

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



**Nebraska Youth
Suicide Prevention**



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SUICIDE PREVENTION



RESTRICTING LETHAL MEANS OF SUICIDE AT HOME

What you can do to make your home safe

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 do so.)
- Otherwise, store them securely with a trusted friend or relative.

If storing them elsewhere isn't an option, store all firearms unloaded and locked, and lock 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.

If possible, firearms carried as part of a job should be stored at work.

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 yucky stuff like 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 do so.

3. LIMIT ALCOHOL

Alcohol can both increase the chance that a person makes an unwise choice, like attempting suicide, and increase the lethality of a drug overdose. Keep only small quantities at home.

4. REGULAR CHECK-INS & MONITORING

Asphyxiation is a leading means of suicide deaths.

While asphyxiation is a challenging method to prevent since many common household objects can be used as ligatures or for suffocation, being aware that this is a possible means of suicide is important. Never leave a suicidal person alone and continue to check in on them after the suicide crisis has resolved.

"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 ten** 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>