

RECOGNIZE THE WARNING SIGNS

Call 911 if:

- A suicide attempt has been made
- A weapon is present during a suicide crisis
- The person is out of control or if your safety is threatened

Take immediate action and call 800.231.1127 if someone:

- Makes a serious threat to kill themselves
- Looks for a way to carry out a suicide plan
- Talks about death or suicide in text messages, on social media, etc.
- Gives away their possessions

Get professional if someone exhibits these behaviors:

- Depression / Hopelessness
- Withdrawal from family or friends
- Rage, anger, or revenge-seeking
- Anxiety or agitation
- Reckless or risky behavior
- Dramatic mood changes
- Increased alcohol or drug use
- Changes in sleeping or eating habits
- Expressions of no reason for living or no sense of purpose

FOR MORE INFORMATION

Call / Text

In Case of Emergency, Call 911.

Common Ground Resource & Crisis Helpline:

Call/Text: 800.231.1127

Chat: commongroundhelps.org

National Suicide Prevention Lifeline

800-273-8255 or text "Hello" to 741741 (24/7)

suicidepreventionlifeline.org

OK2SAY

Text 652729 (OK2SAY)

michigan.gov/ok2say

The Trevor Project Lifeline

866-488-7386 • thetrevorproject.org

Visit

oakgov.com/SuicidePrevention

achcmi.org • cnsmi.org

essmichigan.org • jfsdetroit.org

oaklandchn.org • ttiinc.org

Based on the Suicide-Proof Initiative developed as a project of CYPV and the Rhode Island Department of Health, now maintained by the Brady Center to Prevent Gun Violence. For more information, visit www.suicideproof.org.

MAKE YOUR HOME SUICIDE-SAFER

PREVENT SUICIDE THROUGH
LETHAL MEANS REDUCTION



Oakland County
Youth Suicide Prevention

SUICIDE-SAFE TIPS

Firearms

- Ask a trusted friend or family member to keep it temporarily.
- If you can't remove from the home, securely lock firearm and ammunition separately.

Medications

Follow the **M.E.D.S.** method:

- **Monitor:** Keep track of how many pills are in each prescription bottle or pack and don't keep lethal doses at home.
- **Educate:** Educate yourself and family members on the dangers of abusing prescription drugs.
- **Dispose:** Safely dispose of medication to prevent abuse and environmental pollution.
- **Secure:** Keep prescription and over-the-counter medications in a safe and secure location, such as a locked cabinet or private bathroom.

Alcohol and Poisons

- Talk to your kids about substance use as a major risk factor for suicide.
- Lock up potentially harmful common household products / poisons including household cleaners, products containing alcohol, and cosmetics.

Provide Support

- Know the suicide warning signs.
- Create a safe, judgment-free environment when talking about tough issues.
- If you notice significant changes, ask them directly if they're thinking about suicide.
- Don't be afraid to seek help when needed.

IS YOUR HOME SUICIDE-SAFE?

Take these actions to reduce access to lethal means of suicide.

Medications

Lock and limit.

3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.

Firearms

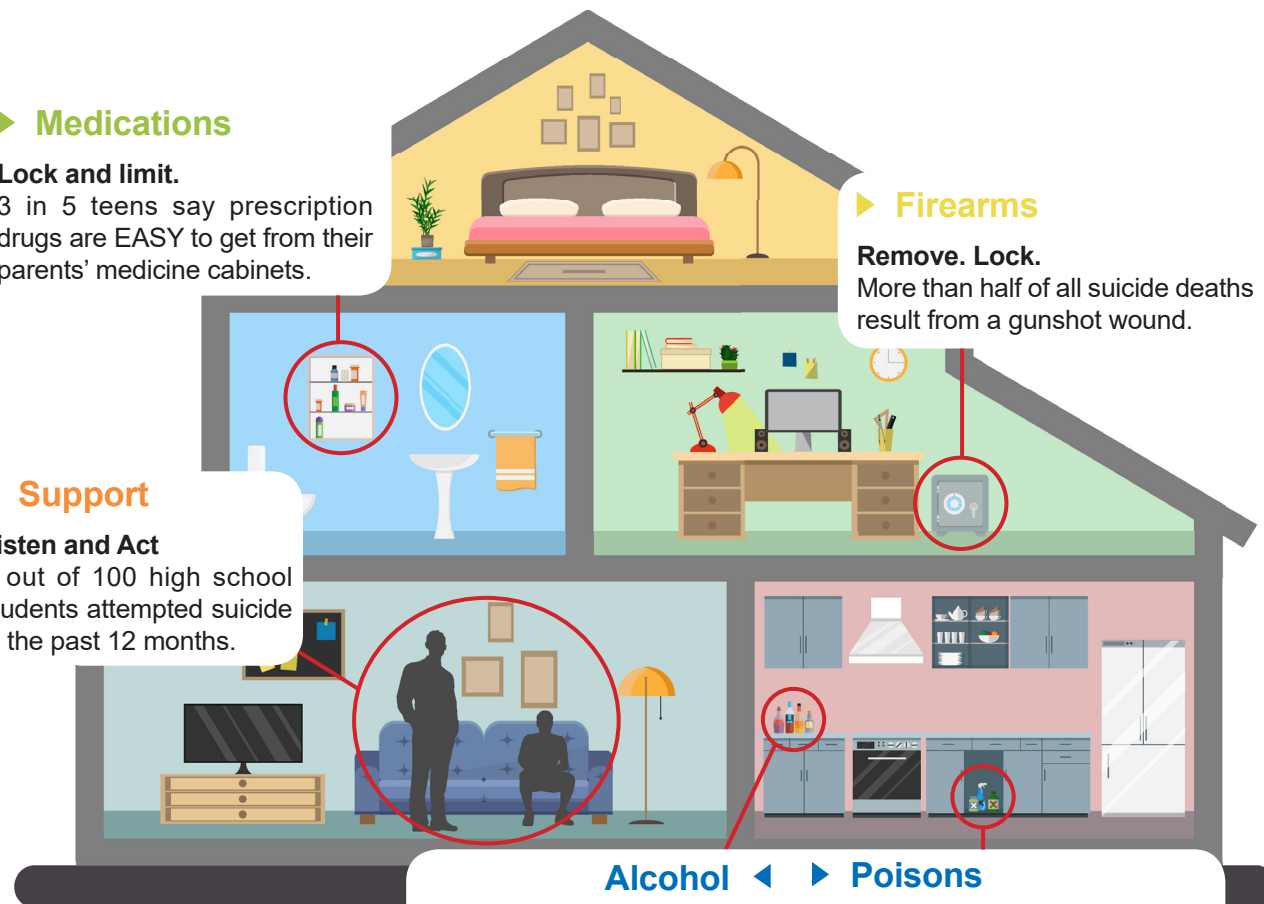
Remove. Lock.

More than half of all suicide deaths result from a gunshot wound.

Support

Listen and Act

9 out of 100 high school students attempted suicide in the past 12 months.



Alcohol & Poisons

Monitor Closely

Substance use makes youth more likely to choose lethal means, such as guns.

Take Precautions

Intentional exposure to poisons are more likely to result in serious or fatal outcomes.

No method of means restriction is foolproof.

If you are concerned about a loved one, seek help.