The parents' guide to keeping families safe.

SUICIDE-PROOFING your home.

WEB RESOURCES

Nevada Children’s Mental Health Consortium
Washoe County Social Services
Nevada Executive Committee to Review Suicide Prevention
Nevada Office of Suicide Prevention

PARTNERS

suicideprevention.gov
nvmh.org
nmc.gov

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

Vital suicideproof.org

INFORMATION

FURTHER

ONE PARENT’S STORY

...
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.*

**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.

**VISIT suicideproof.org**

**HELP IS AVAILABLE** if you’re concerned that someone you care about is at risk of suicide.

**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.