

## FIREARMS & SHARPS



Store securely under lock and key. Store ammunition and guns separately.

## MEDICATIONS



Lock & Limit in-home supply of over the counter & prescription medications. Dispose expired or unneeded medications safely.

# STEPS TOWARDS A SAFER HOME

*Positive action can **save your life** or the life of someone you love. Please remember YOU are loved & YOU are not alone. Call 911 if there is an immediate safety concern*

## CLEANERS/CHEMICALS



Lock-up potentially harmful household products and poisons. Includes: pesticides, household cleaning products, solvents, etc.

## ALCOHOL



Keep alcohol locked up, out of reach of children and teenagers. Never mix with medications. If you drink, model responsible drinking by limiting alcohol to one drink for women, two for men.

## PROVIDE COMFORT, HOPE & SEEK HELP



Be aware of mood or behavioral changes, such as agitation, emotional withdrawal, expressions of hopelessness, and/or increased use of alcohol or drugs. If you notice these changes, ask if they are thinking about suicide. Call 1-800-273-8255 for help and support.

## Take these steps to protect against **SUICIDE/OVERDOSE/POISONING**

### **KNOW**

the warning signs and risk factors of suicide and substance misuse and how to offer help when someone is struggling. Call 1-800-273-8255 (TALK) for help or support.

### **SECURE**

your guns/firearms, medications, and sharps such as knives and razors. Free gun locks may be available at your local **County Sheriff's Office**, or check with your local police department.

### **LOCK & LIMIT**

your in-home supply of over-the-counter and prescription medications along with household chemicals.

### **DISPOSE**

of medications using a permanent drop box location or at-home disposal pouch. Find a box near you or request a disposal pouch at your local pharmacy.

### **WARNING SIGNS OF SUICIDE**

- Talking or writing about suicide.
- Giving away belongings.
- Withdrawing from loved ones and activities.
- Feeling hopeless, helpless, worthless.
- Seeking ways to complete suicide
- Major eating or sleeping changes.
- Increasing use of alcohol or other drugs.
- Losing interest in things previously enjoyed.

### **WARNING SIGNS OF SUBSTANCE MISUSE**

- Behavioral signs such as secretiveness/hiding drug use, changes in behavior, or engaging in criminal activities.
- Physical signs such as sudden weight loss or gain, bloodshot eyes, insomnia, changes in appearance or poor coordination.
- Psychological signs such as lack of motivation, irritability, changes in personality, sudden mood swings, or emotional withdrawal.

**Please remember you are loved and you are not alone.**

**Resources to Help:** **Dial 988 Suicide Prevention Lifeline** (Open 24 Hours a day 7 days a week) or call 1-800-273-8255

**Text Hopeline** to 741741 (Takes a few minutes for a reply)

**Chippewa Valley NAMI for all Family & Caregivers** at 715-450-5484  
**LGBTQIA+ Youth and Families** please Google "The Trevor Project" site and/or call 1-866-488-7386

"Steps Toward a Safer Home" designed by **StarkMHAR.org**

**Modified by ECASD because we care!**