

LETHAL MEANS: method one uses to attempt suicide

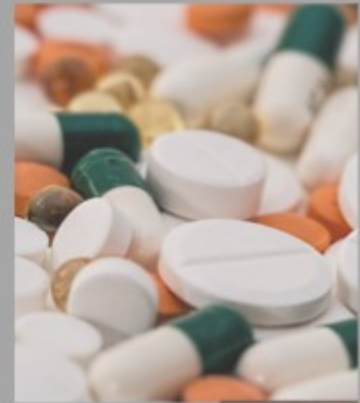


Violent Lethal Means

- firearms
- cutting/piercing w/ sharp object
- hanging
- jumping from high places
- stepping in front of train or other vehicle

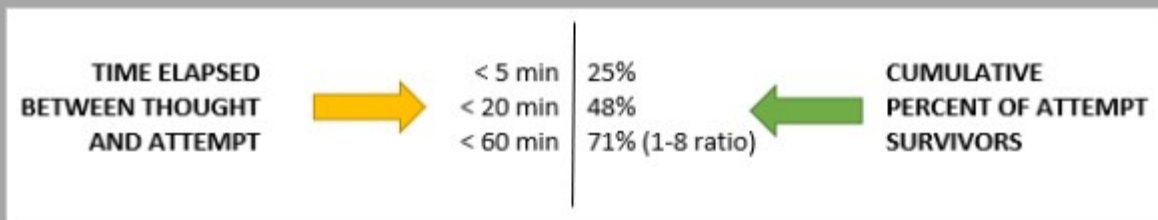
Nonviolent Lethal Means

- ingestion of pesticides
- poison by gases
- suffocation
- overdose



Prevent access to lethal means by not making them easily accessible:
keep guns and medications safely locked up and away

Preventing access can delay an attempt



Locked: "Is it locked?"



Loaded: "Is it loaded/safety on?"



Little children: "Are there little children present?"



Feeling Low: "Is the operator feeling low?"



Learned owner: "Is the operator educated about firearm safety?"

Contact Resources: 911 // 211 // National Suicide Prevention Hotline 1-800-273-TALK