

# SAFETY FIRST

If you feel unsafe or it is not possible for you to keep any member of your household safe you can call for help.

- **Crisis Line – 206.461.3222** Children in crisis and caregivers for children in crisis can contact the crisis line for assistance. Such contact has helped me to calm down, back away from my worry about a behavior and what it might mean if it continues, gets worse, and yes I can be swept up in worries for weeks and months ahead. This call can help bring a caregiver back to the present, only the present, and support the caregiver through a reasoned decision-making process relating to next steps. If a child will use or speak to someone on the crisis line this is, of course, beneficial. The child does not have to be willing to speak for a call to the crisis line to be appropriate or valuable.
- **Seattle Police Non-Emergency Dispatch – 206.625.5011** the crisis line does not result in a physical presence at your home. IF there is a threat to safety in the near but not immediate future non-emergency dispatch can help. A non-emergency call can provide a calm, though not immediate, visit from officer(s) to your home. You can be clear about any fears or phobias your child has and request a home check without requesting removal or further intervention.
- **911 - Emergency** calls are sometimes unavoidable when there is a clear and imminent threat to child or caregiver.
- **Going to the Emergency Room** - <https://childmind.org/article/taking-a-child-to-the-emergency-room/> provides an open letter about what the ER can and can't do for you in a psychiatric emergency. KEY POINTS – You are not a failure if you consider or need to take your child in. A trip to the ER with your child is one of the bravest things we as parents sometimes need to do.

**In this time of COVID** --- PLEASE call ahead before going to the hospital or (better yet) have a friend or ally call for you to make sure of special measures to be taken and confirm availability of services at the ER or ER's near you.