



**There is hope...there is help**

**Non-Emergency Resources:**

Mental Health Associated of Nebraska Warm Line,  
402-975-2032

**Crisis Assistance**

If someone you know is in crisis now,  
seek help immediately.

Call **1-800-273-8255** (National Suicide Prevention Lifeline)  
or **402-475-6695** (CenterPointe Crisis Line)

Text **START** to **741-741**

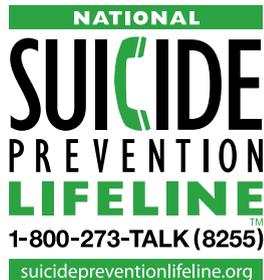
Call **911**

Go to Bryan West Emergency Department,  
2300 S 16th Street, Lincoln

<http://youthsuicideprevention.nebraska.edu/lancastercounty.php>.



**Nebraska Youth  
Suicide Prevention**



*This was developed under a grant number 1U79SM061741-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.*

# SUICIDE PREVENTION



**Restricting lethal means  
of suicide at home**

**What you can do to make your home safe**

“Firearms are the most lethal and most common method of suicide in the U.S. More people who die by suicide use a gun than all other methods combined...Nine out of ten people who survive a suicide attempt do not go on to die by suicide later.

“Every U.S. study that has examined the relationship has found that access to firearms is a risk factor for suicides... If highly lethal means are made less available to impulsive attempters and they substitute less lethal means, or temporarily postpone their attempt, the odds are increased that they will survive.”

*-Harvard School of Public Health, Means Matter Campaign*  
<http://www.hsph.harvard.edu/means-matter/means-matter>

## In an emergency call 9-1-1

To find help for someone who is suicidal,  
call 1-800-273-TALK (8255)

### Nebraska Resources

Nebraska Youth Suicide Prevention Project:  
[Youthsuicideprevention.nebraska.edu](http://Youthsuicideprevention.nebraska.edu)

Nebraska State Suicide Prevention Coalition:  
[Suicideprevention.nebraska.edu](http://Suicideprevention.nebraska.edu)

## You can help prevent suicide by taking the following actions:

### 1. Remove or Lock all firearms

Store firearms out of the home especially if you think someone in your home is impulsive or suicidal.

- » Some police departments or sheriff's offices will hold firearms temporarily. Call and explain your concern. (Don't take guns to the police department unless they tell you to.)
- » Otherwise, store them with a trusted friend or relative.

If storing them elsewhere isn't an option, store all firearms unloaded and locked, and lock the ammunition in a separate location or remove it.

- » Make sure the person you are concerned about doesn't have access to the keys/combinations until the situation has improved.
- » Remember, family members (especially teens) often know each other's hiding places.

Firearms that must be carried as part of a job should be stored at work if possible.

### 2. “Suicide-proof” your medicine cabinet

For medicines your family needs...

- » Keep only non-lethal quantities on hand. (Your doctor or pharmacist can provide guidance.)
- » Lock up the rest.

For medicines your family doesn't need or have expired...

- » See if your town has a drug take-back program.
- » If not, empty the medicines into a sealable plastic bag, crush them or dissolve with water, add yucky stuff like coffee grounds or kitty litter, seal the bag and toss into the trash.
- » Do not flush or pour down the drain unless the label says to.