

HOWARD CENTER

# KEEPING YOUR HOME SAFE

There are preventative steps that all families can take to keep their homes safe.

Sometimes a crisis seems to come out of the blue. Children and teens can act on impulse on any given day. These precautions can help maintain safety in your home:

Collect and lock all over-the-counter and prescription medication.

Remove firearms or lock them so that only you have access. Restrict the key and store ammunition separately, and do not share these locations.

Administer your child's medications.

Limit the amount of alcohol in your home and restrict it from access.

Monitor cell phone, internet, and social media use.

Know your child's passwords.



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Help is here.

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Be proactive. Even if you do not have immediate safety concerns, don't hesitate to reach out.

**24/7/365 CRISIS HOTLINE:  
FIRST CALL FOR CHITTENDEN COUNTY  
802.488.7777**

When your child or someone you know is experiencing a crisis

To review safety planning with a clinician

To connect your child to outpatient services

To schedule an intake appointment

When you or an adult you know is experiencing a psychological or emotional crisis

For a full list of the services Howard Center provides and all the ways we help, visit [www.HowardCenter.org](http://www.HowardCenter.org).



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