

## ONE FATHER'S STORY

I used to always keep a gun in my house to protect my family. That is something I will regret for the rest of my life.

My teenaged son shot himself in the head with my gun; the gun that was supposed to protect him.

I kept it loaded in my nightstand drawer. I never thought that he'd take it and use it on himself. He seemed so happy, always surrounded by family and friends. He and his girlfriend broke up the night before. I knew it would be tough for him, but I figured that he'd be fine—it's all part of growing up. But he wasn't. When I found out what happened, I felt like I was responsible for putting that gun in the house and leaving it accessible to him.

If I did not have that gun in my house, my son might still be alive. I think about that every day.

## FURTHER INFORMATION

Visit [suicideproof.org](http://suicideproof.org)

### WEB RESOURCES

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

- [tspn.org](http://tspn.org) • [tn.gov/health](http://tn.gov/health) •
- [tn.gov/behavioral-health/section/need-help](http://tn.gov/behavioral-health/section/need-help) •

### PARTNERS

Tennessee Suicide Prevention Network  
Tennessee Department of Health  
Tennessee Department of Mental Health & Substance Abuse Services



The Brady Center to Prevent Gun Violence is proud to continue this campaign, originally developed as a project of CPYV and the Rhode Island Department of Health.

# SUICIDE-PROOFING your home

The parent's guide to  
keeping families safe



Tennessee Suicide  
Prevention Network

"Saving Lives in Tennessee"

TN Department of  
Health

TN Department of  
Mental Health &  
Substance Abuse Services

## Is your home **SUICIDE-PROOF?**

Even if you think your child is not at risk for suicide, why take chances? These simple steps can help you suicide-proof your home and possibly save a teen's life.

This funding was provided under a grant number: 1U97SM061764-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

### HOW TO SUICIDE-PROOF

#### Remove Firearms For Now

- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

#### Limit Medications

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.

#### Provide Support

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.



#### MEDICATIONS

##### Lock and limit.

Fact: Teens who attempt suicide use medications more than any other method.



#### SUPPORT

##### Listen and ask.

Fact: Millions of kids and teens seriously consider attempting suicide every year.



#### FIREARMS

##### Remove. Lock.

Fact: Firearms are used in close to half of teen suicide deaths.



**HELP IS AVAILABLE** if you're concerned that someone you care about is at risk of suicide.

**VISIT** [suicideproof.org](https://suicideproof.org)

**NATIONAL SUICIDE PREVENTION LIFELINE:**

24/7 free and confidential.  
1-800-273-TALK (8255)

**IN CASE OF EMERGENCY:**

Call 911 or visit your local emergency room.