

Helpful tips after a mental health crisis

- How to:**
- handle a mental health crisis and support your child
 - improve communication with your school, doctor and others who can help

Know your rights



- **Knowing your rights helps you protect your child's health.**
- You have a right to participate in your child's care, medication decisions and treatment plan
- You control what health information is shared and who can see it.

Protected health information



- You have the right to request a discharge summary from your child's provider
- Information that may be helpful to share with school, doctors and others who provide health services:
 - ◇ your child's safety plan
 - ◇ warning signs that show your child is becoming distressed
 - ◇ coping skills that help your child relax, deal with stress and feel better
 - ◇ diagnosis

Home



- Review and follow your child's safety plan.
- Make sure the coping skills that help your child are available to them. Coping skills are things that help your child deal with stress and feel better.
- If medicine was prescribed, schedule a follow-up appointment with a doctor in the community before you run out of medication.

School



- Contact your child's school counselor and doctor before returning to school.
- Schedule and attend a "school transition meeting" to create a safe, supportive and successful school environment.
- Bring hospital discharge paperwork and safety plan to the school meeting.