



### MEDICATIONS

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

#### Lock and limit.

- Don't keep more than a month's supply of any medication in your home.
- Consider locking up medications.
- Dispose of any medications you no longer need.



### SUPPORT

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

#### Listen and ask.

- The warning signs of suicide are not as obvious as some people think. If you notice significant changes in behavior or mood in your child, be sure to ask them about it.



### FIREARMS

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

#### Lock. Remove.

- Contact your local police precinct.
- Ask a trusted friend or family member to keep it temporarily.
- At the very least, lock them securely away from ammunition.

## PARTNERS

Rhode Island Department  
of Health

Rhode Island Public  
Health Institute

Rhode Island Student  
Assistance Services

National Alliance on Mental  
Illness Rhode Island

Parent Support Network  
of Rhode Island

Gateway, Inc.

Kid's Link Rhode Island

## ABOUT

We can't always prevent a young person from attempting suicide, but we can reduce the risk of death. In addition to providing love and support and finding help for him or her, we can also take some simple steps that help ensure that a difficult situation doesn't become a tragedy. 89-95% of people who survive a suicide attempt do not go on to die by suicide, so removing lethal means from the home can be critical to the outcome. The Suicide-Proofing Initiative aims to educate parents about simple steps they can take to reduce the risk of suicide in their homes. By Suicide-Proofing our homes, we can help eliminate youth suicides in Rhode Island.

The Suicide-Proofing Initiative is the result of a partnership between The Rhode Island Department of Health and The Brady Center to Prevent Gun Violence. The Suicide-Proofing Initiative is based in part on research conducted by the Harvard School of Public Health.



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.

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There are many ways to reduce teens' suicide risk. If you are concerned that your teen is seriously considering suicide, take him or her to a mental health provider; don't leave him or her alone; remove any items that could be used in a suicide attempt from your home. Consult the resources below for more information on how to prevent teen suicide.

### SUICIDE PREVENTION RESOURCES

#### Hotlines

- **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.**
- \_\_\_\_\_
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#### Additional Resources

- [Suicide Proof Brochure](#)
- [Suicide Proof Poster](#)
- [Suicide Proof - Rhode Island](#)
- [Suicide Prevention Resource Center](#)
- [Suicide Proof - Nevada](#)
- [American Foundation for Suicide Prevention](#)





## GET INVOLVED

There are many things you can do to help make sure parents learn how to suicide-proof their homes.

Here are some ways you can help:

### SPREAD THE WORD

Distribute posters and brochures to parents you know or at places you visit. Contact [Brady Center](#) to find out how to order large quantities of printed materials.

English Spanish

Poster ▶ Poster ▶

Brochure ▶ Brochure ▶

Write about suicide-proofing in your next newsletter, on Facebook, or through email. Post our materials to your social media page.

Share this page



Watch and share the Suicide-Proofing initiative's Public Safety Announcement videos.

TV PSA ▶ Radio PSA ▶

### JOIN OUR NETWORK

Sign up to receive updates from [Brady Center](#)

### SHARE YOUR STORY

Tell us about your personal experience with youth suicide, and help to save the lives of other teens.

[Click here to tell us your story ▶](#)