

# 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 contacting a mental health professional or calling 2-1-1 or 988 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 other 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

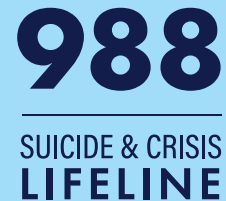
## SUICIDE IS PREVENTABLE

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

If you are concerned that someone you care about is at risk of suicide, in Connecticut call 2-1-1 or call/Text 988 or chat 988Lifeline.org.

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

- [preventsuicidect.org](https://preventsuicidect.org)
- [afsp.org](https://afsp.org)
- [988lifeline.org](https://988lifeline.org)
- [mobilecrisisempct.org](https://mobilecrisisempct.org)



# SAFEGUARD YOUR HOME



**PREVENTSUICIDECT.ORG**

**Suicide Prevention Measures  
to Lessen Harm and Reduce Risks**

# Steps Toward a Safer Home When Someone is in Crisis



**Attic**  
Restrict access to firearms, toxic chemicals, cords.  
Monitor access.

**Bathroom**  
Restrict access to medications, razors, mouthwash.

**Bedroom**  
Restrict access to firearms, sharp objects, belts.

**Living Room**  
Restrict access to firearms, alcohol, cords.

**Garage**  
Restrict access to firearms, car keys, cords, sharp objects, toxic chemicals.

**Kitchen**  
Restrict access to cleaners, knives.

**Basement**  
Restrict access to firearms, toxic chemicals, sharp object, cords.  
Monitor access.



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

[PREVENTSUICIDECT.ORG](http://PREVENTSUICIDECT.ORG)

## 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](http://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](http://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](http://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.