

Issaquah School District

Caregiver Resource Sheet: Home Safety and Supervision

WHAT CAN I DO TO KEEP MY CHILD SAFE?

- **DO NOT LEAVE THEM ALONE.** It is important that parents/guardians surround themselves with a team of supportive friends or family members who can step in as needed.
- **LIMIT ACCESS TO WEAPONS, PRESCRIPTION DRUGS, MEDICATIONS, AND OTHER MEANS.**
 - **Medications:** ALL medications, including prescription and over the counter meds should be administered by parents/guardians as directed by your child's medical/psychiatric provider.
 - **Sharps:** including knives, razors, pencils and makeup sharpeners, X-Acto knives, scissors
 - **Firearms & ammunition:** Consider removing guns from the home. If this is not an option, firearms and ammunition should be locked up and kept in different locations from each other. Consider hiding the key in a new location or changing the combination periodically.
 - **Substances:** Consider removing all alcohol or other substances from your home. This can include substances such as cleaning products, bleach and other potential toxins.
 - **Behavior:** If you are concerned about destructive or aggressive behaviors, lock up any items that may be easily broken or used as a weapon.
- **ASK.** Talking about suicide does not make a student suicidal. Asking if someone is having suicidal thoughts gives them permission to talk about it. Asking sends a message that you are concerned and want to help.
- **TAKE SIGNS SERIOUSLY.** Studies have found that more than 75% of people who die by suicide showed some of the warning signs in the weeks or months prior to their death.
- **LISTEN.** Avoid making statements such as "I know what it's like" or "I understand." Instead make statements such as "Help me understand what life is like for you right now."
- **REASSURE YOUR CHILD THAT LIFE CAN GET BETTER.** Many suicidal people have lost all hope that life can improve. They may have difficulty problem solving simple issues. Remind them that no matter how bad things are, the problem can be worked out. Offer your help.

KNOW AND BE READY TO USE EMERGENCY RESOURCES:

In case of emergency, call 911 for an immediate safety assessment.

Crisis Connections: King County's 24 hr Crisis Line **206-461-3222**

Mobile crisis outreach and stabilization services in home - Children's Crisis Outreach Response System (CCORS)

Seattle Children's Hospital ER

206-987-2000

4800 Sand Point Way NE, Seattle 98105

Free Valet parking 24hrs/ 7days a week

Entrance Forest, Level 1

Swedish ER—Issaquah Highlands

425-394-0610

751 NE Blakely Drive, Issaquah 98029

Free Parking available anywhere in lot

Valley Medical Center

Emergency Department

425-690-1000

400 South 43rd St, Renton 98055

Free Valet parking at the

main entrance 5am-5pm M-F

Free parking in the South Tower Garage

WHAT DO I NEED TO KNOW ABOUT SUICIDE?

Risk Factors for exhibiting suicidal behavior

- Loss of a significant other
- Previous suicide of a peer or family member
- Family or personal stress
- Substance abuse
- Depression and other mental health issues
- Problems at school
- Access to weapons or other means of harming self
- Questions regarding sexual orientation

Students who are having suicidal thoughts may exhibit a variety of symptoms including but not limited to:

- Significant changes in behavior such as change in appearance, changes in grades, withdrawing from friends, changes in eating or sleeping habits
- Making suicidal threats—either direct “I want to die” or indirect “Things would be better if I weren’t here.”
- Appears sad or hopeless
- Reckless behavior
- Self-inflicted injuries
- Giving away prized possessions
- Saying good bye to friends and family
- Making out a will

It is important to remember the signs and risk factors listed are generalities. Not all students who contemplate suicide or die by suicide will exhibit these kinds of symptoms AND not all students who exhibit these behaviors are suicidal.

CRISIS SUPPORT SERVICES

24-hr Suicide Lifeline: 800-273-8255

24-hr Crisis Chat: www.contact-usa.org/chat.html

24-hr Crisis Line: Text ‘HEAL’ to 741741

Teen Line: Text ‘TEEN’ to 839863

Trevor Project—LGBTQ: 866-488-7386

Trevor Project Chat: www.thetrevorproject.org

Trevor Project Text: Text ‘START’ to 678678

Trans Lifeline: 877-565-8860

Teen Link — Call in 6-10pm: 866-427-4747

Safe Place — For Shelter: Text ‘SAFE’ to 4HELP

Youth Eastside Services Open Access:

999 164th Ave NE, Bellevue 98008

425-747-4937

- Mental health and substance use assessments
- Walk-in appts on Tuesdays & Thursdays 12—4pm
- Scheduled appts on Mondays & Wednesdays