**Crisis Worksheet**

**How “Hot” is Your Crisis?**

This worksheet is designed to help you gather information in the event of a mental health crisis for one of your students. You have many possible responses when a student comes to you with a mental health issue. This worksheet can help you decide on your plan of action to be written on the Suicide Prevention/Intervention checklist.

The following information is divided into factors that are considered protective and may help to cool the crisis, and factors that put the student at risk of “raising the heat”.

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| --- | --- | --- | --- | --- | --- |
|  | Protective Factors |  | Risk Factors |  | Comments |
|  | Have you spoken with the parent today?Are they planning to pick up the student at school? |  | Is this the first time an incident like this has occurred?Does the student have a history of harming self or others? |  |       |
|  | Is the child in mental health services and/or taking medication?Have you spoken to their provider about the situation? |  | Is there a physical injury to the student today?Does the student need medical attention? |  |       |
|  | Is the student well known to you and other staff members?Is there an adult at school who can support the student today? |  | Does the student express a plan to harm self or others?Does the student have the means to carry out the plan? |  |       |
|  | Does the student have an array of coping skills to use?Is the student cooperative with you?Is the student safe, calm and able to return to the daily routine? |  | Does the student have a disability that may impact the current situation?Does the student have a history of behavior problems?Is the student typically impulsive or aggressive? |  |       |
|  | Does the student have a safe environment at home?Are parents willing and able to intervene with the student? |  | Is there a concern about substance abuse including alcohol?Have there been any recent changes in the student’s behavior, grades, family situation, etc? |  |       |