

# Suicide is preventable. Medication overdoses are too.



SAFER HOMES  
SUICIDE AWARE

Adapted with permission from  
Safer Homes, Suicide Aware

## Safety Checklist

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

Don't forget to lock up:

- Medications
- Firearms



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.