

# Kansas Suicide Prevention HQ:

## Suicide Safety at Home

Suicide prevention requires a combination of efforts that work together to address different aspects of an issue. Creating a safe environment in your home is an important part of a broader set of strategies for suicide prevention. The National Strategy for Suicide Prevention and the Kansas State Suicide Prevention Plan call for reducing a suicidal person’s access to lethal means.

“While some suicidal crises last a long time, others are short-lived. Reducing access to lethal means during periods of crisis can make it more likely that the person will delay or survive a suicide attempt. In either case, the person’s odds of long-term survival are improved”, (National Strategy for Suicide Prevention, 2012).

### Reducing Access to Firearms



### Reducing Access to Medication

<p><b>Unused medication:</b></p> <ul style="list-style-type: none"> <li>• Safely dispose of all unneeded and outdated medication in the home.</li> </ul>	<p><b>Opioids:</b></p> <ul style="list-style-type: none"> <li>• Opioids should not be kept at home unless absolutely necessary to manage pain.</li> </ul>	<p><b>Abuse-prone drugs:</b></p> <ul style="list-style-type: none"> <li>• Always lock up abuse-prone drugs such as prescription painkillers, anxiety meds, amphetamines, sedatives, and tranquilizers.</li> </ul>	<p><b>Other necessary meds:</b></p> <ul style="list-style-type: none"> <li>• For other necessary medications (over-the-counter and prescription), only keep on hand limited quantities that would not constitute a serious danger if taken together. Lock up the rest.</li> </ul>
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## Options for Safe Storage at Home

Check with local law enforcement, health departments & community mental health centers to see if they are able to provide any safe storage materials for free.

<p>Gun safe/firearm locker</p> 	<p><a href="https://www.youtube.com/watch?v=ZkivrwrqhSo">https://www.youtube.com/watch?v=ZkivrwrqhSo</a></p>
<p>Steel toolbox with lock</p> 	<p><a href="https://www.youtube.com/watch?v=UF7CsFl9Yyo">https://www.youtube.com/watch?v=UF7CsFl9Yyo</a></p>
<p>Gun lock</p> 	<p><a href="https://www.youtube.com/watch?v=q_R38jeOnFA">https://www.youtube.com/watch?v=q_R38jeOnFA</a></p>
<p>Medication disposal bag</p> 	<p><a href="https://pharmacy.ks.gov/k-tracs/pharmacists/medication-collection-disposal">https://pharmacy.ks.gov/k-tracs/pharmacists/medication-collection-disposal</a></p>
<p>Medication disposal drop box</p> 	<p>Available in all pharmacies</p>