

Is Your Home Suicide Safe?

Remove. Lock.

Firearms

Gun safety matters because no one can unfire a firearm. Keep firearms out of reach or locked up and away from ammunition until peak suicidal thoughts or moments of depression are over

More than half of all suicide deaths result from a gunshot wound.

Lock and Limit

Prescription and Over the Counter Medications.

3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.



Take Precautions

Exposure to poisons are likely to result in serious or fatal outcomes.

Listen and Act

Pay attention to moods and behavior; if there are significant changes, ask if they are thinking of suicide. Keep an open dialogue, provide support, avoid judgment and offer hope in any form.

Monitor Closely

- Alcohol and Substance use
- Amounts of prescription and over the counter medications on hand.
- Use of sharp objects such as; knives, razors, scissors, etc.



No method of means restriction is foolproof.

15 Seconds = the time it takes to unlock any lock.

15 Seconds = the time it takes a suicidal person to change their mind and prevent a likely fatality.

Presented by:



Funded by:

SHARING HOPE
— Walk to Prevent Suicide —



Recognize the Warning Signs

Offer support and encourage follow up with healthcare provider if someone has:

- Depression/Hopelessness
- Withdrawal from family or friends
- Rage, anger, or seeking revenge
- Anxiety, agitation or sleep irregularity
- Reckless or risky behavior
- Dramatic mood changes
- Alcohol or drug use
- Expressions of no reason for living or no sense of purpose

Take immediate action and call 888.552.6642 if someone:

- Makes a serious threat to kill themselves
- Looks for a way to carry out a suicide plan
- Talks about death or suicide in text messages, social media sites, etc
- Gives away their possessions

Call 911 if:

- A suicide attempt has been made
- A weapon is present during a suicide crisis
- If the person's or your safety is threatened

Safe Medication Disposal

Drop off any unused or expired medications at any of the following locations:

Chippewa County:

- Bloomer Police Department
- Boyd Police Department
- Cadott Police Department
- Chippewa Falls Police Department
- Cornell Police Department
- Lake Hallie Police Department
- Stanley Police Department

Dunn County:

- Dunn County Sheriff's Department
Dunn County Judicial Center

Eau Claire County:

- Augusta City Hall
- Altoona Emergency Services
- Eau Claire County Courthouse
- Eau Claire County Jail Lobby
- Fall Creek Village Hall
- Marshfield Clinic Pharmacies
 - Main Clinic-Craig Road
 - Oakwood Center
 - Riverview Center

Additional resources

If there is an immediate threat or risk of harm call 911

Local 24-hour Crisis Line | Northwest Connections 1-888-552-6642

National 24-hour Crisis Line | National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Local 24-hour Crisis texting line | Text "HOPELINE" to 741741

Veterans 24-hour Crisis Line | 1-800-273-8255 press 1

Veterans 24-hour Crisis Text Line | Text 838255

Presented by:



Funded by:

