: 1-800-273-8255
 - Randolph Rd. Psychiatric Emergency Room: 704-358-2800
 - Behavioral Health Intake at Atrium: 704-444-2400
 - Catawba Mental Health always has a crisis counselor on call. There is also a crisis counselor available for walk in patients in crisis during weekdays: 803-329-3177
 - Richland Springs (Columbia SC): 803-434-4813