

Hemet Unified School District
Risk Assessment: SAFETY PLAN

Student Name: _____ Date: _____

Parent Name: _____ Staff Name: _____

POTENTIAL CRISIS & CUES/TRIGGERS TO CRISIS: Behaviors, feelings, situations/circumstances.

1. _____
2. _____
3. _____

PREVENTION PLAN: What has worked in the past to prevent a crisis?

1. _____
2. _____
3. _____

LIST POSITIVE THINGS IN YOUR LIFE: What is going right in your life?

1. _____
2. _____
3. _____

PLAN AT TIME OF CRISIS: What will you do at the next crisis?

1. _____
2. _____
3. _____

ADDITIONAL SUPPORT

Team/Family Members	Relationship to Client	Phone #	Initial	Date

General Steps to Follow in a Crisis

1. Stay calm, control your anger, don't assault
2. Make sure your home is secure, remove/lock up items that would present a danger
3. Avoid arguing or lecturing
4. If you feel you are losing control, remove yourself until you are better able to cope
5. If someone is a danger to self/other, call 911 immediately, mental health crisis
6. Crisis Line : Riverside (951) 791-3300; National Hot line 1-800-273-8255

I fully understand and agree to the terms and condition of the above Safety Plan.

Student Initial: _____ Date: _____ Parent/Guardian Initial: _____ Date: _____