

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

WEB RESOURCES

To find out more about suicide prevention efforts in Rhode Island and nationally, please visit:

- riyouthsuicidepreventionproject.org
- samaritansri.org
- save.org
- sprc.org
- afsp.org
- risas.org

PARTNERS

- Rhode Island Department of Health
- Rhode Island Public Health Institute
- Rhode Island Student Assistance Services
- NAMI Rhode Island
- Parent Support Network of Rhode Island
- Gateway, Inc.
- Kid's Link Rhode Island

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SUICIDE-PROOFING your home

The parent's guide to keeping families safe



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.



MEDICATIONS

Lock and limit.

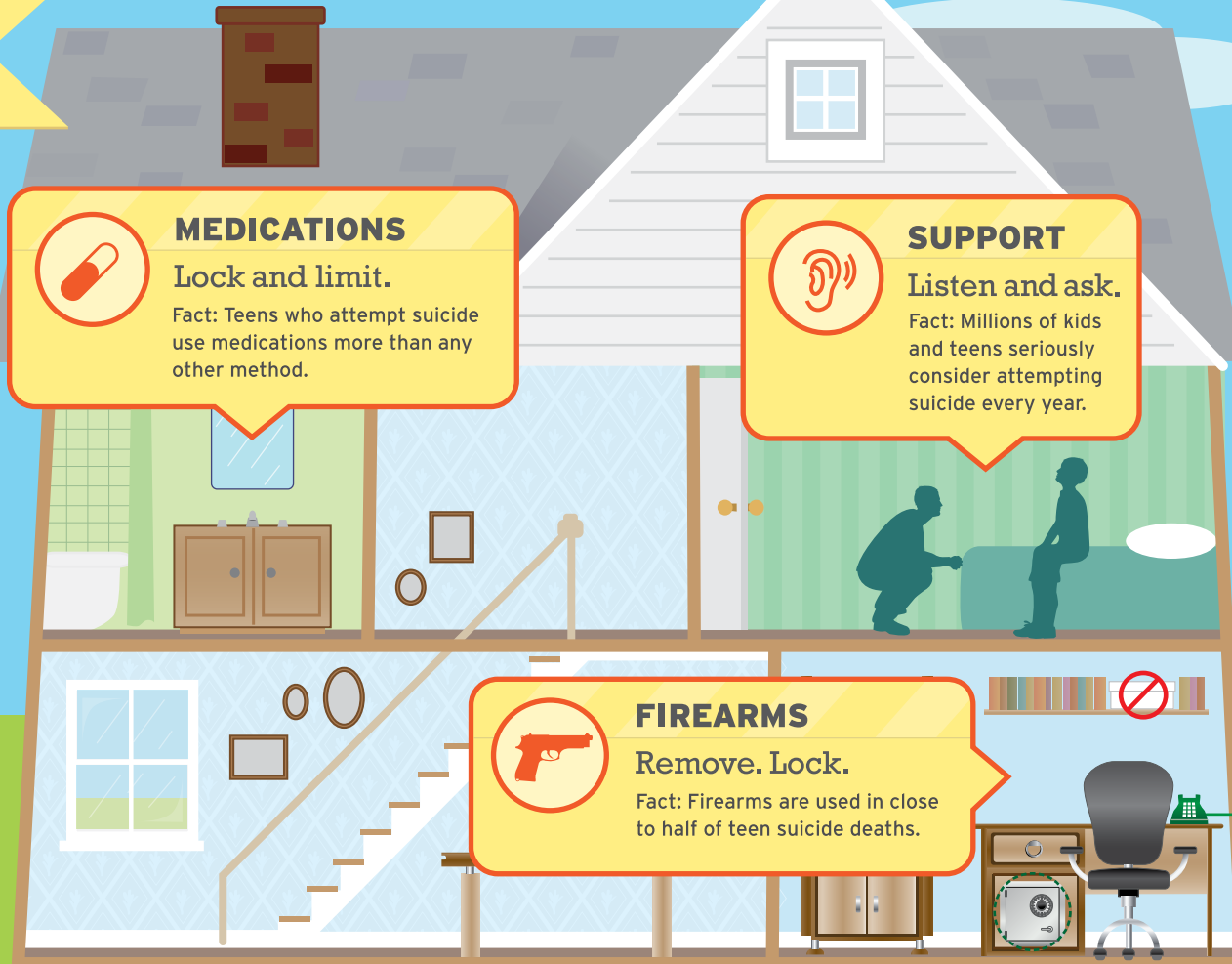
Fact: Teens who attempt suicide use medications more than any other method.



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.

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

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.