REDUCE THE RISKS

Concerned about a
young person with
depressed moods?

Your child or
friend?

What to do?

Reach out to
a professional or
teacher and
consider giving
your child access
to adult
supervision.

Contact

YOUR CHILD

DO NOT FLUSH PILLS

FROM HARM.

Medical Cabinet

De- Toxic Your Child

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The rate of suicide attempts is highest during adolescence. The vast majority of attempts are nonfatal...unless a firearm is involved.

A firearm in the home is a risk factor for suicide, but not for suicide attempts. People with guns at home are no more likely to attempt suicide than people without guns at home. But they are more likely to die in an attempt. That's because pulling a trigger is fast, deadly, and allows no second thoughts—unlike most other methods.

**PROTECT YOUR FAMILY FROM PAIN AND SUFFERING.**

Suicide attempts by youth are often made during a short-term crisis like a relationship break-up, arrest, or family conflict. While attempts are often impulsive, signs of trouble are usually present. Suicidal youth often struggle with many issues, including mental health or substance abuse problems. To learn ways to help your child cope, contact the resources on the back of this brochure. To lower the odds that an attempt proves tragic, follow these tips to remove or lock up your firearms and to "de-toxify" your medicine cabinet.

**Removing Firearms**

Some law enforcement departments offer temporary storage and/or permanent disposal options:

- **CALL** your local police department, sheriff or state police.
- **IDENTIFY** yourself and explain your concern.
- **ASK** for the Officer on Duty and write down their name and the department's name.
- **ARRANGE** with the officer a time and location for them to pick up the firearms, if they offer this service. Do not bring the firearm to the police department unless told to by an officer.
- **UNLOAD** the firearms if you know how to do it safely.
- **LET** the officer know that the gun(s) may be loaded if you are unable to do so.

Another option is to ask a friend or relative to hold on to the guns until the situation improves.

**Securing Firearms**

If disposal or off-site storage are not options or if a family member carries a firearm as part of their job, take the following precautions at your home:

- **LOCK** the unloaded firearms in a gun safe or tamper-proof box with ammunition locked in a separate location (Even better: don't keep ammunition at home).
- **KEEP** the keys/combinations away from the person at risk.
- **REMEMBER**, youth often know their parents' hiding places, so take care to make the keys or combination inaccessible.