

10 MINUTES CAN SAVE A LIFE!

Give someone who is having suicidal thoughts more time to change their mind.



Post crisis resources in a visible place.

These simple changes make your home safer:

Prevent suicide by making it harder for someone in crisis to access harmful items.

Reduce potential hazards: remove ropes, keep firearms out of bedrooms, consider collapsible closet rods.

Keep bedroom and bathroom doors unlocked when you're worried about someone.

SECURE FIREARMS AND AMMUNITION



Use safes and cable locks, to make firearms harder to access.

Store firearms and bullets separately to add another layer of time.

Consider off-site storage with a trusted friend, family member, or a participating law enforcement agency.

Find safe storage options near you: fiprp.uw.edu



REMOVE ALCOHOL AND VEHICLE KEYS

Alcohol lowers inhibitions and increases risk.

Keeping it out of the house can help.



If someone is in distress or has been drinking, secure vehicle keys to prevent impulsive decisions.

LOCK AND LIMIT MEDICATIONS

Store medications in a locked box.
Dispose of unused medications safely.



Visit lock2live.org for guidance on safe storage of lethal means.