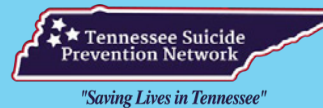




# SUICIDE-PROOFING your home

The parent's guide to  
keeping families safe



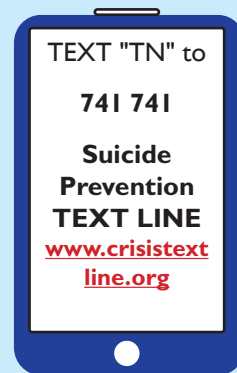
## FURTHER INFORMATION

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) 615-297-1077 •
  - [tn.gov/health](http://tn.gov/health) •
  - [tn.gov/behavioral-health](http://tn.gov/behavioral-health) •
- or call:  
1-855-CRISIS-1 or 1-855-274-7471



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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.

## 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.

# 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.

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## HOW TO SUICIDE-PROOF

### Remove Firearms For Now

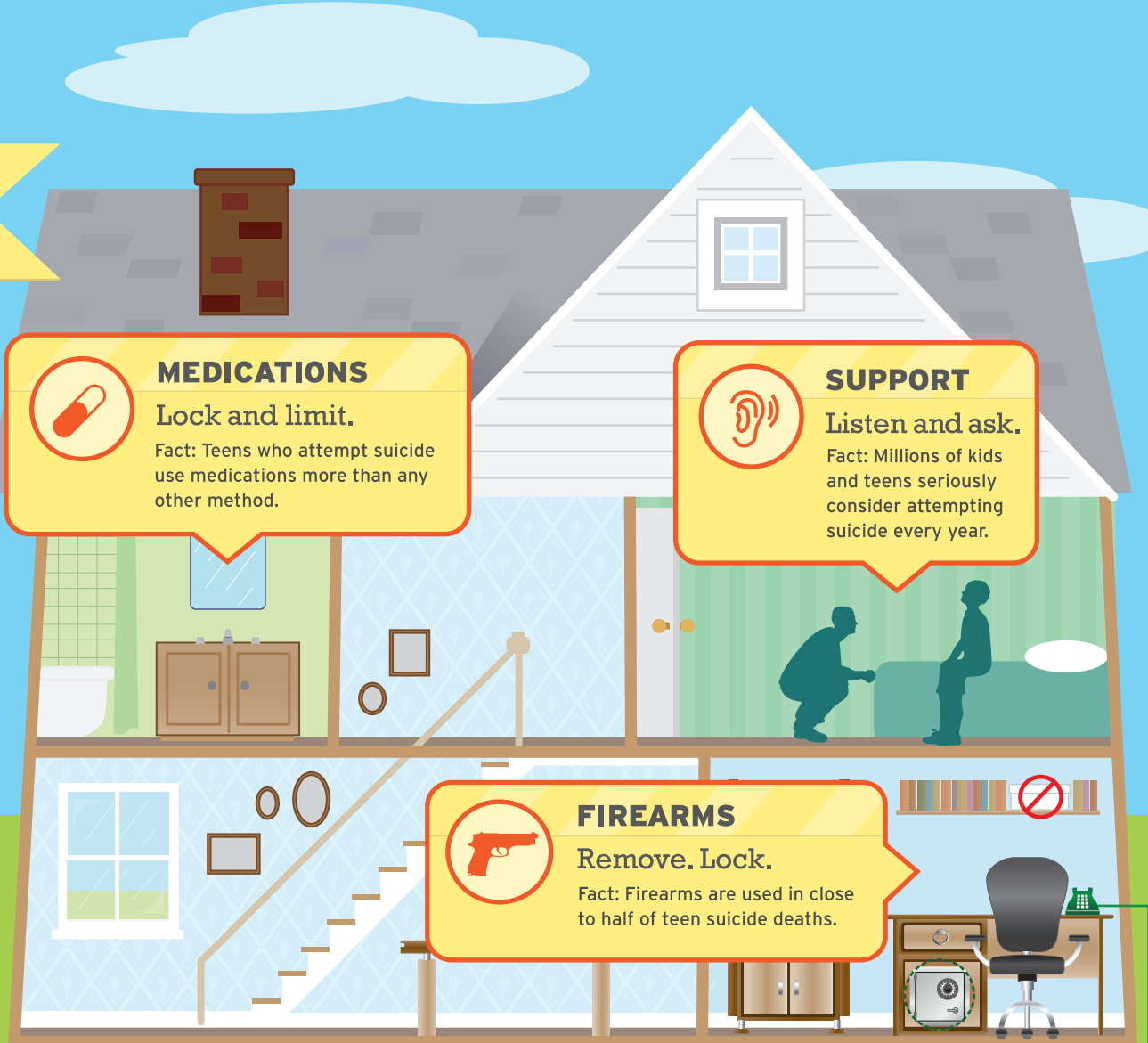
- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

### 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.



**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.