

Protecting Each Other Concerned About Someone?

Take added safety precautions when suicide is a concern.

These steps can help save a life:
[Learn Signs of Suicide](#)

- Talking about hurting or killing self
- Looking for ways to hurt or kill self
- Feeling trapped, angry, agitated, hopeless, like a burden
- Increased use of alcohol/other drugs
- Loss: recent death, separation, divorce, breakup, job loss

[Show You Care](#) Offer help ~ Listen

[Ask About Suicide](#)

- Thoughts, Feelings, Plans
- Take all talk of suicide seriously
- Never leave a person who is suicidal alone

[Link to Resources](#)

Who else can help? Family, friends, coworkers, faith community, doctors and mental health providers.

Call Suicide Prevention Lifeline:
1-800-273-8255

Your willingness to offer help, listen, ask, link to resources and Lock Up Your Lethals offers hope. This can help save a life!

Call 9-1-1 For All Emergencies

24-Hour Hotlines
Mental Health Crisis Line
707-445-7715
National Suicide Prevention Lifeline Toll free: 1-800-273-8255
Toll free 1-800-SUICIDE
Poison Control
1-800-222-1222

Local Resources
Monday-Friday 8 a.m.- 5 p.m.

Alcohol and Other Drug Programs
707-476-4054 Treatment
707-268-2132 Prevention
Suicide Prevention
707-441-5554
Eureka Police (Free Gun Locks)
707-441-4060

Medication Disposal
Humboldt Waste Management Authority 707-268-8680

Open Door Community Health Centers
1644 Central Ave., McKinleyville
707-839-3068
770 10th St., Arcata 707-826-8610
2200 Tydd St., Eureka 707-441-1624



WELLNESS • RECOVERY • RESILIENCE



Lock Up Your Lethals



Medications



Alcohol



Firearms



Other Hazards

***Protect our people
and our environment***

Tips for Talking to Teens and Children

- Actions speak louder than words. Model responsible use of all medications, toxic chemicals, alcohol and firearms.
- Find a comfortable, quiet place to talk when you are prepared and calm. Be respectful and understanding about tough issues such as friends and peer pressure.
- Set clear and fair rules and enforce consequences about medications, alcohol, firearms and toxic chemicals, such as:
 - No alcohol for anyone under age 21.**
 - Only use medicine, firearms, and toxic chemicals under adult supervision.**



Seek help from health care providers, counselors at school and community or faith-based organizations if you suspect your child is using alcohol, other drugs or toxic chemicals to get high.

Medications



- Read labels carefully and follow instructions for safe use. Be careful if taking more than one medication.
- If possible, lock all prescription and over-the-counter medication in a closet, cabinet or safe.
- Supervise children and teens when they take medication. Double check for correct dosage.
- Take medication only when prescribed by a health care provider.

Dispose of all unused and expired medication at Humboldt Waste Management Authority or Open Door Community Health Centers.

Alcohol

- Talk to children and teens about the effects of alcohol on the developing brain.
- Help children and teens learn refusal skills and build positive self-esteem.
- Remember: Never combine alcohol with prescription or over-the-counter medications.
- Watch unattended drinks around children and teens.
- Monitor, lock up, or dispose of alcohol left over from parties or guests.
- Be mindful of drinking around children and teens. You are a role model.



Firearms



- Take a gun safety class.
- Treat every firearm as if it were loaded.
- Keep firearms unloaded when not in use.
- Store ammunition separately.
- Use cable or trigger locks (cable locks are free at the Eureka Police Department.)
- Store in lock boxes, safes, vaults or outside the home.
- It is unsafe to use firearms if you are under the influence of alcohol or other drugs, upset, angry, sad or depressed.

Consider additional safety precautions if a family member may be thinking of suicide.

Putting time and distance between a person thinking about suicide and a gun may save a life.

Other Hazards

- Buy non-toxic products when possible.
- Read labels carefully and follow instructions. Never combine products.
- Safely store or lock up items that can be misused or ingested, such as:

Solvents: gasoline, paint, glue

Aerosols: canned air for keyboards, spray paint and deodorant

Gases: nitrous oxide, helium, butane, propane

Garden, auto and cleaning products:

- Warn children and teens about the dangers of misusing toxic chemicals.
- Dispose of unused products at a hazardous waste disposal site.

