

Is your home suicide-proof?

Even if you think your child is not at risk for suicide, why take chances? These simple steps can help you suicide-proof your home and possibly save a teen's life.



SUPPORT

Listen and ask.

FACT: Millions of kids and teens seriously consider attempting suicide every year.

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.

CREATED BY ALABAMA PUBLIC HEALTH

<https://www.alabamapublichealth.gov/suicide/assets/MeansRestrictionbrochure.pdf>



FIREARMS

Remove. Lock.

FACT: Firearms are used in two thirds of teen suicide deaths.

- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.



MEDICATIONS

Lock and limit.

FACT: Teens who attempt suicide use medications more than any other method.

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.
- National Poison Control Hotline: 24/7 free and confidential. 1-800-222-1222

Help is available if you're concerned that someone you care about is at risk of suicide.

NATIONAL SUICIDE PREVENTION HOTLINE:
24/7 free and confidential. 1-800-273-8255

IN CASE OF EMERGENCY:
Call 911 or visit your local emergency room.