



HOW TO MAKE YOUR Home a Safe Place

If anyone in your household is experiencing a mental health concern or having suicidal thoughts, follow these tips to help protect your family and possibly save a life.



Lock Up Medications

Teens who attempt suicide use medications more than any other method. Store medication in a lockbox or in a locked cabinet and safely dispose of unused or expired medication at your local pharmacy.



Remove Firearms

Guns are involved in almost half of suicide deaths. Safely securing firearms is a valuable step to provide time and distance. Ask a trusted friend or family member that doesn't live in the home to hold firearms until the situation improves.

If you can't get firearms out of the house, store them unloaded in a box with a trigger lock or in a firearm safe. Storing the keys and ammunition in separate locations from the firearms is also encouraged.



Make a Safety Plan

Help anyone who's experiencing thoughts about harming themselves write a safety plan for them to follow until they feel safe.

A suicide safety plan should include:

- Warning signs of suicidal urges (thoughts, feelings, and triggers)
- A list of activities that can soothe them when they're upset
- Reasons for living
- A list of trusted contacts
- Professional resources including phone numbers



**You are never alone.
There is help and support.**

Call the National Suicide Prevention Lifeline anytime at
1-800-273-8255 or by dialing **988** (starting July 2022).

The National Suicide Prevention Lifeline is a way for families to get assistance by providing a single contact point 24 hours a day, 7 days a week. In case of an emergency, call 911 or visit your local emergency room.



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Find more suicide prevention resources at RegionSix.com