

# KEEPING YOUR FAMILY SAFE DURING COVID-19



Stress from the COVID-19 epidemic has led to higher risk for some preventable injuries. These resources for families in King County and Washington State can help keep your family safe and well.

## Critical Resources Include:

- Mental Health & Suicide Prevention
- Safely Storing Medications & Firearms
- Preventing Violence at Home
- Helping Families Cope with Stress



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# MENTAL HEALTH & SUICIDE PREVENTION

People are feeling a lot of stress during the COVID-19 pandemic. Mental health concerns, including thoughts of wanting to hurt or kill yourself, continue to be a challenge during the current public health crisis. The stress of new health risks, lost work, and many other uncertainties may increase chances of having suicidal thoughts.

## Helpful Tips:

- Talk with others, particularly those at risk of suicide.  
*\*reach out via telephone, social media, and video conferencing (Zoom, FaceTime, etc.)*
- Take breaks from watching, reading, or hearing news stories.
  - Take care of your body.
  - Make time to unwind & meditate.
  - Lock up medications & firearms.

## Resources:

- **National Suicide Prevention Hotline:**  
1-800-273-8255  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)
- **Find safe storage for firearms outside your home:**  
<http://www.hiprc.org/firearm-storage-wa>
- **King County Crisis Connection:**  
[www.crisisconnections.org/](http://www.crisisconnections.org/)

- **King County's Lock-It-Up:**  
[https://bit.ly/KC\\_LockItUp](https://bit.ly/KC_LockItUp)
- **Forefront: Safer Homes, Suicide Aware:**  
<https://bit.ly/3cyvXZR>
- **My3 App:**  
*\*App allows anyone to create a network of 3 trusted people when having suicidal thoughts. This prepares anyone to help themselves and reach out to others when having thoughts of suicide.*  
<http://www.my3app.org/>



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# SAFELY STORING MEDICATIONS & FIREARMS

Safely & securely storing medicines, firearms, and other dangerous items will keep you & your family safe.

## Why Safe Storage?

- Stops children from finding & using medications and guns.
- Reduces risk of accidental injuries (as well as suicide & self harm).
- Stops people from stealing your guns.

## Resources:

- Find safe storage for firearms outside your home:  
<http://www.hiprc.org/firearm-storage-wa>
- King County's Lock-It-Up:  
[https://bit.ly/KC\\_LockItUp](https://bit.ly/KC_LockItUp)
- Putting medicines up & away:  
<https://bit.ly/2RQhDUz>
- Forefront: Safer Homes, Suicide Aware:  
<https://bit.ly/3cyvXZR>
- Firearm safes & trigger locks available for purchase:  
[Amazon](#) & [Walmart](#)



*\*Example of lock box & trigger lock for firearms. Lock box can store firearms or medicines.*

# PREVENTING VIOLENCE IN THE HOME

COVID-19 may mean that people are isolated in homes that may not be safe. We want people to know they are NOT alone during this pandemic.

## Helpful Tips:

- Reach out to trusted friends, coworkers, or family for support and to create a safety plan.
- Practice self-care. Take time for health & wellness checks with yourself when possible.
- Consider if you can stay with friends or family while sheltering in place.

## Resources:

- **Washington State Coalition Against Domestic Violence:**  
<https://bit.ly/WSCADV19>
- **Futures without Violence:**  
[https://bit.ly/FWV\\_19](https://bit.ly/FWV_19)
- **National Domestic Violence Hotline:**  
1-800-799-7233  
[https://bit.ly/NDVH\\_19](https://bit.ly/NDVH_19)



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# HELPING FAMILIES COPE WITH STRESS

The outbreak of the coronavirus may be stressful for parents. Fear and anxiety about the pandemic and stress related to social distancing restrictions can cause strong emotions in children and adults. Children look to adults for guidance on how to react to stressful events.

## Helpful Tips:

- Take care of yourself and get support.
  - Offer lots of love and affection.
- Give everyone space to share their fears.
  - Create routines, yet be flexible.
- Talk to your children about the pandemic: offer comfort, honesty, & reassurance.
  - Model and share how to manage your feelings.
  - Focus on the positive: find joy.
- Additional Support is available through helplines.

## Resources:

- **Financial Help in Washington:**

<https://bit.ly/2Vqs9TC>

- **American Academy of Pediatrics:**

[https://bit.ly/COVID\\_Talk](https://bit.ly/COVID_Talk)

- **King County General Resources:**

[https://bit.ly/KC\\_General](https://bit.ly/KC_General)

- **Call 211:**

Help with food, housing, bills, healthcare, crisis support, and other social services. Conversations are confidential and anonymous.

- **National Parent Helpline**

1-855-4A-PARENT (1-855-427-2736)

- **Washington State Dept. of Children, Youth, & Family:**

Email: [dcyf.covid-19@dcyf.wa.gov](mailto:dcyf.covid-19@dcyf.wa.gov)

<https://bit.ly/34T5x2s>



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