



SAFETY GUIDELINES

HOW TO PUT DISTANCE BETWEEN THE LETHAL MEANS AND THE PERSON AT RISK FOR SUICIDE

FIREARM SAFETY

Because firearms are the most lethal among suicide methods in Virginia, it is particularly important that you remove them until things improve at home, or, second best, lock them very securely.



Storing firearms with someone you trust is a comfortable and cost-free option for many people.

ALCOHOL SAFETY



Alcohol can both increase the chance that a person makes a rash decision, like attempting suicide, and increase the lethality of a drug overdose. Keeping only small quantities at home is best. If you have alcohol stored in a liquor cabinet, lock it.

MEDICATION SAFETY

Confirm with your doctor that the dose and quantity of your medication, and the medications of your children, is the lowest safe and effective dose possible.

Use a locked cabinet or a medication locking box to properly secure and monitor your medications.

Safely and properly dispose of old, expired or unused medications. NEVER flush your medications down the drain or toilet, or throw in the trash.



Educate yourself and your family about the most commonly abused types of prescription medications and the associated signs and symptoms of overdose or misuse.

OTHER LETHAL MEANS AND PREVENTION OF SUICIDE

DO NOT LEAVE SOMEONE IN AN EMOTIONAL CRISIS ALONE.



Hanging and suffocation suicide deaths are ranked second in Virginia, as well as nationally. Make sure to remove items which may be obvious to use for hanging.

Consider securing access to high rooftops. Remove or lock poisonous household or auto chemicals.

For more information, visit lockandtalk.org

If you or someone you know needs support now,
call or text 988 or chat 988lifeline.org
to reach the 988 Suicide & Crisis Lifeline.