SUICIDE PREVENTION

BE THE LIFELINE

If you know someone who is struggling or in a crisis **CALL OR TEXT 988**

In an Emergency **CALL 911**

NEBRASKA RESOURCES

Nebraska Youth Suicide Prevention Project:
Youtsuicideprevention.nebraska.edu

Nebraska State Suicide Prevention Coalition:
Suicideprevention.nebraska.edu

RESTRICTING LETHAL MEANS OF SUICIDE AT HOME

What you can do to make your home safe

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

988 SUICIDE & CRISIS LIFELINE NEBRASKA

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 implusive 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 firearms 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 you 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 litte, 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 increase the chance that a person makes an unwise choice, like attempting suicide, and increase the likely 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 items can be used as litgatures or for suffication, being aware that this is a possible mean of suicide is important. Never leave a suicidal person alone and continue to check in on them after the suicide crisis has resolved.