

IN A CRISIS,  
CALL OR TEXT



IN A  
LIFE-THREATENING  
EMERGENCY, CALL



GET POISON CONTROL  
HELP, CALL



## SAFETY RESOURCES

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LOCK TO LIVE  
[www.lock2live.org](http://www.lock2live.org)

PROJECT CHILDSAFE  
[projectchildsafe.org](http://projectchildsafe.org)

NEBRASKA YOUTH SUICIDE  
PREVENTION PROJECT  
[youthsuicideprevention.nebraska.edu/  
resources/means-safety](http://youthsuicideprevention.nebraska.edu/resources/means-safety)

NEBRASKA STATE SUICIDE  
PREVENTION COALITION  
[www.nsspc.org](http://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 potentially dangerous items can significantly reduce the risk of suicide, save lives, and protect you and your loved ones.



# ITEMS TO CONSIDER SAFEGUARDING

To help prevent suicide during a period of crisis, consider safeguarding the following items, which have been shown to directly or indirectly impact the risk of suicide.



**FIREARMS**



**MEDICATIONS**



**ROPES, CORDS, BAGS, OR OTHER SUFFOCATION DEVICES**



**SHARP OBJECTS**



**CHEMICALS & POISONS**



**VEHICLES**



**ALCOHOL**



# 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 (e.g., 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 gun range, shooting club, or local police or sheriff's office 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.
- Another option is to disassemble the gun. Consider locking up or storing key parts elsewhere to enhance security (e.g., slide or firing pin).



# SAFEGUARD YOUR MEDICINE CABINET

## LIMIT, LOCK, AND REMOVE MEDICATIONS

- Keep only non-lethal quantities of medications on hand. Consult your doctor, pharmacist, or poison control for 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.*