

Suicide is preventable. Medication overdoses are too.



Safety Checklist

- ☒ Seat belts
- ☒ Smoke alarms
- ☒ First Aid kits
- ☒ Bike Helmets

Don't forget to lock up:

- ☐ Medications
- ☐ Firearms



Adapted with permission from
Safer Homes, Suicide Aware



Request free gun locks and other tools at <https://bit.ly/SaferCommunitiesMT>

Suicide Prevention Lifeline: 1-800-273-8255, Press 1 for Veterans assistance.

Crisis Text Line: Text 'MT' to 741-741

Save lives by locking and limiting access to lethal means

Take Back

Find medication disposal sites here:

- <https://bit.ly/RXdropbox>
- <https://bit.ly/prescriptionabuseDOJ>

Dispose

Get rid of leftover medication by mixing it with dirt, kitty litter or coffee grounds; place in your trash.

Lock Up

Secure all Rx, including over-the-counter, save for a 1-week supply. Secure firearms with a gun lock or place in a gun safe when not in use.



Limit Access

1-day Rx dose for those in a mental health crisis. Ask someone you trust outside of the home to hold firearms or ammunition during a crisis.

Store Ammunition

Make sure your firearm is unloaded prior to being stored. Lock ammunition in a separate area away from your firearms.



Hold and Transfer

Give a trusted person keys and combinations. Ask a friend or relative to hold firearms temporarily in an emergency.