

ONE PARENT'S STORY

I have kept guns in my home over the last 40 years for hunting and protection of my home and my family.

I taught my daughters how to use those guns for their protection. I taught them how to load and unload, how to target shoot for fun. I thought I was teaching gun safety! Was I wrong?

My teenage daughter used one of those guns to kill herself—a gun that I taught her how to use for protection and to be used for fun.

I kept that gun in my nightstand drawer. If only I would have known then that an undiagnosed mental illness would have her thinking about using that gun, I would have locked it away, or given it to someone else for safekeeping.

Even great parents miss the signs that their child may be at risk. A lot of parents believe that someone who wants to die will find a way—but that's not true—most people who live through a suicide attempt do not go on to die by suicide.

With guns, most people don't get a second chance, one easy way to lessen the chance that your child will die by suicide is to make sure your gun is not accessible to them—store your gun outside your home, give it away or at least make sure it is stored securely.

FURTHER INFORMATION

Visit suicideproof.org

WEB RESOURCES

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

afsp.org suicidepreventiononline.org

nvsuicideprevention.org sprc.org reachout.com

meansmatter.org Suicideprevention.nv.gov

PARTNERS

Nevada Office of Suicide Prevention

Nevada Executive Committee to Review the Death of Children

Washoe County Social Services

Nevada Children's Mental Health Consortia

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SUICIDE-PROOFING your home

The parent's guide to
keeping families safe



— EATING PARTNER'S EDUCATIONALS —

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.



MEDICATIONS

Lock and limit.

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



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.

HOW TO SUICIDE-PROOF

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.



VISIT suicideproof.org

NATIONAL SUICIDE PREVENTION LIFELINE:

24/7 free and confidential,
1-800-273-TALK (8255)

IN CASE OF EMERGENCY:

Call 911 or visit your local emergency room.