

10 minutes can save a life!

Give someone who is dealing with suicidal thoughts
a few more minutes to get the help they need.

What simple changes could make *your* home safer?

Prevent suicide by making it harder for someone to find a loaded gun, pills, alcohol, or car keys.
Put harmful items out of reach and out of sight.



REMOVE ALCOHOL

Alcohol and other substances often make things worse. Removing them can help reduce risk.



OPEN DOORS

Keep doors open or unlocked when you're worried about someone.



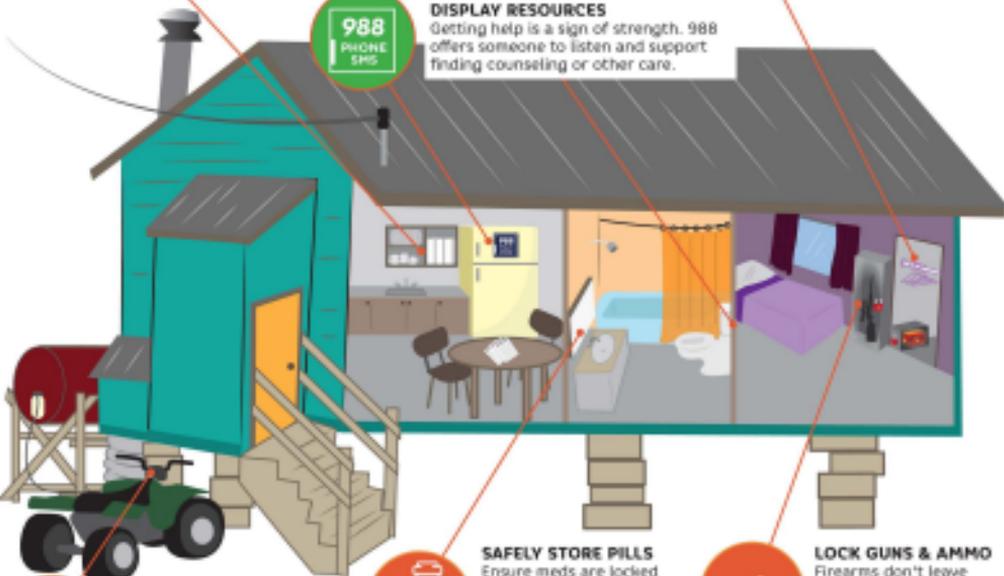
LOOK FOR HAZARDS

Look for rope or other hazards in the room. Consider a collapsible closet rod.



DISPLAY RESOURCES

Getting help is a sign of strength. 988 offers someone to listen and support finding counseling or other care.



TAKE KEYS AWAY

Take keys away from anyone who has been drinking. Don't let them drive... anything.



SAFELY STORE PILLS

Ensure meds are locked or hidden and only used as prescribed. Dispose of unneeded pills. Medications are the most common method used by teens who attempt suicide.



LOCK GUNS & AMMO

Firearms don't leave time for second thoughts in a down or impulsive moment. Lock and unload guns to keep your family safe.