Call 911 if:

- A suicide attempt is in progress or was just made
- A weapon is present during a suicide crisis
- The person's safety or your safety is threatened

Recognize The Warning Signs

Take immediate action and call or text the 988 Suicide and Crisis Lifeline if someone:

- Makes a threat to kill themselves
- Looks for a way to carry out a suicide plan
- Talks about death or suicide in text messages, on social media, etc.
- Gives away their possessions

Call or text 988 if you are concerned about someone acting in unusual ways:

- Depressed or hopeless
- Withdraws from family or friends
- Rage or is seeking revenge
- Highly anxious or agitated
- Reckless or risky behavior
- Unusual or unexpected change in mood, behavior, or sleep
- Using more alcohol or drugs
- Saying there is no reason for living

MORE INFORMATION

988 Suicide and Crisis Lifeline
Call or text 988
Available 24 hours a day, 7 days a week
https://988lifeline.org/

Crisis Text Line
Text "Got5" to 741-741
Anonymous, text-based support, available 24 hours a day, 7 days a week
www.crisistextline.org

The Trevor Project Lifeline
Call 866-488-7386 or
text START to 678-678
Information & support for LGBTQ young people, available 24 hours a day, 7 days a week
www.thetrevorproject.org

The Suicide Prevention Center of New York
www.preventsuicideny.org

American Foundation for Suicide Prevention
https://afsp.org/

Means Matter Campaign
https://www.hsph.harvard.edu/means-matter/

Poison Control
https://www.poison.org/
Call 1-800-222-1222
Available 24 hours a day, 7 days a week

Make Your HOME Suicide-Safer

Prevent Suicide Through Lethal Means Safety

NEW YORK STATE | Office of Mental Health | SPC NY Suicide Prevention Center of New York State

Make Your Home Suicide Safer Brochure .indd 1 3/1/23 9:29 AM

Suicide-Safer Tips

Lethal means safety in suicide is prevention by making a method less available. By putting space and time between a person with thoughts of suicide and the means to attempt suicide, the person is less likely to die by suicide.

Firearms:

- Consider options to safely store outside the home when someone is in crisis:
- If legal, ask a trusted friend or family member to keep it temporarily:
- If they can't be removed from the home, lock the firearm and ammunition separately, or use a trigger lock. Ask a trusted friend or family member to keep the key.

Medications:

- Keep track of how many pills are in each prescription bottle and don't keep a lethal amount at home.
- Know what is lethal – some over-the-counter medications can be fatal in large amounts.
- Get rid of old medicines safely.
- Keep both prescription and over-the-counter medications secured, such as in a locked cabinet.

Alcohol & Drugs:

- Talk about how substance use is a major risk factor for suicide.
- Limit the amount available in the home.

Other Hazards:

- Know what is lethal - lock up potentially harmful common household products and poisons.
- Identify and remove ropes, cords, and wires.
- Lock up or remove knives and other sharps.

Provide Support:

- Know the suicide warning signs.
- Create a safe, judgement-free environment when talking about tough issues.
- If you have concerns, ask the person directly if they are thinking about suicide.
- Seek help when needed.

Is Your Home Suicide-Safer?

Limiting a suicidal person's access to fatal ways of attempting suicide can save their life.

Firearms

Lock or Remove.

More than half of all suicide deaths result from a gunshot wound.

Medications

Lock and Limit.

Most teens say prescription and other drugs are EASY to get from medicine cabinets. (drugfree.org)

Alcohol

Limit or Remove.

Alcohol abuse is associated with a significantly increased risk of suicide.

Other Hazards

Identify and Remove ropes, cords, and wires. Lock up or remove knives and other sharps.

Support

Ask, Listen and Act.

Ask directly if they are thinking about suicide. Listen closely and without judgment. Validate and support their feelings.

Poisons

Take Precautions.

Know what is lethal – many common household products, such as cleaners and pesticides, are toxic and can be fatal if ingested.

No method of means reduction is foolproof.
If you are concerned about a loved one, seek help.

Original version created by the Oakland County Youth Suicide Prevention Task Force.