

Suicide is complicated and tragic, but it's also preventable—and safe storage is one effective approach to reduce suicide and protect yourself and your family.



SAFE STORAGE

Suicide attempts can result from impulsive reactions to stress. Limiting access to lethal means during moments of impulsivity can be life-saving.

OPTIONS FOR FIREARM SAFETY

- Use cable locks to prevent a firearm from being loaded and fired. Cable locks may be available at your installation. Check with your command Suicide Prevention Program Officer (SPPO).
- Store firearms at an installation/unit armory.
- Store firearms with local police department, gun shop, or shooting range. Some local and state laws require weapon registration for legal storage; always follow the law in your jurisdiction.
- Lock up firearms and put the key in a lock box or give the key to a friend until the crisis has passed.
- Ask a family member, friend, or neighbors to safely store firearms as necessary.



TIP #1

CABLE LOCKS prevent a firearm from being loaded and fired.



TIP #2

GUN CASES are used to secure, conceal, and legally transport guns.



TIP #3

LOCK BOXES provide reliable protection for firearms.



TIP #4

GUN SAFES allow you to store multiple firearms in one place.

Be smart about the storage of medications.

Overdoses of medications are the most common method of nonfatal suicide attempts.



SAFETY TIPS FOR MEDICATION STORAGE

- **Do not keep lethal doses of medications on-hand.** Discuss both prescription and non-prescription medications with your doctor or pharmacist. Your pharmacist can advise you on safe quantities.
- **At-home disposal.** Empty medications into a small plastic bag mixed with water and an undesirable substance (e.g., kitty litter or used coffee grounds) and throw the bag in the trash. Cross out all personal information from the label before discarding the bottle.
- **Consider locking up all medications.** Medication lock boxes are available online and in many pharmacies. Be particularly careful about locking up medications that can be abused, such as opioids.
- **Dispose of medications that are no longer needed or are outdated.** Go to any military or non-military pharmacy or local law enforcement to safely dispose of unwanted, unused, or expired prescription or over-the-counter medications at any local drug take-back program drop box.
- **Keep only small quantities of alcohol in the home.** Drinking alcohol while taking medications can be lethal and can lead to impulsive choices such as a suicide attempt.