

## Home Safety for Suicide Prevention

<p><b><u>Medicine:</u></b></p> <ul style="list-style-type: none"> <li>❖ Over-the-counter (OTC)</li> <li>❖ Prescriptions</li> <li>❖ Vitamins</li> </ul>	<ol style="list-style-type: none"> <li>1. Use a lock box to store and secure ALL medicine.</li> <li>2. Get rid of any medicine that is expired, no longer being taken, or not needed.</li> <li>3. Keep track of how much medicine you should have.</li> </ol>	<p>Pay special attention to prescription medications including opioids, sleeping medications, and anxiety medications, as well as Tylenol and other acetaminophen-containing products (NyQuil, DayQuil, etc.)</p>
<p><b><u>Guns (Firearms):</u></b></p> <ul style="list-style-type: none"> <li>❖ Firearms</li> <li>❖ Ammunition</li> </ul>	<ol style="list-style-type: none"> <li>1. Do not keep firearms in the home.</li> <li>2. If you own firearms, consider storing them in the home of a family member or friend, or at the very least, keep them in a secure gun safe.</li> <li>3. Keep ammunition stored separately from firearms.</li> </ol>	<p>Be sure to use a different code for any gun safe than you use for other items (different from your phone code, common password combinations, etc.). Your child may know these number combinations without you realizing it.</p>
<p><b><u>Sharp Objects - Examples:</u></b></p> <ul style="list-style-type: none"> <li>❖ Knives</li> <li>❖ Scissors</li> <li>❖ Razors</li> <li>❖ Safety pins</li> <li>❖ Nails</li> <li>❖ Needles</li> </ul>	<ol style="list-style-type: none"> <li>1. Lock up all sharp objects.</li> <li>2. Look through your whole home for these items.</li> <li>3. These items could be anywhere in your home like the garage, basement, or toolshed.</li> </ol>	<p>Pay special attention to: box cutters, art supplies, replacement razor blades. Even “safety blades” can be used for self-harm and/or suicide.</p>
<p><b><u>Other Dangerous Items - Examples:</u></b></p> <ul style="list-style-type: none"> <li>❖ Ropes</li> <li>❖ Belts</li> <li>❖ Extension Cords</li> <li>❖ Alcohol</li> <li>❖ Drugs</li> <li>❖ Cleaning products</li> </ul>	<ol style="list-style-type: none"> <li>1. Lock up all of these items. MAKing sure your child can’t get to them is not enough to keep them safe.</li> <li>2. All family members need to check for these items.</li> <li>3. Think about removing them from the home entirely, whenever possible.</li> </ol>	<p>Pay special attention to liquid cleaning products, and ALL alcohol - having a “secret” hiding place is often NOT as secure as you may think.</p>