

Is Your Home Suicide Proof?

Every year, millions of adults seriously think about suicide. If someone wants to die, there are things that loved ones can do to help stop them. Often, they use items in their home in an attempt. Research tells us that reducing access to ways that people can attempt suicide is a good way to prevent suicide attempts.

These simple actions can help.

Store firearms safely

According to state and national data from 2020, firearms were used in roughly 32% of all RI suicides and in more than 70% of Veteran suicides nationally.

If guns are kept in the home:

- Use a gun safety lock. Request a free gun safety lock at [PreventSuicideRI.org: bit.ly/free-gun-lock](https://PreventSuicideRI.org/bit.ly/free-gun-lock)
- Keep bullets in a separate locked box or gun cabinet and store the key in a secure place.
- 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

According to Rhode Island (RI) state data, poisoning was involved in roughly 18% of suicide deaths in RI in 2020.

- **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. 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 the following warning signs from your loved ones:

- Talking about wanting to die or kill themselves;
- Looking for a way to kill themselves;
- Talking about being a burden to others;
- Increasing the use of alcohol or drugs;
- Acting anxious or agitated or behaving recklessly;
- Sleeping too much or too little;
- Withdrawing or feeling isolated;
- Showing rage or talking about seeking revenge; or
- Displaying extreme mood swings.

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.

Ensure medications are stored safely and dispose of unneeded medications promptly.



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.



GET HELP: START HERE

988 Suicide & Crisis Lifeline. Dial 988, then dial 1 for Veterans and those who support them. Available 24 hours/day.

BH Link. Located at 975 Waterman Ave, East Providence, RI, BH Link provides immediate access to behavioral health-care in a community-based, 24/7 facility. If you or someone you love is going through a mental health or substance use crisis, there is information, there is compassion, there is help.

401-414-LINK (5465) | BHLink.org

Stanley-Brown Safety Plan for Suicide Prevention: bit.ly/SBSafetyplan

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
- VA.gov/providence-health-care
- riprc.org
- samaritansri.org

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988 SUICIDE & CRISIS
LIFELINE