

# **IS YOUR HOME SUICIDE-SAFE?**

Take these actions to restrict access to lethal means of suicide.

## Medications

#### Lock and Limit.

3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.





#### Remove. Lock.

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

## Support

#### Listen and Act

9 out of 100 high school students attempted suicide in the past 12 months.



## Alcohol

### **Monitor Closely**

Substance use makes youth more likely to choose lethal means, such as guns.

## Poisons

#### **Take Precautions**

Intentional exposure to poisons are more likely to result in serious or fatal outcomes.

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

Common Ground Resource & Crisis Helpline: 800.231.1127 or text "Hello" to 741741 (24/7) In Case of Emergency, Call 911.







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