

# REOPENING RI

## Is Your Home Suicide Proof?



Every year, millions of kids and teenagers seriously think about attempting suicide. You might think your child or teenager is not at risk for suicide, but why take a chance? These simple things can help you suicide proof your home and might save someone's life.

### Remove firearms for now

Firearms are used in almost half of teen suicides.

- Remove all guns from your home and store them in a place where a child or teenager cannot get them. Ask your police department or shooting range if they can temporarily store your gun.
- If you must keep guns in your home, keep them in a locked box or gun cabinet. Keep the bullets in a different locked box or gun cabinet. Make sure children and teenagers cannot get the keys to the locked box or gun cabinet.



### Store medications safely and securely

Pills are the most common way for teens to attempt suicide.

- If someone in your house has a prescription for opioids or other controlled substances, store the medicine in a locked box.
- Before you take a dose of the medicine, count the number of pills that are in the bottle to make sure none are missing.
- Throw away any unused or expired medications. Find a [medication drop box near you](https://1jhpx52ed2l72zja983tp5xl-wpengine.netdna-ssl.com/wp-content/uploads/2019/03/Drug-Disposal-Sites-without-Take-Back-info-Sept-2019.pdf).  
<https://1jhpx52ed2l72zja983tp5xl-wpengine.netdna-ssl.com/wp-content/uploads/2019/03/Drug-Disposal-Sites-without-Take-Back-info-Sept-2019.pdf>



### Talk, listen, and give support

- Pay attention to your teen's moods and behaviors. Warning signs of suicide are not always obvious.
- If you notice significant changes, talk to your teen or help them find someone to talk to.



### Rhode Island resources

- ◇ National Suicide Prevention Lifeline, available 24/7/365: **800-273-TALK** (8255)
- ◇ Kids Link **1-855-543-5465** <https://www.lifespan.org/centers-services/kids-link-ri>
- ◇ Crisis Text Line: Text **HOME** to **741741**; <https://www.crisistextline.org/>
- ◇ Massachusetts and Rhode Island Poison Control: <http://www.maripoisoncenter.com>
- ◇ [Preventoverdoseri.org](http://Preventoverdoseri.org)
- ◇ [www.riprevention.org](http://www.riprevention.org)
- ◇ <https://www.riprc.org>
- ◇ [www.samaritansri.org](http://www.samaritansri.org)

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