

## Zero Suicide: Steps to Increase Safety at Home

Suicidal thoughts are common, and they can occur at any time and for anyone. With treatment and time, it will get better! When those thoughts occur, we want to increase safety wherever we can. One way to increase safety is to reduce access to items that could be used in a suicide attempt. It is not that the objects are “bad”—it is that limiting access to these items creates time and distance from the suicidal crisis. This reduces the opportunity to act immediately on the suicidal impulse and increases the opportunity to use coping skills and to reach out to resources who can help. These steps can be used temporarily until things improve. Below are some suggestions for reducing access to items that could be used in a suicide attempt.

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- **Firearms**

- Ask family or friends to lock and store the firearms at their homes.
- Trigger locks, cable locks, firearm safes: ask family or friends to hold keys/change codes.
  - Prairie View may offer firearm safety mechanisms at no cost.
- Store ammunition separate from firearm.
- Range 54 (5725 E Kellogg Wichita, KS, 67218) offers secure storage for small fee.

- **Medications**

- Use a lockbox to store all medications (including over-the-counter medications).
- Ask family or friends to store bulk medications at their homes.
- When medications are stored in a lockbox or out of the home, use a pill organizer to keep needed medications.
- Dispose of unneeded medications at select Wal-Marts, Walgreens, & CVS pharmacies.
  - Prairie View may offer medication disposal bags at no cost.

- **Other Items**

- Ask family or friends to store other items that are a part of a suicide plan. No item is too small or insignificant. If it's a part of a plan, let someone else hold on to it.

- **Lock to Live**

- Visit [lock2live.org](https://lock2live.org), an online tool to give personalized options for safe storage of potentially harmful items.
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Suicidal thoughts will improve! There is always someone available to listen and to help with a suicidal crisis. Reach out to the resources below to get added support 24/7.

- **Suicide & Crisis Lifeline: 988**
- **Prairie View Crisis: 800.362.0180**

1901 E. First St.  
PO Box 467  
Newton, KS 67114-0467  
316-284-6400  
316-284-6491 FAX

**Other Locations:**

508 S. Ash St.  
PO Box 185  
Hillsboro, KS 67063-1185  
620-947-3200

1102 Hospital Dr.  
McPherson, KS 67460-2318  
620-245-5000

7570 W. 21st St. N., Ste. 1026-D  
Wichita, KS 67205-1734  
316-634-4700

[www.prairieview.org](https://www.prairieview.org)  
800-992-6292  
Crisis Help: 800-362-0180