

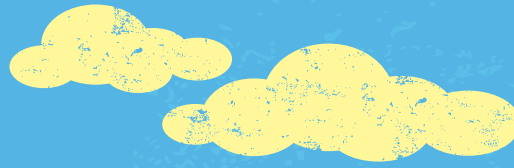
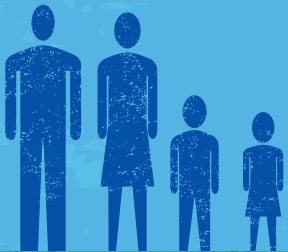
# One daughter's story

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.



ALABAMA  
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HEALTH

## Further Information

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

[alabamapublichealth.gov/suicide](http://alabamapublichealth.gov/suicide)

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

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

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

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

# Suicide-Proofing Your Home

A guide to keeping families safe



# 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.

- 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.



## FIREARMS

### Remove. Lock.

**FACT:** Firearms are used in two thirds of teen suicide deaths.

- 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.



## MEDICATIONS

### Lock and limit.

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

- 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.
- National Poison Control Hotline: 24/7 free and confidential. 1-800-222-1222

*Help is available if you're concerned that someone you care about is at risk of suicide.*

**988**  
SUICIDE  
& CRISIS  
LIFELINE

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