

# STOP Texas SUICIDES

## SUICIDE SAFER HOMES



### INTRODUCTION

When someone is at risk for suicide in your home, there are caring steps and safety steps you can take. 24% of persons who attempt suicide indicate less than five minutes elapsed between the decision and the action to end their life. Anything you do that can put distance between someone at risk and means of suicide can save a life.

If someone is actively suicidal, do not leave them alone. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), call 211 (in Texas), call the mobile crisis outreach team in your area, call 911, or go to the nearest hospital emergency room.

### PUT TIME AND DISTANCE BETWEEN SOMEONE AT RISK AND LETHAL MEANS

You cannot remove all risk from your home, but you can make it suicide safer by talking with your loved one and by securing access to things that can cause death or serious injury. Remember, safety is the highest priority. Putting time and distance between someone at risk of suicide and lethal means may help keep someone safe.

Suicide risk can sometimes escalate rapidly. Not having lethal means quickly at hand is like keeping the keys to the car away from a person who has been drinking. It reduces tragic outcomes in high stress situations.

- In Texas, there are close to 1.5 as many firearm suicides as there are firearm homicides (2016).
- According to U.S. Veterans Affairs statistics, over 70% of veterans who die by suicide in Texas use firearms.
- According to data in the Texas Youth Risk Behavior Survey (2017) 12% of high school students in Texas report having attempted suicide in the previous 12 months.
- Based on data from the Rochester Epidemiology Project, access to firearms is correlated to about 85% of youths and young adults (10–24) who died by suicide on their first attempt – often before a mental health concern is identified.

### CARING STEPS

- Listen non-judgmentally.
- Be present. Show you care.
- Inquire about their health and wellness.
- Ask them what type of support would be most helpful.
- Encourage activities you know the person enjoys.

**ASK:** “Are you feeling so badly you are considering suicide?”

**SEEK:** more information to get clarity of their intent or plan.

**KNOW:** how and where to refer them for help.

- Ask them if they have a safety plan in place.
- Do not leave someone at high risk of suicide alone.
- Please seek assistance for the person at risk and for you.

Texas Suicide Prevention Council

[TexasSuicidePrevention.org](https://www.texasuicideprevention.org)

[admin@texasuicideprevention.org](mailto:admin@texasuicideprevention.org)

[@StopTXSuicides](https://twitter.com/StopTXSuicides) [bit.ly/2UHgzlc](https://www.linkedin.com/company/stop-texas-suicides)

A program of NAMI Texas



## DOWNLOAD THE SUICIDE SAFER HOME APP

Find "Suicide Safer Home" on iTunes® or Google Play®



### SAFETY STEPS

#### SECURE HOUSEHOLD ITEMS

- Do not keep lethal doses of medication in your home, vehicle, or on your person.
- Consider locking up ALL medications.
- Properly dispose of medications that are outdated or that you no longer need.
- Keep only small quantities of alcohol in the home.
- Secure sharp tools and cutting devices that can cause injury.

#### SECURE FIREARMS

- Know the law: It is against the law in Texas to allow a child under 17 to unsupervised access of loaded firearms.
- Ask them if they have a safety plan in place.
- Secure lethal means outside the home -- with a trusted friend, relative or use a storage facility.
- Purchase a gunlock or safe if you must secure a firearm inside the home. Store firearms and ammunition separately.
- Keep your firearm locking keys secure and inaccessible; do not store these keys as your house or car keys.



### MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline (call or chat):  
 SuicidePreventionLifeline.org  
 1-800-273-TALK (8255)  
 Crisis Text Line: Text HOME to 741741



Crisis Lines - Texas HHSC Helpline  
 Dial 211 or call 1-877-541-7905  
[211texas.org](http://211texas.org)

SAMHSA (Substance Abuse & Mental Health Services Administration)  
[www.samhsa.gov](http://www.samhsa.gov)

NAMI Texas  
[www.NamiTexas.org](http://www.NamiTexas.org)

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

Texas Youth Hotline: 1-800-989-6884  
 Text: 512-872-5777 / Chat:  
[www.dfps.state.tx.us/Youth\\_Hotline/](http://www.dfps.state.tx.us/Youth_Hotline/)

American Association of Child and Adolescent Psychiatry  
[www.aacap.org](http://www.aacap.org)

Texas Suicide Prevention Council  
[TexasSuicidePrevention.org](http://TexasSuicidePrevention.org)

American Foundation for Suicide Prevention  
[afsp.org](http://afsp.org)

The Trevor Project (LGBTQ Youth)  
 Call: 1-866-488-7368  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

Texas Health and Human Services Commission  
[hhsc.texas.gov](http://hhsc.texas.gov)

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)

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This information is intended to provide public health education and information and is not intended as legal, medical, or mental health advice. Safe storage of firearms, medications, and other lethal means should be part of a larger suicide prevention plan developed with your health care provider. It does not necessarily reflect the views of the Texas Suicide Prevention Council, its contractors, or sponsoring organizations. Please seek medical or mental health advice from a mental health professional. If you or someone you know is in crisis or at risk of suicide, contact 911 or the National Suicide Prevention Lifeline at 1-800-273-8255.