

# Suicide Prevention: Safeguarding Your Home

*“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 method combined. Suicide attempts with a firearm are almost always fatal, while other methods are less likely to kill. 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. Firearm owners are not more suicidal than non-firearm owners; rather, their suicide attempts are more likely to be fatal. Many suicide attempts are made impulsively during a short-term crisis period. 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

[www.hsph.harvard.edu/means-matter/means-matter](http://www.hsph.harvard.edu/means-matter/means-matter)

## 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.)
- Another option is to 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/combination 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.

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## *Crisis Assistance*

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

- Call 1-800-273-TALK (8255) to reach a 24-hour crisis center or dial 911 for immediate assistance or go to the nearest emergency department.
- Call CenterPointe Crisis Response Line at 402-475-6695.

### **The Bryan mental health emergency department provides emergency mental health care/crisis assessments to determine if hospitalization is needed.**

- Available 24 hours a day, seven days a week
- Go to Bryan West Campus Emergency Department, 2300 S. 16th Street, Lincoln, NE

### **Non-emergency mental health care**

- Contact the Bryan Counseling Center
- Phone: 402-481-5991
- Hours: Monday-Friday, 9 a.m.-5 p.m.
- Location: Bryan West Campus  
2300 S. 16th Street, Lincoln, NE
  - Use main entrance
  - Take immediate left to reach connecting hallway to Professional Office Building. The Counseling Center is on the 2nd floor, suite 201.
- Free online, confidential screenings for depression, anxiety and alcohol are available at [bryanhealth.org/onlinescreenings](http://bryanhealth.org/onlinescreenings)

### *For more information about what you can do to prevent suicide:*

[www.youthsuicideprevention.nebraska.edu](http://www.youthsuicideprevention.nebraska.edu)

[www.suicideprevention.nebraska.edu](http://www.suicideprevention.nebraska.edu)

### *For Additional Resource Information:*

Nebraska Network of Care Website:  
[www.hhs.state.ne.us/networkofcare/](http://www.hhs.state.ne.us/networkofcare/)

American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)

Suicide Prevention Resource Center (SPRC)  
[www.sprc.com](http://www.sprc.com)

#### **Bryan Medical Center Bryan West Campus**

2300 S. 16th St.  
Lincoln, NE 68502

[bryanhealth.org](http://bryanhealth.org)