

Know the Signs

Warning Signs

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors:

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about death, dying, or suicide

Seek help by contracting a mental health professional or calling 2-1-1 or 1-800-273-TALK for a referral should you witness, hear, or see anyone exhibiting any one or more of these behaviors:

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, or society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- No reason for living; no sense of purpose in life

Risk Factors

Risk factors are stressful events, situations, and/or conditions that are associated with greater potential for suicide and suicidal behavior. According to the Surgeon General, these include but are not limited to:

- Alcohol and/or substance use disorders
- Past suicide attempts
- Traumatic loss, including suicide loss
- Impulsive and or aggressive tendencies
- Easy access to lethal methods, especially guns
- Chronic pain, illness
- Perceived burdensomeness
- Lack of social support/isolation
- Significant disappointment, humiliation, or loss of status (e.g. break up, arrest)

Need Help Now

Help is available if you are concerned that someone you care about is at risk of suicide.

If you or someone you know is in immediate, life-threatening danger call or text 911. Further Information

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

- preventsuicidect.org
- afsp.org
- suicidepreventionlifeline.org
- mobilecrisisempct.org



PREVENTSUICIDECT.ORG

Safe-Guard Your Home

Suicide Prevention Measures in Your Home to Lessen Harm and Reduce Risks

1 WORD VOICE LIFE
Be the ONE to start the conversation

Steps Toward a Safer Home When Someone is in Crisis



FOR HELP

**CALL 2-1-1
AND PRESS 1**

**OUTSIDE OF CT
1-800-273-8255**

**TEXT CT TO 741741
FOR FREE 24/7 CRISIS SUPPORT**

**1 WORD
VOICE
LIFE**

Be the ONE to start
the conversation

No method of means restriction is foolproof. If you are concerned about a loved one, seek help.

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Medications

Medications can be helpful. Medications can also cause harm if used in the wrong amount, in the wrong way, or by the wrong person.

- **Lock:** Safely store all medications including prescription, over-the-counter, herbals, vitamins, and supplements in a locked location. Lockboxes can be ordered free of charge from drugfreect.org.
- **Limit:** Keep only small amounts on-hand.
- **Dispose:** Properly dispose of unneeded medications year-round. Find a medicine drop-off program at takebackday.dea.gov.

Firearms

Preventing access to firearms by unauthorized persons helps keep everyone safe. Firearms should be stored unloaded and locked when not in use, separate from ammunition, in a safety device such as a lock box. Locate a free Safety Kit on ProjectChildSafe.org.

By Connecticut law, firearms must be securely stored in homes where children under age 18 reside, or if a resident is at risk of imminent harm to themselves or others.

If you believe a person is in crisis, storing firearms off-site is the safest option:

- Call local law enforcement to have them temporarily hold firearms for safekeeping; or
- Call the State Police at (860) 685-8290 to inquire about legally transferring firearms to a family member, trusted friend or gun dealer.

As a last resort, if an owner won't voluntarily relinquish their firearms, and you believe they are at risk of imminent self-harm, contact local law enforcement to ask for a "risk protection order" to have them immediately remove the firearms by court order.

Other Precautions

- Keep knives and sharp objects hidden or out of reach
- Keep your vehicle keys with you at all times or consider locking them in a lock box when not in use.
- Lock all toxic household cleaners, pesticides, and industrial chemicals away.
- Consider limiting ropes, electrical wire, and long cords within the home or lock them away.
- Secure and lock high level windows and access to rooftops.