

A Personal Safety Plan

Self-protection measures to consider when you are at risk of harm due to another person's untreated symptoms of mental illness.

- Be prepared emotionally. Realize that destructive and threatening behavior is likely a product of the brain disease. The person experiences a different reality and they won't be convinced they are wrong. It is important to avoid reacting in a way that might escalate the situation. This is a link to an article that may help: [Crisis De-Escalation Tips](#)
- Search the home and property for weapons. If the individual has stashed weapons, particularly firearms, it may be appropriate to get the police involved.
- Hide/remove any household items that could be used as weapons until the situation is under control. These items may include: large knives, power tools, pipes, clubs, etc.
- It is critical to sleep in a room with a secured entry. There are small alarms that can be attached to doors and windows that will sound if the door/window opens and provide an opportunity to react to the situation. Small alarms can be purchased through Amazon: [Personal Security Door Stop Alarm](#) and the [Personal Security Window/Door Alarm](#).
- Have an escape plan. Identify secure rooms you can get to from different areas in the house. Make sure there is a telephone available at all times in case you have to call for help.
- Attend training classes in self-defense.