# ONE FATHER'S STORY

I used to always keep a gun in my house to protect my family. That is something I will regret for the rest of my life.

My teenaged son shot himself in the head with my gun; the gun that was supposed to protect him.

I kept it loaded in my nightstand drawer. I never thought that he'd take it and use it on himself. He seemed so happy, always surrounded by family and friends. He and his girlfriend broke up the night before. I knew it would be tough for him, but I figured that he'd be fine—it's all part of growing up. But he wasn't. When I found out what happened, I felt like I was responsible for putting that gun in the house and leaving it accessible to him.

If I did not have that gun in my house, my son might still be alive. I think about that every day.

# FURTHER INFORMATION

Visit suicideproof.org ......

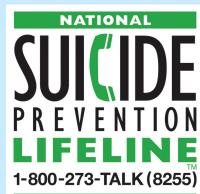
# **WEB RESOURCES**

To find out more about suicide prevention efforts, please visit:

- save.org afsp.org sprc.org •
- suicidepreventionlifeline.org
  - sptsusa.org yspp.org •

# Websites for kids and teens:

• thetrevorproject.org • us.reachout.com •



suicidepreventionlifeline.org

The Brady Center to Prevent Gun Violence is proud to continue this campaign, originally developed as a project of CPYV and the Rhode Island Department of Health.







The parent's guide to keeping families safe

# 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.

# **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.





# **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.





# **FIREARMS**

Remove. Lock.

Fact: Firearms are used in close to half of teen suicide deaths.





# **VISIT** suicideproof.org

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.