

Family Safety Instructions

Restricting Lethal Means in the Home

This information sheet reinforces the instructions given to you by the Emergency Department to keep the patient safe when they are ready to return home. In addition to the discharge plan the patient receives, you can help by taking the following actions:

1. Remove or Lock all firearms so the patient can't use them

- Store firearms out of the home until the situation improves
 - Some police departments or sheriff's offices will hold firearms temporarily. Call and explain your concern. (Don't take guns to the police department unless they tell you to.)
 - Otherwise, store them with a trusted friend or relative.
- If storing them elsewhere isn't an option, store all firearms unloaded and locked, and lock the ammunition in a separate location or remove it.
 - Make sure the patient doesn't have access to the keys/combinations until the situation has improved.
 - Remember, family members (especially teens) often know each other's hiding places.
- Firearms that must be carried as part of a job should be stored at work if possible.

2. "Suicide-proof" your medicine cabinet

For medicines your family needs...

- Keep only non-lethal quantities on hand. (The patient's doctor or pharmacist can provide guidance.)
- Lock up the rest.

For medicines your family doesn't need or have expired...

- See if your town has a drug take-back program.
- If not, empty the medicines into a sealable plastic bag, crush them or dissolve with water, add yucky stuff like coffee grounds or kitty litter, seal the bag and toss into the trash.
- Do not flush or pour down the drain unless the label says to.

In an emergency call 9-1-1

To find help for someone who is suicidal, call **1-800-273-TALK (8255)**

OR visit the Nebraska Network of Care Website: <http://www.hhs.state.ne.us/networkofcare>

For more information about what you can do to prevent suicide:

<http://youthsuicideprevention.nebraska.edu>

<http://www.suicideprevention.nebraska.edu>

