

Is Your Home Suicide Proof?

Every year, millions of kids and teens seriously think about suicide. Often, they use items in their home in an attempt. You might think your child is not at risk, but why take a chance?

These simple actions can help.

Remove firearms for now

Nationally, firearms are the most common method for male youth suicide attempts and the second-most-common method for female youth suicide attempts.

If guns are kept in the home:

- Store them in a locked box or gun cabinet out of children's reach.
- Use a gun safety lock on all guns. Request a free gun safety lock at PreventSuicideRI.org.
- Keep bullets in a separate locked box or gun cabinet; make sure kids and teens cannot access the keys.
- Consider temporarily removing guns from the home by asking your local police department or shooting range to store them.

Store over-the-counter and prescription medicines safely

Poisoning, including the use of prescription pills, is the second-most-common way for young people to attempt suicide in Rhode Island. To reduce this risk:

- **Count it!** Keep a small number of over-the-counter medicines in a childproof bottle. Lock the rest.
- **Lock It!** Use a lock bag to secure medications away from youth. You can purchase one online from major retailers, or get one for free here: riprevention.org/campaigns
- **Drop It!** Drop off unused pills at a Drop Box. Find a drop site near you: PreventOverdoseRI.org/get-rid-of-meds

Talk, listen, and give support

- Pay attention to your child's moods and behaviors. Warning signs of suicide are not always obvious.
- If you notice significant changes, talk to your child/pediatrician, and/or help your child find someone to talk to.

START HERE

988 Suicide & Crisis Lifeline.

Dial 988. Available 24 hours/day. Calls are confidential.

Kids' Link RI is available 24 hours/day, seven days/week to help children and youth connect to mental health services and referral to treatment.

1-855-543-5465

lifespan.org/centers-services/kids-link-ri

SUPPORT



Ask and listen.

Ask how they are doing, and listen to what they tell you, without judgment.

MEDICINES

Count it, lock it, drop it.

Over-the-counter and prescription medicines are commonly used in youth suicide attempts.



FIREARMS

Remove or lock.

It is best to remove them from your home. If you can't, store in a secure place, use gun safety locks, and store ammunition securely and separately.



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MORE RHODE ISLAND RESOURCES

- **Crisis Text Line:** Text HOME to 741741 to speak to a trained volunteer crisis counselor 24/7; crisistextline.org
- **Massachusetts and Rhode Island Poison Control:** 800-222-1222
- **Rhode Island Department of Health Suicide Prevention:** PreventsuicideRI.org | health.ri.gov/violence/about/suicide

SOME HELPFUL WEBSITES

- PreventOverdoseRI.org
- riprevention.org
- riprc.org
- ASFP.org/chapter/rhode-island
- EDC.org/body-work/suicide-violence-and-injury-prevention

988 SUICIDE & CRISIS
LIFELINE

Data source

Sprc.org/about-suicide/scope-of-the-problem/means-of-suicide

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