A Parent and Caregiver Guide to
Helping Your Family Before, During, and After a Crisis

Please share this free Crisis Guide from Judge Baker Children’s Center in your community. Help families prepare so safety is not left to chance.

Caring for a child or adolescent in crisis can be frightening and confusing and sometimes more than a family or caregiver can handle alone.

Knowing what to do is challenging, especially when there’s a possibility of police involvement.

The JBCC Crisis Guide is for any family who has ever been concerned about:
- Keeping their child or others in the home safe or
- Not knowing who to call when things feel out of control.

Why use the JBCC Crisis Guide?
- Most families do not receive crisis planning support until AFTER a crisis.
- Increasing a family’s capacity to handle a crisis and advocate for a child or adolescent in crisis improves the outcome for the child and families.
- If/when emergency first responders become involved, families are better prepared and more effective in advocating for a loved one.

What is included in the JBCC Crisis Guide?
- Information families can follow to prepare, identify resources, assess how they might respond, and understand what it means to work with local police.
- A Crisis Action Plan to help families evaluate if they can handle a crisis alone and who/when to call for help.
- A Crisis Worksheet to prepare information that might be helpful to first responders.
- A sample 911 Crisis Script.
- Additional Resources.

Who might be able to help a family use the JBCC Crisis Guide?
- Mental health clinicians
- Pediatricians
- School guidance counselors
- Trusted community supports, including family members, neighbors, faith and community members

To order paper copies of the JBCC Crisis Guide, email Kim Smith: ksmith@jbcc.harvard.edu

For electronic copies of the JBCC Crisis Guide, visit: https://jbcc.harvard.edu/news-and-publications