

Suicide Safety



Precautions at Home



Secure Medications:

- Lock up all medications, both prescription and over-the-counter, to prevent easy access.
- Keep track of all bottles of medication including the number of pills in each container for every person (including pets) in the home.
- Ask the parents of your child's friends how their medications are stored in their home.



Remove or Secure Weapons:

- Any firearms, knives, or other weapons should be removed from the home or securely locked away.
- Firearms should be stored unloaded and locked up.
- Bullets should be stored in a separate place, and locked up.
- Keys or combinations to the locked areas should be kept by responsible adults in the house only.
- When visiting other homes, ask about gun ownership and storage.



Limit Access to Items Used for Self-Harm:

- Household chemicals that could be harmful if ingested should be locked away or safely stored.
- Lock away knives, razor blades, scissors, and other sharp objects.
- Consider limiting ropes, electrical wire, and long cords within the home or lock them away.
- Keep your vehicle keys with you at all times or consider locking them in a lock box when not in use.
- Secure tools and machinery that could be used for self-harm.



Secure High Windows and Balconies:

- Install safety locks on windows, especially those on higher floors, and restrict access to balconies.

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Remove or Secure Substances:

- Substances can exacerbate suicidal thoughts and should be removed or locked away.
- Keep track of bottles of alcohol and lock them away.
- If marijuana is kept in the home, lock all forms of it in a lock box that only adults in the house have the lock or combination to.
- Talk with the parents of your child's friends about how they store alcohol or marijuana in the home.



Install Safety Devices:

- Carbon monoxide detectors and smoke alarms should be installed and regularly checked to prevent accidental poisoning or fire hazards.



Monitor Internet Use:

- Be aware of what the individual is viewing online, as certain content may exacerbate suicidal thoughts.
- Monitor online activities for:
 - Researching methods of suicide
 - Purchasing any items that could be used for self-harm
 - Spending time on social media sites dedicated to self-harm or suicide
 - Receiving texts from peers about suicide, bullying or any calls for help



Reduce Isolation:

- Ensure that the person is not left alone for extended periods, especially in high-risk situations.
- Regularly check in on the person's well-being and mental state.



Create a Supportive Environment:

- Keep communication open and ensure the individual knows they can talk about their feelings without judgment.

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Encourage Mental Health Care:

- Facilitate access to therapy and mental health resources.



Educate Yourself and Others:

- Learn about suicide prevention and educate others in the household.



Emergency Contact Information:

- Post numbers for emergency services, suicide hotlines, and therapists prominently in the home.

REMEMBER, WHILE THESE MEASURES CAN HELP CREATE A SAFER ENVIRONMENT, THEY ARE PART OF A BROADER APPROACH TO SUPPORTING SOMEONE WHO IS SUICIDAL, WHICH INCLUDES PROFESSIONAL MENTAL HEALTH SUPPORT.

