

THERE IS
HOPE,
THERE IS
HELP

STEPS TOWARDS A SAFER HOME



SAFETY SWEEP:

FACT: Restricting access to lethal means reduces suicide.

- Check each room for dangerous items like: razors, medications, sharp objects and guns.
- Temporarily lock or secure dangerous items outside the home.



SUPPORT:

FACT: Having supportive friends and family decreases the risk of suicide.

- Offer hope when someone has expressed thoughts of suicide.
- Seek help immediately and stay with them until they are safe.



SEEK HELP:

FACT: Treatment is 96% effective. Help is just a call, text, or click away.

- Learn about warning signs such as: drinking too much or abusing drugs, saying goodbye, changes in sleep or eating, talking about death or ending it all.
- Depression is the number one cause of suicide. It can look like anger, hostility or irritability. For more warnings signs:

VISIT [tspn.org](https://www.tspn.org)



STATEWIDE CRISIS LINE:

1-855-CRISIS1

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)



IN CASE OF EMERGENCY:

Call 911 or visit your local emergency department