When in doubt, call 911!

12 Crisis Situations

Emergencies and crisis situations happen and sometimes cannot be avoided. Crisis situations are filled with high levels of stress, anxiety, and fear.

BUT, you need to remain calm. Your child needs you and your support right now. Use the following chart to help you figure out what to do.

YOUR CHILD'S SITUATION	WHEN TO GET HELP	WHERE TO GET HELP
• Your child is showing severe, out-of-control behavior. • Your child may be a threat to self or others. • You are frightened.	Immediately (emergency)	• 911 • Hospital emergency room • Police
• There has been a major change in your child's behavior. • Your child seems unable to function without help. • You feel unable to cope with the situation or help your child.	48–72 hours (urgent)	• Kid's Link Rhode Island Hotline: 866-429-3979 • Pediatrician • Mental health specialist • School
• There has been a mild to moderate change in your child's behavior. • You are worried, but not alarmed.	Soon (a routine evaluation)	• Pediatrician • Mental health specialist • School • Family or friend • Community organization

Prepare for crisis

Keep a magnetic notepad of all your emergency contact numbers on your refrigerator next to your phone or on speed dial.

To prepare for a possible crisis, you can gather together certain information. Fill in the information below and keep this sheet in a safe, easy-to-remember spot. This will make it easy to find whenever it is needed. Bring this sheet with you during an emergency.

PEDIATRICIAN

NAME PHONE NUMBER

MENTAL HEALTHCARE PROVIDER(S)

NAME PHONE NUMBER

NAME PHONE NUMBER

CURRENT TREATMENT PLAN

OTHER CO-EXISTING CONDITIONS (IF ANY)

ALLERGIES

ANY PAST EMERGENCY SITUATIONS AND THE RESULTS

YOUR CHILD'S HEALTH INSURANCE INFORMATION

HEALTH INSURANCE COMPANY

PLAN NAME

IDENTIFICATION NUMBER:

NOTES