

IN A CRISIS,
CALL OR TEXT

IN A
LIFE-THREATENING
EMERGENCY, CALL

GET POISON CONTROL
HELP, CALL



SAFETY RESOURCES

LOCK TO LIVE

www.lock2live.org

NEBRASKA YOUTH SUICIDE
PREVENTION PROJECT

[youthsuicideprevention.nebraska.edu/
resources/means-safety](http://youthsuicideprevention.nebraska.edu/resources/means-safety)

TALK HEART 2 HEART

www.talkheart2heart.org

NEBRASKA STATE SUICIDE
PREVENTION COALITION

www.nsspc.org

LETHAL MEANS SAFETY



Safeguarding
Your Home for
Suicide Prevention

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

ROPES, CORDS, BAGS, OR OTHER SUFFOCATION DEVICES - Asphyxiation is a leading means of suicide deaths

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.

SAFEGUARD YOUR MEDICINE CABINET

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.