

Understanding Risk:

INDIVIDUAL RISK

- *Prior Suicide Attempt*
- *Mental Health Concerns*

RELATIONSHIP RISK

- *Family History of Suicide*
- *History of Sexual or Physical Abuse*
- *Loss of Someone/Something Meaningful*

ENVIRONMENTAL RISK

- *Access to Lethal Means*
- *Social Rejection*
- *Barriers to Accessing Help*
- *Exposure to Toxic Social Media*
- *Harmful Online Communications*

Identifying Warning Signs:

Must Be Responded to Immediately:

FEELINGS: *Hopelessness, Worthlessness, Despair about the Future, Excessive Worry*

ACTIONS: *Reckless Behavior, Trying to Gain Access to Lethal Means, Online Searches for Ways to Die*

CHANGES: *Observed Differences in Previous Attitude, Affect, Mood, or Behavior*

THREATS: *Statements that Hint at Intent to Self-Harm*

SITUATIONS: *Circumstances that May Serve as Triggers, Periods of Uncertainty*

Looking for More Information?

Visit The Suicide Prevention Coalition Online:

suicidepreventionecny.org

To Learn More about Suicide Prevention Efforts in New York State and Nationally, Visit:

www.preventsuicide.org

www.afsp.org

www.zerosuicide.sprc.org

www.sprc.org

Seeking Resources for Kids and Teens?

www.thetrevorproject.org

www.sptsusa.org

Experiencing Crisis Now?

Crisis Services Can Help

24-Hour Hotline:

(716) 834-3131

For Children and Youth:

Spectrum C.A.R.E.S.

(716) 882-4357

Making Your Home Suicide-Safer:

A Guide to Reducing Risk in Your Home

brought to you by

The Suicide Prevention Coalition of Erie County



Is Your Home Suicide-Safer?

These steps can help you make your home suicide-safer and potentially save a life.

Temporarily Remove Firearms

- Ask someone you trust to keep your guns in a safe place
- Contact your local police precinct or shooting club about temporary storage
- Lock and secure your ammunition; keep your ammunition and firearm in separate locations

Limit Access to Medications

- All medications (over the counter or prescribed) can be lethal
- Consider safer options for storing medication, like a locked box or drawer
- Safely dispose of medications that are no longer needed

Consider Other Household Risks

- Remove or monitor access to cords, ropes, knives, plastic bags, belts, scarves, leashes, ladders and stools
- Consider locking or hiding car keys
- Keep closets with rods locked at night
- Be aware that suicide by hanging or strangulation could occur while standing, lying down, or sitting

FIREARMS

Consider Removal During Crisis & Always Lock

Firearms are the most lethal means.

Reducing access can save lives. All firearms should be locked – check with your local VA or Sheriffs' Office for free gun-safety locks.

ASPHYXIATION

Reduce the Risk

This is the most common means of suicide in our community.

MEDICATIONS

Lock & Limit

Lethal doses of medications are the most accessible means of suicide. Dispose of old and unused medications at local drop-off locations. Visit ThePointNY.org, for a location near you.

If you are concerned that someone you care about is at risk of suicide, help is available:

NATIONAL SUICIDE PREVENTION LIFELINE
1 (800) 273-TALK (8255)

CRISIS SERVICES HOTLINE:
(716) 834-3131

FOR CHILDREN AND YOUTH:
Spectrum C.A.R.E.S.
(716) 882-4357

Build a Foundation of Protective Factors for Your Family:

*Keep Kids Connected with Caring Adults
Build and Maintain Connections in Your Community
Focus on Positive Self-Esteem and Effective Coping Skills
Access Care for Mental/Physical Health and Substance Disorders*