

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 things can help.

Store over-the-counter and prescription medicines safely

Pills are the most common way for young people to attempt suicide. It's too easy for your child or teen to access drugs left on kitchen or bathroom counters or in medicine cabinets.

- **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/

Remove firearms for now

Firearms are used in one in four youth suicides in Rhode Island.

If guns are kept in the home:

- Consider removing them by asking your local police department or shooting range to temporarily store the gun(s).
- 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 here: riprevention.org/campaigns
- Keep bullets in a separate locked box or gun cabinet; make sure kids and teens cannot access the keys.

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 them find someone to talk to.

START HERE

National Suicide Prevention Lifeline, available 24/7/365: **800-273-TALK (8255)**

Kids' Link RI is available 24 hours a day, seven days a 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 most 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.



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:** health.ri.gov/violence/about/suicide/

SOME HELPFUL WEBSITES

- PreventOverdoseRI.org
- riprevention.org
- riprc.org
- samaritansri.org