



# Safety Planning in Mental Health

Part 2

# Know what the MH is

- o What does \_\_\_\_\_ look like and what should you know about this?
- o What are some of the behaviors I can expect from this client?
- o What is normal child behavior and what is the mental health?



# Create a safety plan with your team and therapist

- o Discuss what has been seen in the past with this client
- o What to look for before issues start to arise
- o Who to contact and when
- o Best practice methods



# Watch for stressors, triggers, or patterns

- o What stresses this client out and leads to outbursts?
  - o Family?
  - o School?
  - o Trying new things or being in a new situation?
  - o Triggers that remind them of past trauma?



# Follow your safety plan: Prevention vs Clean up!

- o Write it down
- o Write down what you are looking for
- o Write down who to call and what to say
- o Rely on your team
- o Help your client be successful through their exodus to better mental health

