

Is your home **SUICIDE-PROOF?**

Even if you think your child is not at risk for suicide, why take chances? These simple steps can help you suicide-proof your home and possibly save a teen's life.



MEDICATIONS

Lock and limit.

Fact: Teens who attempt suicide use medications more than any other method.



SUPPORT

Listen and ask.

Fact: Millions of kids and teens seriously consider attempting suicide every year.



FIREARMS

Remove. Lock.

Fact: Firearms are used in close to half of teen suicide deaths.

HOW TO SUICIDE-PROOF

Remove Firearms For Now

- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

Limit Medications

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.

Provide Support

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.



HELP IS AVAILABLE if you're concerned that someone you care about is at risk of suicide.

VISIT suicideproof.org

**NATIONAL SUICIDE
PREVENTION LIFELINE:**

24/7 free and confidential.
1-800-273-TALK (8255)

**IN CASE
OF EMERGENCY:**

Call 911 or visit your local
emergency room.

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