

IN A CRISIS,
CALL OR TEXT

988

SUICIDE & CRISIS
LIFELINE

IN A
LIFE-THREATENING
EMERGENCY, CALL

911

EMERGENCY

GET POISON CONTROL
HELP, CALL

**AMERICA'S
POISON
CENTERS**
Treatment • Education • Prevention
1-800-222-1222

SAFETY RESOURCES

LOCK TO LIVE
www.lock2live.org

PROJECT CHILDSAFE
projectchildsafe.org

FIREARM LIFE PLAN
<https://firearmlifeplan.org>

NEBRASKA STATE SUICIDE
PREVENTION COALITION
www.nsspc.org

LETHAL MEANS SECURITY



Securing 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 security 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 SECURING

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



SHARP OBJECTS



MEDICATIONS



CHEMICALS & POISONS



ROPES, CORDS, BAGS, OR OTHER SUFFOCATION DEVICES



VEHICLES



ALCOHOL



STORE FIREARMS OFF-SITE OR SECURELY LOCKED AWAY

✓ **UNLOADED**

✓ **LOCKED**

✓ **SECURED**

The most secure option is always the one that puts the most time and distance between a person thinking of suicide and a firearm.

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 local storage options for firearms.
- Call your local gun store, 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).



SECURE YOUR MEDICINE CABINET

LIMIT, LOCK, AND REMOVE MEDICATIONS

- Keep only small 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, use a DETERRA drug deactivation pouch, or follow FDA guidance: empty the medicines into a sealable plastic bag, crush them or dissolve with water, add something undesirable like kitty litter, seal the bag and throw it in the trash.

** Never discontinue medication without discussing the decision with a doctor.*