

# RECOGNIZE THE WARNING SIGNS

## Call 911 if:

- A suicide attempt has been made.
- A weapon is present during a suicide crisis.
- The person is out of control or if your safety is threatened.

## Take immediate action and call PES at 734-936-5900 or the Washtenaw County CMH Crisis Line at 734-544-3050 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 PES at 734-936-5900 or the Washtenaw County CMH Crisis Line at 734-544-3050 if someone exhibits uncharacteristic behavior:

- 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

# FOR MORE INFORMATION

In Case of Emergency, Call 911.

**Psychiatric Emergency Services (PES),  
University of Michigan:**  
734-936-5900 or 734-996-4747

**Washtenaw County Community Mental  
Health (CMH) Crisis Line:**  
734-544-3050

Available 24 hours a day, 7 days a week  
<https://www.washtenaw.org/839/Community-Mental-Health>

## National Resources

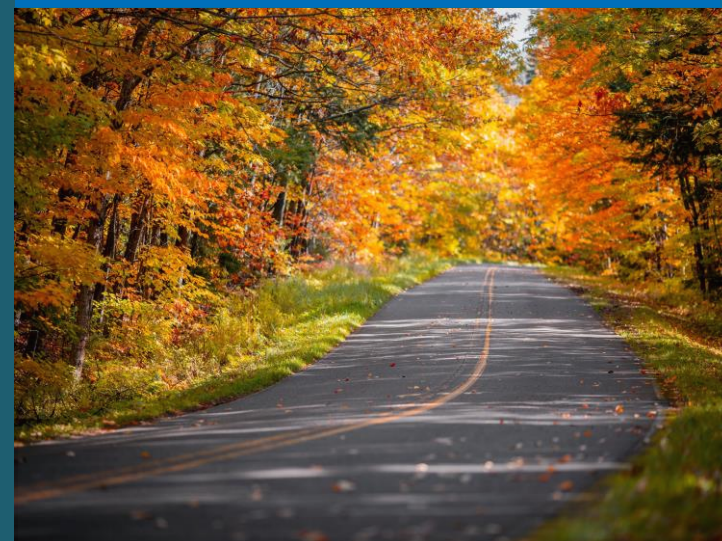
**National Suicide Prevention Lifeline:**  
Call 800-273-8255 or text "Hello" to 741741  
Available 24 hours a day, 7 days a week  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**The Trevor Project Lifeline**  
866-488-7386 • [thetrevorproject.org](http://thetrevorproject.org)  
[afsp.org](http://afsp.org) • [sprc.org](http://sprc.org)  
[actionallianceforsuicideprevention.org](http://actionallianceforsuicideprevention.org)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Based on the Suicide-Proof Initiative developed as a project of CYPV and the Rhode Island Department of Health, now maintained by the Brady Center to Prevent Gun Violence. For more information, visit [www.suicideproof.org](http://www.suicideproof.org).

# MAKE YOUR HOME SUICIDE-SAFER

PREVENT SUICIDE THROUGH LETHAL MEANS REDUCTION



# SUICIDE-SAFE TIPS

**Firearms:** Remove as needed. Always lock.

- Ask a trusted friend or family member to keep it temporarily.
- If you can't remove them from the home, securely lock firearm and ammunition separately.

**Medications:** Follow the M.E.D.S. method

**Monitor:** Keep track of how many pills are in each prescription bottle or pack and don't keep lethal doses at home.

**Educate:** Educate yourself and family members on the dangers of abusing prescription drugs.

**Dispose:** Dispose of medicines safely to prevent medication abuse and environmental pollution.

**Secure:** Keep medications, both prescription and over-the-counter, in a safe and secure location, such as a locked cabinet or private bathroom.

## Alcohol and drugs:

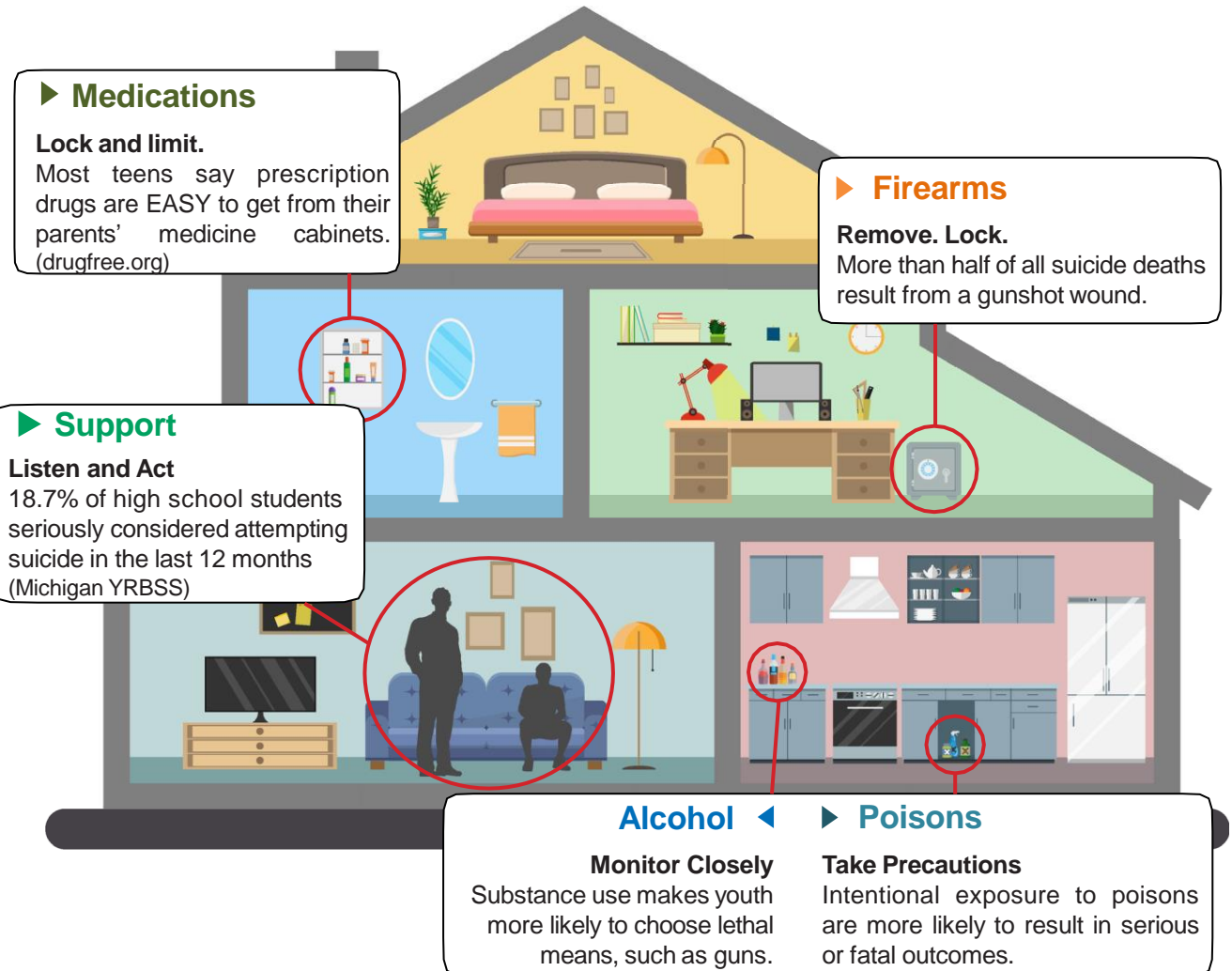
- Talk to your kids about substance use as a major risk factor for suicide.
- Lock up potentially harmful common household products / poisons.

## Provide Support:

- Know the suicide warning signs.
- Create a safe, judgment-free environment when talking about tough issues.
- If you notice significant changes, ask them directly if they're thinking about suicide.
- Don't be afraid to seek help when needed.

# IS YOUR HOME SUICIDE-SAFE?

Take these actions to reduce access to lethal means of suicide.



**No method of means restriction is foolproof. If you are concerned about a loved one, seek help.**