LETHAL MEANS SAFETY



Safeguarding Your Home for Suicide Prevention

GET POISON CONTROL HELP, CALL

IN A LIFE-THREATENING EMERGENCY, CALL







LOCK TO LIVE www.lock2live.org

NEBRASKA YOUTH SUICIDE PREVENTION PROJECT

youthsuicideprevention.nebraska.edu/ resources/means-safety

> TALK HEART 2 HEART www.talkheart2heart.org

NEBRASKA STATE SUICIDE PREVENTION COALITION www.nsspc.org

IN A CRISIS, CALL OR TEXT

WHY TAKE PRECAUTIONS AT HOME?

We know that many suicidal crises are temporary with many people reporting they experienced a period of hesitancy during the crisis. Lethal means safety allows extra time for a change of heart or for someone else to intervene. Simply put, increasing the time and space required to access a lethal or deadly method (like guns or pills) can reduce the risk of suicide, save lives, and protect you and your loved ones.



ITEMS TO CONSIDER SAFEGUARDING

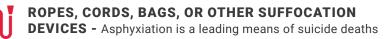


FIREARMS - Most lethal method for a suicide attempt



MEDICATIONS - Most used method for a suicide attempt

ALCOHOL - Increases the chance that a person makes unwise choices and increases the lethality of a drug overdose





SHARP OBJECTS - Such as knives, scissors, and razor blades

CHEMICAL & POISONS - Can be fatal or cause severe harm even in small quantities



VEHICLES - Vehicles accessed by someone who wishes to end their life can be fatal and put other lives at risk

STORE FIREARMS OFF-SITE OR SAFELY LOCKED AWAY ✓ UNLOADED ✓ LOCKED ✓ SECURED

The safest option is always the one that will make the firearm hardest to reach during a moment of crisis.

OUT-OF-HOME STORAGE (PREFERRED METHOD)

- Ask someone you trust to keep your firearms temporarily until the situation improves (i.e., a family member, friend, neighbor, fellow veteran, coworker, religious community member, doctor/ therapist, or a coworker).
- Ask a physician or clinician about safe storage options for firearms.
- Call your local police or sheriff, gun range, or shooting club to see if they offer temporary storage.

IN-HOME STORAGE

- If you cannot store the firearms away from the home, store them unloaded, locked, with ammo secured in a separate place.
- The most secure options are a gun safe or lock box. You can also lock them using a cable or trigger lock.



LIMIT, LOCK, AND REMOVE MEDICATIONS

- Keep only non-lethal quantities on hand. (Your doctor or pharmacist can provide guidance.)
- · Lock up the rest in a secure place.
- To dispose of unused medications, locate a medicine take-back program or follow the FDA guidance: empty the medicines into a sealable plastic bag, crush them or dissolve with water, add yucky stuff like kitty litter, seal the bag and toss into the trash.
- * Never discontinue medication without discussing the decision with a doctor.