

# RECOGNIZE THE WARNING SIGNS

## Call 911 if:

- A suicide attempt has been made.
- A weapon is present.
- The person is out of control or if your safety is threatened.

## Take immediate action and call 800.231.1127 if someone:

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

## Call 800.231.1127 if someone exhibits uncharacteristic behavior:

- Depression / Hopelessness
- Withdrawal from family or friends
- Rage, anger, or seeking revenge
- Anxiety, agitation, or sleep irregularity
- Reckless or risky behavior
- Dramatic mood changes
- Alcohol or drug use
- Expressions of no reason for living or no sense of purpose

# FOR MORE INFORMATION

## Call / Text

In Case of Emergency, call 911.

**Common Ground Resource & Crisis Helpline**  
800.231.1127  
commongroundhelps.org

**National Suicide Prevention Lifeline**  
800-273-8255 or text "Hello" to 741741 (24/7)  
suicidepreventionlifeline.org

**OK2SAY**  
Text 652729 (OK2SAY)  
michigan.gov/ok2say

**The Trevor Project Lifeline**  
866-488-7386 • thetrevorproject.org

## Visit

achcmi.org • oakgov.com/health  
cnsmi.org • essmichigan.org  
jfsdetroit.org • occmha.org  
ttiinc.org • suicidepreventionlifeline.org

Based on the Suicide-Proof Initiative developed as a project of CYPV and the Rhode Island Department of Health, now maintained by the Brady Center to Prevent Gun Violence. For more information, visit [www.suicideproof.org](http://www.suicideproof.org).

# MAKE YOUR HOME SUICIDE-SAFE

PREVENT SUICIDE THROUGH MEANS RESTRICTION



Oakland County  
Youth Suicide Prevention

# SUICIDE-SAFE TIPS

**Firearms:** Remove as needed. Always lock.

- Ask a trusted friend or family member to keep it temporarily.
- If you can't remove them from the home, securely lock firearm and ammunition separately.

**Medications:** Follow the **M.E.D.S.** method

**Monitor:** Keep track of how many pills are in each prescription bottle or pack and don't keep lethal doses at home.

**Educate:** Educate yourself and family members on the dangers of abusing prescription drugs.

**Dispose:** Dispose of medicines safely to prevent medication abuse and environmental pollution.

**Secure:** Keep medications, both prescription and over-the-counter, in a safe and secure location, such as a locked cabinet or private bathroom.

## Alcohol and drugs

- Talk to your kids about substance use as a major risk factor for suicide.
- Lock up potentially harmful common household products / poisons.

## Provide Support

- Know the suicide warning signs.
- Create a safe, judgment-free environment when talking about tough issues.
- If you notice significant changes, ask them directly if they're thinking about suicide.
- Don't be afraid to seek help when needed.

# 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.

## ▶ Support

### Listen and Act

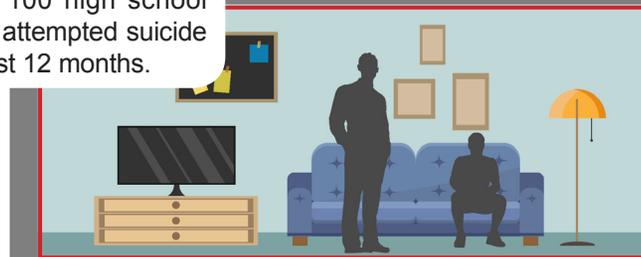
9 out of 100 high school students attempted suicide in the past 12 months.



## ▶ Firearms

### Remove. Lock.

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



## ▶ 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.**