

Lethal Means Reduction

If your child is talking about thoughts or plans of suicide, they should be urgently evaluated by a mental health provider or professional in a medical setting.

Following below recommendations for making a safer home environment may not be perfect but has proven to reduce risks for suicide attempts.

Weapons

- Remove guns from the house, or out of reach if possible.
- Guns should be stored unloaded in a locked safe.
- Bullets should be also locked, but in a separate location.
- Lock away knives, razor blades, and other sharp objects from children and teens.

Medications

- Recommend medications be dispensed by a responsible adult.
- Keep all medications, both prescribed and non-prescribed (over the counter), in a locked box.
- For expired medications or medications no longer in need, or substances for potential abuse return to pharmacy for safe disposal.

Other items

- Always keep your vehicle keys with you or consider locking them in a lock box.
- Lock all toxic household cleaners, pesticides, and chemicals away.
- Consider limiting access to ropes, wires, and long cords.
- Secure and lock high level windows and access to rooftops.