

what this is...

“This is a tool created by young people with mental health and/ or substance use challenges and/ or their families. It is intended to provide ideas/ examples of what could be shared through MedicAlert. It is intended for use by those who are considering signing up with MedicAlert. MedicAlert provides first responders and healthcare professionals with information that’s important to children, youth and young adults who are experiencing a mental health crisis. As every child and youth is different, so is what is helpful to them, and what they would like others to know about them when they are in a crisis.”

how to use it...

“Use this tool as part of a discussion between children, youth and families about MedicAlert. The decision to sign-up for MedicAlert and the information shared with MedicAlert should be developed with those it is about – children, youth & young adults.”

why it’s important...

“It’s important because young people and families should have choices and options for supporting their mental health and MedicAlert is an option they can consider. A tool like this created with young people and families with lived experience is important as it helps give information and examples to others with lived experience.

IDEAS/INFORMATION TO CONSIDER SHARING THROUGH MEDICALERT

“What you need to know about me”

WHAT IT CAN LOOK LIKE WHEN I’M NOT DOING WELL

I get very anxious and it can look like I am being combative, but it is how my anxiety shows up.

I may demonstrate physical symptoms such as rapid breathing, shortness of breath, paleness, chest pain, stomach pain as a result of my heightened anxiety.

I can become aggressive and agitated.

When I am under stress my tics become more evident, vocal and shoulder shrugs.

I cannot sleep.

I become upset and cry.

I am scared to sleep by myself if I’m upset or scared.

I am afraid of the dark.

I can be argumentative and angry when feeling distressed.

I may be silent and unable to verbalize my needs.

It is very hard for me to talk when I’m really anxious, I get overwhelmed and shut down. Please give me reassurance if this happens and be patient.

WHAT HELPS ME WHEN I’M NOT DOING WELL

Tell me who you are, and how you can help me

I need space – do not crowd me

I don’t like physical contact, please do not touch me when reassuring me.

Please speak to me in a calm voice.

Reassure me that I am safe and not in trouble.

Reassure me that I will be fine and that you are here to help.

Help me breathe and reassure me.

Ask me if it’s okay to contact the people I identified to be contacted when I’m not doing well.

Help me to manage my anxiety by taking a few deep breaths, and sit quietly for a few moments.

If I become aggressive, give me space and time to calm down.

Validate my feelings.

It helps if my parent can stay with me

I am terrified of needles, please give me options for taking medications orally

I have had bad experiences with being restrained, please give me time to process what you are saying before forcing me to comply

Let me know what is going to happen next.

FamilySmart® Practice Tool



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“What you need to know about me”

IMPORTANT PEOPLE TO CONTACT

My mother / My father / My clinician / My sister / My GP / My psychiatrist / My partner / My friend / My Legal Guardian / My pharmacy

MEDICATION INFORMATION

I take Lithium and Seroquel at night and it makes me groggy in the morning.

I also take medicinal marijuana at night to sleep.

I take melatonin at night to help me sleep.

I have had adverse reactions to Ativan, it can make me more agitated

My Mom has a list of all the medications I have had prescribed and supplements that I take.

MENTAL HEALTH &/OR SUBSTANCE USE DIAGNOSES AND/OR CHALLENGES:

Borderline personality disorder

Anxiety; panic attacks

Eating disorder

Alcohol and marijuana use

Self harm

etc.

FamilySmart® was pleased to offer recommendations that could be shared in a Frequently Asked Questions and examples like these to assist people in making a decision about MedicAlert.