

Lethal Means Restriction

Reducing access to lethal methods of self-harm for a person at risk of suicide is an important part of suicide prevention. Many suicide attempts take place during a short-term crisis, so it is important to consider a person's access to lethal means during these periods of increased risk. Firearms and prescription medications are the most common methods of suicide in Virginia and throughout the country. Everyone can take simple steps to restrict access to both.

The infographic is divided into two main sections: one for medications and one for firearms. Each section is a 2x2 grid of colored boxes with a central icon.

Medications Section:

- 1 LOCK UP** your RX Medications (Light blue box)
- 2 LIMIT** in-home supply of over-the-counter and RX medications (Orange box)
- 3 TAKE BACK** Local events link (Light green box)
- 4 DISPOSE** of meds with kitty litter and coffee grinds, place in your trash (Grey box)

Firearms Section:

- 1 LOCK UP** Do not allow children & teens unsupervised, Unauthorized access (Light blue box)
- 2 LIMIT** Only firearm owner should access keys and combinations (Orange box)
- 3 CHOOSE** Carefully select a safe storage device for home-defense firearms (Light green box)
- 4 TRANSFER** Ask a friend for relative to hold a firearm if you are concerned about yourself or someone in your home. (Grey box)

Learn more about this topic by visiting the [Means Matter website](#), maintained by the Harvard T. H. Chan School of Public Health.

Throughout Virginia, many local community service boards are implementing [Lock and Talk Virginia](#). This project promotes safe and responsible storage of guns, medications and other forms of lethal means through trainings and the distribution of free cable/trigger locks for firearms and locking medication boxes.