

Keep the Holidays Bright

Make Safety a Priority



DEFENSE SUICIDE PREVENTION OFFICE

The holiday season is upon us. This is a great time to take steps to create a safe home environment for all of our guests, friends, and loved ones.

The Key is Safe Storage. Putting time and distance between a loved one and access to lethal means like firearms, medications, and household poisons is key in creating a healthy and safe environment.

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.
- Alcohol can complicate many situations and intensify feelings. Keeping alcohol and lethal means separate is part of creating a healthy environment.

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.

