



De-Toxifying Your Medicine Cabinet

Most suicide attempts are with pills, and most are nonfatal. But certain pills and combinations can be very harmful or even deadly. Talk with your child's doctor or pharmacist to learn where the dangers lie. If medications are no longer being used, dispose of them, particularly if they have abuse potential. If they're necessary, keep them on hand only in small supplies or non-lethal quantities or lock them up.

YOUR CHILD FROM HARM.

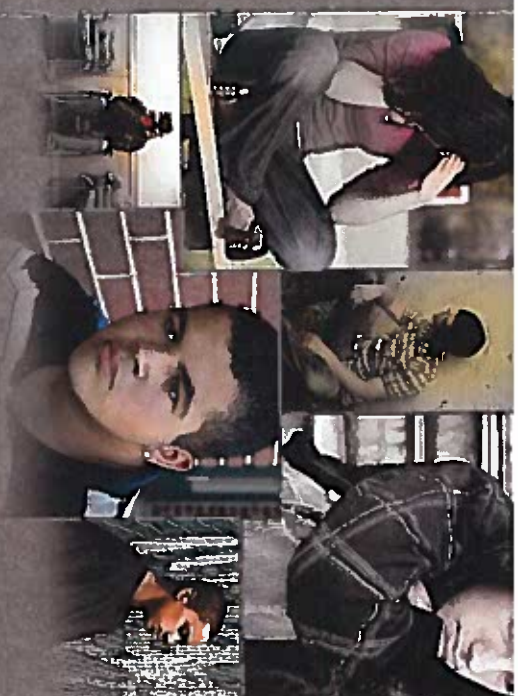
- **DO NOT FLUSH** prescription drugs down the toilet or drain unless the label instructs you to do so.
- **CALL** your city's trash and recycling service to learn if they have a community drug take-back and household hazardous waste program. If there is no program available...
- **CRUSH** the pills and mix them into an undrinkable substance like cat litter or coffee grounds and put it in the trash.



Parenting an adolescent is difficult under any circumstances. But if you're worried your child may harm himself or herself, it can be a roller-coaster. According to the Youth Risk Behavior Survey, in a given year 6% of high school students will attempt suicide and 14% will seriously consider it. Reducing access to lethal means of suicide is one practical step to avoid a tragedy. To learn about ways to help your child cope, contact the following resources:



Funding for this material has been provided jointly by the State of Georgia Department of Behavioral Health and Developmental Disabilities and SAMHSA



Concerned about a young person who's depressed, angry, or suicidal?

REDUCE THE RISKS



The rate of suicide attempts is highest during adolescence. The vast majority of attempts are nonfatal...unless a firearm is involved.

A firearm in the home is a risk factor for suicide, but not for suicide attempts. People with guns at home are no more likely to attempt suicide than people without guns at home. But they are more likely to die in an attempt. That's because pulling a trigger is fast, deadly, and allows no second thoughts—unlike most other methods.

Firearms are used in half of all youth suicides. Temporarily removing a suicidal person's access to firearms—especially a young person—can save a life.

PROTECT YOUR FAMILY FROM PAIN AND SUFFERING.

Suicide attempts by youth are often made during a short-term crisis like a relationship break-up, arrest, or family conflict. While attempts are often impulsive, signs of trouble are usually present. Suicidal youth often struggle with many issues, including mental health or substance abuse problems. To learn ways to help your child cope, contact the resources on the back of this brochure. To lower the odds that an attempt proves tragic, follow these tips to remove or lock up your firearms and to "de-toxify" your medicine cabinet.



Removing Firearms

Some law enforcement departments offer temporary storage and/or permanent disposal options:

- **CALL** your local police department, sheriff or state police.
- **IDENTIFY** yourself and explain your concern.
- **ASK** for the Officer on Duty and write down their name and the department's name.
- **ARRANGE** with the officer a time and location for them to pick up the firearms, if they offer this service. Do not bring the firearm to the police department unless told to by an officer.
- **UNLOAD** the firearms if you know how to do it safely.
- **LET** the officer know that the gun(s) may be loaded if you are unable to do so.

Another option is to ask a friend or relative to hold on to the guns until the situation improves.



Securing Firearms

If disposal or off-site storage are not options or if a family member carries a firearm as part of their job, take the following precautions at your home:

- **LOCK** the unloaded firearms in a gun safe or tamper-proof box with ammunition locked in a separate location (Even better: don't keep ammunition at home).
- **KEEP** the keys/combinations away from the person at risk.
- **REMEMBER**, youth often know their parents' hiding places, so take care to make the keys or combination inaccessible.

