RECOGNIZE THE WARNING SIGNS

Call 911 if:
• A suicide attempt has been made.
• A weapon is present during a suicide crisis.
• The person is out of control or if your safety is threatened.

Take immediate action and call PES at 734-936-5900 or the Washtenaw County CMH Crisis Line at 734-544-3050 if someone:
• Makes a serious threat to kill themselves.
• Looks for a way to carry out a suicide plan.
• Talks about death or suicide in text messages, social media sites, etc.
• Gives away their possessions.

Call PES at 734-936-5900 or the Washtenaw County CMH Crisis Line at 734-544-3050 if someone exhibits uncharacteristic behavior:
• Depression / Hopelessness
• Withdrawal from family or friends
• Rage, anger, or seeking revenge
• Anxiety, agitation, or sleep irregularity
• Reckless or risky behavior
• Dramatic mood changes
• Alcohol or drug use
• Expressions of no reason for living or no sense of purpose

FOR MORE INFORMATION

In Case of Emergency, Call 911.

Psychiatric Emergency Services (PES), University of Michigan:
734-936-5900 or 734-996-4747

Washtenaw County Community Mental Health (CMH) Crisis Line:
734-544-3050
Available 24 hours a day, 7 days a week
https://www.washtenaw.org/839/Community-Mental-Health

National Resources

National Suicide Prevention Lifeline:
Call 800-273-8255 or text “Hello” to 741741
Available 24 hours a day, 7 days a week
suicidepreventionlifeline.org

The Trevor Project Lifeline
866-488-7386 • thetrevorproject.org
afsp.org • sprc.org
actionallianceforsuicideprevention.org
suicidepreventionlifeline.org

Based on the Suicide-Proof Initiative developed as a project of CYPV and the Rhode Island Department of Health, now maintained by the Brady Center to Prevent Gun Violence. For more information, visit www.suicideproof.org.

MAKE YOUR HOME SUICIDE-SAFER

PREVENT SUICIDE THROUGH LETHAL MEANS REDUCTION

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SUICIDE-SAFE TIPS

**Firearms:** Remove as needed. Always lock.
- Ask a trusted friend or family member to keep it temporarily.
- If you can’t remove them from the home, securely lock firearm and ammunition separately.

**Medications:** Follow the M.E.D.S. method

**Monitor:** Keep track of how many pills are in each prescription bottle or pack and don’t keep lethal doses at home.

**Educate:** Educate yourself and family members on the dangers of abusing prescription drugs.

**Dispose:** Dispose of medicines safely to prevent medication abuse and environmental pollution.

**Secure:** Keep medications, both prescription and over-the-counter, in a safe and secure location, such as a locked cabinet or private bathroom.

**Alcohol and drugs:**
- Talk to your kids about substance use as a major risk factor for suicide.
- Lock up potentially harmful common household products / poisons.

**Provide Support:**
- Know the suicide warning signs.
- Create a safe, judgment-free environment when talking about tough issues.
- If you notice significant changes, ask them directly if they’re thinking about suicide.
- Don’t be afraid to seek help when needed.

IS YOUR HOME SUICIDE-SAFE?

Take these actions to reduce access to lethal means of suicide.

**Medications**

Lock and limit.
Most teens say prescription drugs are EASY to get from their parents’ medicine cabinets. (drugfree.org)

**Firearms**

Remove. Lock.
More than half of all suicide deaths result from a gunshot wound.

**Support**

Listen and Act
18.7% of high school students seriously considered attempting suicide in the last 12 months (Michigan YRBSS)

**Alcohol**

Monitor Closely
Substance use makes youth more likely to choose lethal means, such as guns.

**Poisons**

Take Precautions
Intentional exposure to poisons are more likely to result in serious or fatal outcomes.

No method of means restriction is foolproof. If you are concerned about a loved one, seek help.