

Happy Holidays are Safe Holidays



DEFENSE SUICIDE PREVENTION OFFICE

During a busy and often festive season, surround friends and family in a safe environment.

One of the most effective ways to prevent suicide, or an accidental death, is to safely secure all lethal means. It puts time between suicide ideation and access to lethal means.

MEDICATION STORAGE



Do not keep dangerous doses of over the counter and prescribed medications.



Consider safely securing all medications and household poisons.



Dispose of medications that are no longer needed or are expired. Contact your pharmacy for disposal information.



Substance use can impair judgment and therefore can intensify many situations. Keeping lethal means secured protects everyone.



Reach the National Poison Control Center at 1-800-222-1222.

FIREARM SAFETY



Ensure firearms are unloaded and stored safely. Consider using cable and trigger locks, gun cases, lock boxes, full-size safes, and ammunition safes.



Store firearms and ammunition separately.



Keep your firearm lock keys secure by using a combination lock box or storing them in a separate safe.



When someone in your life is distressed, consider storing firearms with a trusted person or secure storage facility.