

How to make homes safer



NO LOCKED DOORS IN BATHROOMS/BEDROOMS

Keep doors open or unlocked



IMPORTANCE OF SLEEP

Insufficient sleep is associated with emotional reactivity and emotional disturbance



REMOVE ALCOHOL, MARIJUANA AND OTHER SUBSTANCES

When these are consumed, impulse control decreases



FIREARM SAFETY

Utilize gun safe and/or trigger locks. Keep ammo locked in a separate location **OR** remove firearms from the home



LOCK & LIMIT

Keep medications in a secure, lock box



REMOVE HAZARDS

Identify and remove potential hazards – rope, chemicals, shower curtain (obtain collapsible option)



RESOURCES AND SAFETY PLAN IN PLAIN SIGHT

Help is available – access the 24/7 suicide hotline 1.800.273.8255 or text 741-741 or call/text 988

