



LOCK & TALK

SUICIDE IS PREVENTABLE

Putting time and distance between youth and access to lethal means may save a life.

If you are concerned about a family member or friend, call the National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

MEDICATIONS

- 1 Properly secure and monitor your meds.**
Secure in a medication lockbox, locked cabinet or closet, or out of reach.
- 2 Safely and properly dispose of old, expired, and unused meds.**
Dispose of in a permanent drop box or mix them with an inedible substance like kitty litter.
- 3 Educate yourself, family members, and friends.**
Learn about commonly abused Rx drugs and communicate the dangers with others regularly.

Make time to talk and create an environment where others feel safe to talk to you about questions and/or concerns they have about drug misuse and abuse.

GUNS

- 1 A gun in the home increases the risk of firearm homicide, suicide, and unintentional shootings.**
- 2 3 tips for securing firearms**
Store firearms unloaded.
Store ammunition separately.
Change lock combination or key location often.
- 3 If you choose to have a firearm in your home, it is important to safeguard against unauthorized access.**

Talk to children about what to do if they find a gun - inside or outside the home. Develop a simple, firm plan they can follow to ensure their safety.

PASS IT ON

Share your knowledge and support with friends, family, and others. Together, you can create a tipping point for change.

I pledge to follow these guidelines and share the Lock & Talk initiative: _____