

# ONE DAUGHTER'S STORY

My father kept guns in the house at all times. Some were loaded and some were not.

One day my father used one of the loaded guns to kill himself. He kept that gun in the hallway closet. It was meant for our family's safety. He was 45.

Everyone who owns a gun or lives with one is at a greater risk of completing suicide. It is also true that most people who live through a suicide attempt do not go on to die by suicide. Firearms don't often give you that second chance.

Encourage your family members, even your parents, to lock up their gun, store it outside the home, or make sure it is stored securely. One simple step can save a life.

# SUICIDE- PROOFING YOUR HOME

A guide to keeping families safe



## FURTHER INFORMATION

To find out more about suicide prevention efforts in Alabama and nationally, please visit:

[afsp.org](http://afsp.org)

[suicideprevention.org](http://suicideprevention.org)

[sprc.org](http://sprc.org)

[reachout.com](http://reachout.com)

[meansmatter.org](http://meansmatter.org)

[asparc.org](http://asparc.org)

[adph.org](http://adph.org)



**ASPARC**

ALABAMA SUICIDE  
PREVENTION AND  
RESOURCES COALITION

**ADPH.ORG**



# IS YOUR HOME SUICIDE-PROOF?

Even if you think your child is not at risk for suicide, why take chances?

These simple steps can help you suicide-proof your home and possibly save a teen's life.



## SUPPORT

### Listen and ask.

Fact: Millions of kids and teens seriously consider attempting suicide every year.



## FIREARMS

### Remove. Lock.

Fact: Firearms are used in close to half of teen suicide deaths.



## MEDICATIONS

### Lock and limit.

Fact: Teens who attempt suicide use medications more than any other method.

## REMOVE FIREARMS FOR NOW

- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

## LIMIT MEDICATIONS

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.

## PROVIDE SUPPORT

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.

**HELP IS AVAILABLE  
IF YOU'RE  
CONCERNED THAT  
SOMEONE YOU  
CARE ABOUT IS AT  
RISK OF SUICIDE.**

**NATIONAL SUICIDE PREVENTION HOTLINE:**  
24/7 free and confidential. 1-800-273-TALK (8255)

**IN CASE OF EMERGENCY:**  
Call 911 or visit your local emergency room.