

What else should we do?

Focus particularly on anything mentioned in suicide plans or means that pose particular risk for the individual due to personal interest or recent suicides in peers, the news, etc. Work with the individual on ways to reduce access as indicated. While reducing access to lethal means is effective for preventing suicide, it should be implemented as part of an overall SAFETY PLAN

For more information on reducing access to lethal means,

visit the MEANS MATTER website at

www.meansmatter.org

Help is available 24/7 by calling the Lifeline at:

800-273-8255

Or the Crisis Text Line: **741741**



NEED HELP?

In crisis?
Text HELLO to
741741.

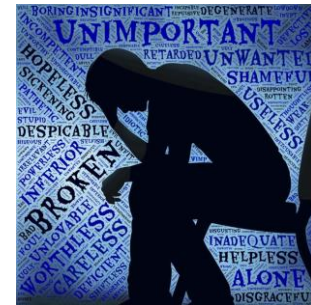


THE **TREVOR** PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

CLM Center for Life Management

(603)434-1577 Emergency Services

Counseling on Access to Lethal Means



WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



www.nimh.nih.gov/suicideprevention

1. Why you are receiving this information?

You or your family member has indicated that they have been thinking about suicide, have made a suicide attempt, or are struggling with mental health, substance misuse and/or life challenges. For people facing these issues, suicidal thoughts can come up quickly and unpredictably and can lead to suicide attempts. We recommend reducing their access to lethal means as an important part of keeping them SAFE.

2. What are Lethal Means?

Lethal Means are those that are MOST LIKELY to cause death when used by someone feeling suicidal.

- Suicide Attempts most frequently involve pills; Suicide Deaths most often involve firearms.

- The difference is in the comparative LETHALITY of the methods.

- Most attempts happen at home, are decided on quickly, and involve readily-available methods.

- Unlike most other methods, firearms do not allow for a change of mind or for rescue .

3. How do I reduce access?

Firearms

- Temporarily storing all guns away from the home is the most effective method. Asking a friend or relative to hold on to them is often the easiest way to accomplish this.

- Other offsite storage options include: gun shops, firing ranges, self-storage units, or police departments. These may involve fees or background checks.

- In-home locking is not as safe. Kids often know where guns are stored and how to access them, even when adults think they don't.

- If removing firearms from the home is not possible, take steps to increase time and distance. - **“Triple Safe Locking”** at home is the next safest option:
 - unload all firearms,
 - lock them in a gun safe,
 - lock ammunition separately or don't keep ammo at home for now.

- Trigger or cable locks can be added.

- Change combinations or key locations.

- Remove a key component of the firearms (eg the firing pin).

- If the gun owner is the one at risk, lock all guns and give the key(s) to someone else.

Medications and Toxins

- Dispose of all expired/unneeded medicines, especially prescription pain pills and any drugs of abuse.
- Reduce clients' access to their meds by dispensing them one at a time or keeping only a few days' worth in their pill box.

- Prioritize locking up the following and seek specific guidance from a doctor or pharmacist: Prescription pills, especially for pain, Over-the-counter pain and sleeping pills. Use a medicine lock box if necessary Also lock up toxic household cleaning products, pesticides, solvents, and other potential poisons.

SUICIDE IS PREVENTABLE

You do so much to keep your loved ones safe...

- ✓ Car seats
- ✓ Smoke alarms
- ✓ First Aid kits
- ✓ Bike helmets

LOCK UP AND LIMIT ACCESS RX MEDICATIONS AND FIREARMS

Medication overdoses too. If you are thinking about suicide, CALL the National Suicide Prevention Lifeline 1-800-273-8255 or Text 741-741

Go to SaferHomesCoalition.org

These steps protect against suicide/overdose/poisoning

1. LOCK UP all medications, Rx & over-the-counter, except 1-week supply

2. LIMIT ACCESS 1-day dose of meds for those in mental health crisis

3. TAKE-BACK go to takebackyourmeds.org

4. DISPOSE of meds with dirt or coffee grounds: place in your trash

SAFER HOMES SUICIDE AWARE

You Can Save A Life