

MENTAL HEALTH SAFETY PLAN

Name: _____

Date of Birth _____

People who can help (ex. family, case worker, neighbor, etc):

Name: _____

Relationship: _____

Phone: _____

Name: _____

Relationship: _____

Phone: _____

Name: _____

Relationship: _____

Phone: _____

Medications taken: _____

MEDICAL ALERT: Allergies or medications to avoid:

Crisis contact numbers:

BEST Team: 1-800-981-4357

Doctor(s): _____

Other: _____

Preferred hospital? _____

What helps me during a crisis (what approach/de-escalation techniques should first responders use?):

What doesn't help (what should first responders avoid? E.g. lights or sirens, particular words, etc):

Any other sensory/emotional/medical issues you would like first responders to be aware of?:

This information is current as of this date: _____

RESOURCES

Boston Emergency Services Team (B.E.S.T.): (800) 981-4357

- 24/7 mental health crisis services, information and referrals, respite/stabilization beds available

Brookline Community Mental Health Center

- Individual therapy, in-home therapy, family therapy, groups for youth and adults
- (617) 277-8107

NAMI Mass COMPASS

- Provides help navigating the mental health and related systems in Massachusetts:
- (800) 370-9085
- 9am-5pm Monday-Friday
- Trained navigators will help callers access resources related to mental health, peer and family support, housing, transportation, employment, insurance, benefits, discharge rights, substance use, youth, and police and the legal system.

PPAL—Parent/Professional Advocacy League

- Offers free crisis planning trainings and useful resources, including a Crisis Planning Guide and Police Pocket Guide: <http://ppal.net/publications/guides>

Health Care for All

- Parents can call the HCFAMA HelpLine for assistance in navigating the different MassHealth coverage types. Health Care For All's HelpLine is a *free* resource available to everyone:
- (800) 272-4232

Mass Health

- MassHealth coverage types : <http://www.mass.gov/eohhs/consumer/insurance/masshealth-coverage-types/masshealth-coverage-types.html>
- Link to find offices to apply in person or to discuss the process: <http://www.mass.gov/eohhs/gov/departments/dph/programs/admin/comm-office/regional-health-offices/>
- Problem Solving: Jean Batty, MassHealth Ombudsman, advocates for MassHealth users who are having problems with Mass Health or Premium Assistance: (617) 847-3468 or TTY: 617-847-3788 Jean.Batty@state.ma.us
- **Commonhealth/ Premium Assistance** brochure: <http://www.fv-ncfpp.org/files/6913/0660/5492/MSCPA.pdf>
- **Disability Supplement Form**/medical release form for children: Tip — Once the documentation is submitted, there's a 90 day determination period. After 2-3 weeks, call Disability Evaluation Services at UMASS Medical School to ask to expedite the review. <http://des.umassmed.edu>

Federation for Children With Special Needs

- **Operates Massachusetts Family Voices**, "to achieve family-centered care for all children and youth with special health care needs and/or disabilities." <http://fcsn.org/mfv/>
- Cathy Hickey, Information Specialist Mass Family Voices (617) 236-7210 Ext. 301 chickey@fcsn.org