

Student School Mental Health Safety Plan

Wakulla County School District

Date of Meeting: _____ Dates Hospitalized: _____

Student Name and Birthday: _____

Participants and Relationship: _____

Warning Signs that a crisis may be developing (behaviors I sometimes show when I'm stressed):

- Losing my temper
- Thinking about suicide
- Injuring myself
- Attempting suicide
- Running away
- Threatening others
- Fighting/Assaulting people
- Using alcohol
- Using drugs

TRIGGERS: When these things happen, I am more likely to feel unsafe and upset:

- Not being listened to
- Feeling pressured
- Being touched
- Lack of privacy
- People yelling
- Loud noises
- Feeling lonely
- Arguments
- Not having control
- Being isolated
- Darkness
- Being stared at
- Being teased
- Particular time of day: _____
- Particular time of year: _____
- Particular person: _____

WARNING SIGNS: These are things other people may notice me doing if I begin to lose control:

- Sweating
- Breathing hard
- Clenching teeth
- Clenching fists
- Red faced
- Wringing hands
- Loud voice
- Acting hyper
- Swearing
- Bouncing legs
- Rocking
- Can't sit still
- Being Rude
- Pacing
- Crying
- Squatting
- Damaging things
- Avoiding people
- Laughing loudly
- Singing inappropriately
- Becoming very quiet

INTERVENTIONS: These are things that might help me calm down and keep myself safe when I'm feeling upset:

- Time out in the hallway
- Listening to music
- Reading a book
- Sitting with staff
- Pacing
- Talking with friends
- Talking with an adult
- Coloring
- Humor
- Exercising
- Writing in a journal
- Ripping a blank sheet of paper
- Getting a hug
- Using the gym
- Bouncing a ball
- Deep breathing
- Drawing
- Being read a story
- Crying
- Being around others

THINGS THAT MAKE IT WORSE: These are things that do NOT help me calm down or stay safe:

- Being alone
- Being around people
- Humor
- Not being listened to
- Being disrespected
- Loud tone of voice
- Being ignored
- Talking to an adult
- Being reminded of the rules
- Being touched

Calling for help: **800-273-8255** (Suicide Prevention Lifeline)

Adults at school I can go to for help: _____

Current Services/Medications: _____

Release of Information Signed by parent yes no

Records Requested from hospital yes no