



Home Safety Audit

Reducing Risk at Home

Parents may temporarily reduce access to items that could be used for self-harm during a mental health crisis, or any time you are concerned for your child's safety. This can help avoid harmful ideation and decrease impulsivity.

Steps you can take to reduce the opportunity for self-harm

- lock away all prescription medication
- lock away over the counter medications such as Tylenol, Advil, and cold medications, and any medicines that can cause harm in large doses
- remove sharp items such as knives, scissors, razor blades, box cutters, etc.
- remove access to alcohol and other substances in the home
- remove firearms from the home. If not possible, keep firearms in a gun safe
- assess any access to rooftops or balconies and consider window locks or keyed access only
- if driving is a concern, remove access to car keys
- increase supervision during periods of high risk
- do not leave your child alone for long periods of time
- consult your child's mental health provider about additional steps that may be needed

Reminder for Parents:

These steps are not punishment, they are about protection. Many parents find they only need to follow them temporarily, until their child is more stable and out of crisis. It is always best to err on the side of safety. Consult with your child's mental health professional for more guidance.

Note: If your child is in immediate danger dial 911 for emergency services