

Safe Storage Saves Lives

Safe storage of potentially harmful items is everyone's responsibility. It is hard to predict when someone might experience an emotional crisis, so keeping your home safe at all times is a smart decision. Suicidal thoughts can come on quickly in response to highly stressful situations, and in these moments, the brain does not think as clearly. By making sure that potentially harmful items are secured, you can get ahead and protect yourselves and your friends before a crisis can even start. **Don't do this alone.** Team up with your parent or caregiver and talk about safe storage.

Firearms

Always store firearms unloaded in a safe or with a gun lock with ammo stored separately.



Everyday Items

Tell a caregiver about anything that could cause serious harm to yourself or a friend and secure it.



Medication

Keep only the medicine you need, store medicine in a secure place and dispose of old medicine.



Communicate

Talk openly with a trusted adult about how you feel. It is important and sometimes feels uncomfortable, which is normal!



Help is available 24/7

If you or a friend are experiencing suicidal thoughts call the **988** Suicide & Crisis Lifeline or text **"4HOPE"** to the Crisis Text Line at **741-741**.

In an emergency, call **911** or go to your local emergency room.



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.