

#BeThere

BE SMART ABOUT STORAGE

Medications are the most common method of nonfatal suicide attempts.

SAFETY TIPS

1



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.

2



Keep ALL medications under lock and key.

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

3



Discard outdated or no longer needed medications.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.

4



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.



**Military/Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**



facebook.com/DSP0mil



twitter.com/DSP0mil



instagram.com/DSP0mil

DEFENSE SUICIDE
PREVENTION OFFICE



Sources: 1. www.ncbi.nlm.nih.gov/pmc/articles/PMC3539603/ 2. www.cdc.gov/homeandrecreationalsafety/poisoning/preventiontips.htm