

SUICIDE PREVENTION



**Nebraska Youth
Suicide Prevention**



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Restricting lethal means of suicide at home

What you can do to make your home safe

“Firearms are the most lethal and most common method of suicide in the U.S. More people who die by suicide use a gun than all other methods combined...Nine out of 10 people who survive a suicide attempt do not go on to die by suicide later.”

“Every U.S. study that has examined the relationship has found that access to firearms is a risk factor for suicides... If highly lethal means are made less available to impulsive attempters and they substitute less lethal means, or temporarily postpone their attempt, the odds are increased that they will survive.”

*-Harvard School of Public Health, Means Matter Campaign
<http://www.hsph.harvard.edu/means-matter/means-matter>*

In an emergency call 9-1-1

To find help for someone who is suicidal,
call 1-800-273-TALK (8255)

Nebraska Resources

Nebraska Youth Suicide Prevention Project:
Youthsuicideprevention.nebraska.edu

Nebraska State Suicide Prevention Coalition:
Suicideprevention.nebraska.edu

You can help prevent suicide by taking the following actions:

1. Remove or lock all firearms

Store firearms out of the home especially if you think someone in your home is impulsive or suicidal.

- » Some police departments or sheriff's offices will hold firearms temporarily. Call and explain your concern. (Don't take guns to the police department unless they tell you to.)
- » Otherwise, store them with a trusted friend or relative.

If storing them elsewhere isn't an option, store all firearms unloaded and locked, and lock the ammunition in a separate location or remove it.

- » Make sure the person you are concerned about doesn't have access to the keys/combinations until the situation has improved.
- » Remember, family members (especially teens) often know each other's hiding places.

Firearms that must be carried as part of a job should be stored at work if possible.

2. "Suicide-proof" your medicine cabinet

For medicines your family needs...

- » Keep only non-lethal quantities on hand. (Your doctor or pharmacist can provide guidance.)
- » Lock up the rest.

For medicines your family doesn't need or have expired...

- » See if your town has a drug take-back program.
- » If not, empty the medicines into a sealable plastic bag, crush them or dissolve with water, add unappealing material such as coffee grounds or kitty litter, seal the bag and toss into the trash.
- » Do not flush or pour down the drain unless the label says to.