

## FIREARMS

### Lock Securely

Storing guns away from home when a family member is at risk for suicide is safest. If that's not possible, or until you can do so...

- Store triple safe: locked, unloaded, ammunition locked separately (or don't keep ammunition at home for now).
- Quality gun safes and lock boxes are best. Trigger locks and cable locks are inexpensive but may be less secure. More on locks: ProjectChildSafe.org and www.lokitup.org

### GUNS ALREADY LOCKED?

- Change the locks, combinations, or key location so your loved one has no access. Family often know each other's hiding places.
- Consider taking the guns apart and storing a critical part away from home.

No lock is foolproof; offsite storage is safest.

*“If you are concerned about a loved one, always store firearms securely and consider temporary off-site storage.”*

National Shooting Sports Foundation  
American Foundation for Suicide Prevention

## MEDICATIONS

### Lock or Dispose

- Store all medications (except rescue meds like inhalers) in a lock box or locked cabinet.
- Get rid of unwanted medications. Options: Take to a drop-off spot. Where? Contact 303.692.2903 or [Coloradomedtakeback.info](http://Coloradomedtakeback.info) Or mix unwanted meds with a deactivating product like DisposeRx (available from Walmart) or soil and throw in the trash.
- Take particular care to lock **prescriptions, pain pills, and sleeping pills**. Contact your doctor or pharmacist for specific advice.

## SUPPORT

### Listen and Ask

- Pay attention to your loved one's moods and behavior. Check in, listen without judgment, let them know you care.
- If you're concerned they might be suicidal, ask directly.
- For other ways to help, contact:

Colorado Crisis & Support Line

Call 1-844-493-TALK (8255)

Text TALK to 38255

- Share the crisis line with your loved one.
- In an urgent situation, 24-hour walk-in centers are available. Contact the crisis line to find one near you.
- In an emergency, call 911 or go to the ER.

**“But he's just having a tough time.”**

We don't want to think a loved one could become suicidal. Everyone has rough periods; most recover. But when a person is coping with a mental health or drug problem, and a crisis like a break-up or arrest hits, sometimes suicide feels like the only way out. The feelings are often temporary, but they can escalate very quickly to an attempt.

- Nearly half of people hospitalized after an attempt said they first started thinking about that attempt within ten minutes of attempting.
- 90% of attempters don't go on to kill themselves later. This is even true of people who make very serious attempts.

## SAFEGUARD YOUR HOME

It's hard to predict whether or when a suicidal crisis might hit. If a family member is struggling, show support, get them help, store your guns away from home, and lock up medications. It's like keeping the keys from a driver who's been drinking.

Simple steps can help protect your family.

# Safeguard Your Home

A Guide for  
Colorado Families  
When a Family Member  
is at Risk for Suicide



COLORADO  
Department of Public  
Health & Environment

## FIREARMS

Store Away from Home When a Family Member is Struggling.

Gun owners care about safety and protecting the family. When someone at home is coping with a mental health issue or painful life crisis, many owners store their guns offsite until things improve.

Options:

### RELATIVES AND FRIENDS\*

Ask a trusted relative or friend to store your guns (safely locked) at their home.

### SELF-STORAGE UNITS

Most self-storage rentals allow guns. Store guns unloaded and locked.

### SHOOTING RANGES/CLUBS

Some public ranges offer locker rentals for a low monthly or quarterly fee. Private shooting clubs may offer lockers for members.

### GUN SHOPS

Some shops will store guns. Prices vary. Depending on type of storage, the shop may need to run a background check before you get your guns back.

### PAWN SHOPS

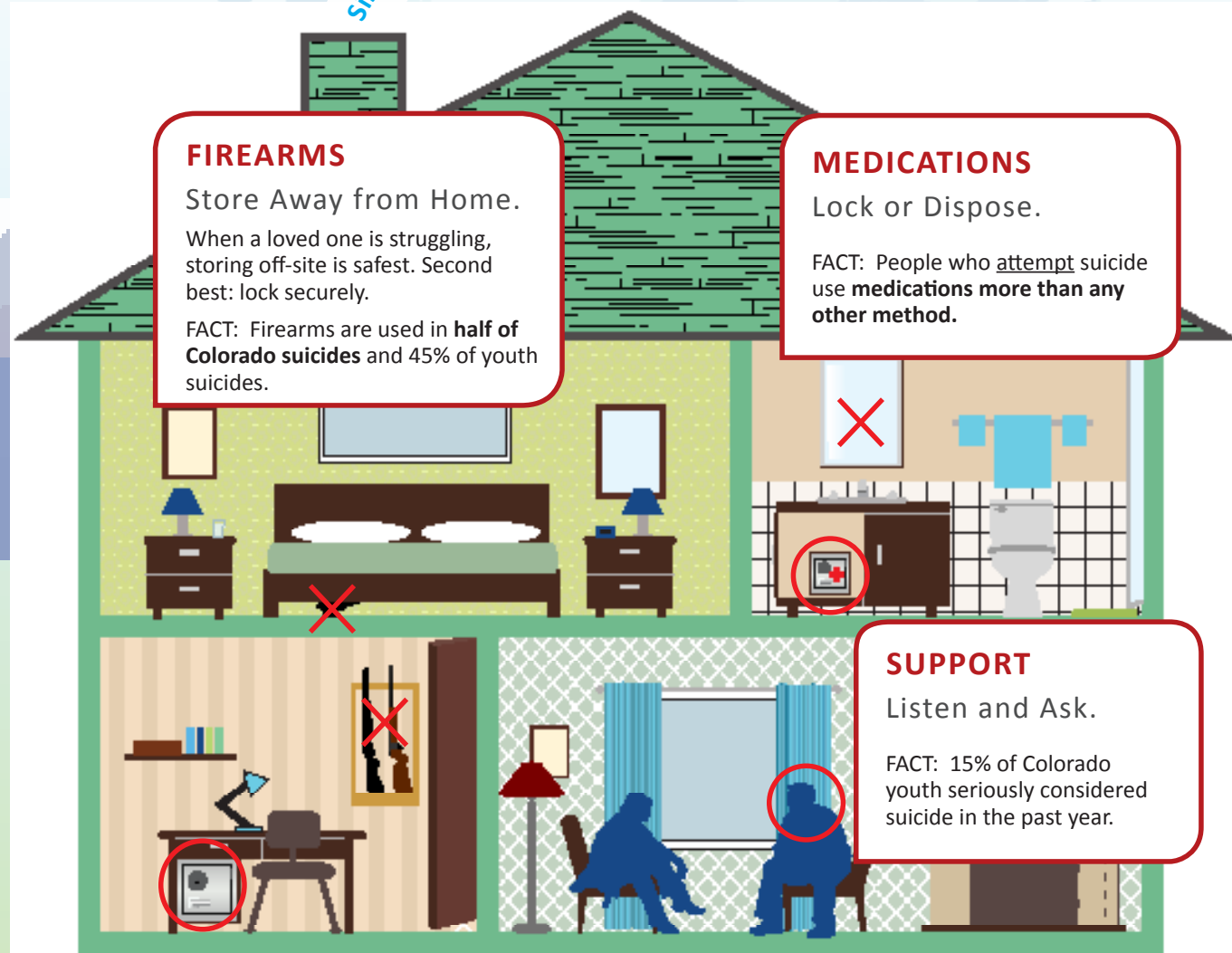
Pawning is one way to store guns securely. Pawn your guns for a small loan. Pay a monthly interest charge (15-20%) on the loan. To get the guns back, repay the loan and undergo a background check.

### POLICE/SHERIFF'S OFFICE

Call to find out if yours stores guns and how to get them there (don't walk in with guns without warning). Typically no fees. You may need a background check to get the guns back.

\*Under Colorado law, a gun transfer is typically subject to a background check unless the transfer qualifies for an exemption, including exemptions for loans to select relatives and temporary transfers for up to 72 hours to non-prohibited persons. To become fully informed about making a legal temporary gun transfer, review Colorado gun laws including C.R.S. § 18-12-112 or consult an attorney.

Simple steps can help protect your family.



### FIREARMS

Store Away from Home.

When a loved one is struggling, storing off-site is safest. Second best: lock securely.

FACT: Firearms are used in **half of Colorado suicides** and 45% of youth suicides.

### MEDICATIONS

Lock or Dispose.

FACT: People who attempt suicide use **medications more than any other method.**

### SUPPORT

Listen and Ask.

FACT: 15% of Colorado youth seriously considered suicide in the past year.

HELP IS AVAILABLE .....→ **COLORADO CRISIS & SUPPORT LINE**  
**24/7 free & confidential, 1-844-493-TALK (8255)**  
[www.coloradocrisiservices.org](http://www.coloradocrisiservices.org)

This brochure is not for the purpose of providing legal advice.  
Text by Means Matter with review by CDPHE, SAFETY Study, Colorado Firearm Safety Coalition, CALM, PIPER, Children's Hospital Colorado. Inspired by the RI Health Department's Suicide-Proof campaign; used with permission.