## #BeThere

## BE SMART ABOUT STORAGE

Medications are the most common method of nonfatal suicide attempts.

## SAFETY TIPS





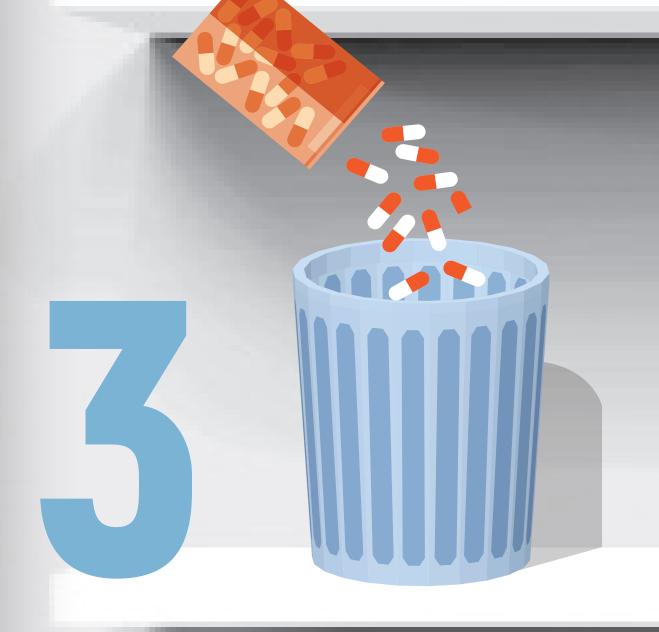
Do not keep lethal doses of medications on hand.

A pharmacist can advise you on safe quantities. Discuss prescription and nonprescription medications with your pharmacist.



Keep ALL medications under lock and key.

Medication lock boxes are available online and from many pharmacies to ensure a suicide safer home.



Discard outdated or no longer needed medications.

Go to any military pharmacy in the U.S. or U.S. Territory to safely dispose of unwanted, unused, or expired prescription drugs.



Keep only small quantities of alcohol in the home.

Drinking alcohol while taking medications can be lethal and can make a person more likely to make reckless choices such as a suicide attempt.

Learn how to #BeThere for yourself and others at www.dspo.mil.











