

## One Father's Story

On the morning of their scheduled flight to Chicago, my son Aaron handed his travel bag to his mom. She took the bags to the car and waited. A few minutes passed before she went back into the house, noticed a light on outside the garage, walked through the garage door, saw him lying on the ground and thought he fell. Seconds later, she saw my firearm in his hand.

Aaron wrote:

"...I have been unhappy for awhile and there is nothing left for me on this planet except you guys. I don't feel any connection with the rest of the family or any of my friends...Everything I have just wrote and done with my life is meaningless."

I kept my loaded firearm in my backpack in the back room of my basement, without a trigger lock.

Your child's life is precious;  
always keep it locked, you  
never know.

~Ronald Waltemeyer



This brochure was inspired by the Center for Youth Violence Prevention Suicide-Proof campaign.

## FIREARM STORAGE OPTIONS

(If offsite storage is not possible)

- Lock-It-Up Campaign, [lockitup.org](http://lockitup.org)
- Project Child Safe Campaign, [projectchildsafe.org](http://projectchildsafe.org)
- If you can't store the firearms away from the home, store them unloaded and locked in a gun safe or lock box. You can also lock them using a cable lock or trigger lock. Many gun owners recommend locks using combinations over locks using keys. Make sure the at-risk person doesn't have access to the combination or keys.

## MEDICATION DISPOSAL OPTIONS

- Colorado Medication Take-Back Project, 303.692.2903 or [coloradomedtakeback.info](http://coloradomedtakeback.info)
- FDA Guidance, <http://goo.gl/QYiYIT>
- Rocky Mountain Poison and Drug Center, [rmpdc.org](http://rmpdc.org) or 1-800-222-1222
- Visit [colorado.gov/cdphe/rxdrug](http://colorado.gov/cdphe/rxdrug) for law enforcement take-back locations
- NCPA DisposeMyMeds Program: [disposemymeds.org/index.php](http://disposemymeds.org/index.php)

## OTHER WEB RESOURCES

- Suicide Prevention Coalition of Colorado, [suicidepreventioncolorado.org](http://suicidepreventioncolorado.org)
- Means Matter Campaign, [meansmatter.org](http://meansmatter.org)
- Suicide Prevention Resource Center, [sprc.org](http://sprc.org)
- American Foundation for Suicide Prevention, [afsp.org](http://afsp.org)
- Colorado Consortium for Prescription Drug Abuse Prevention [www.corxconsortium.org](http://www.corxconsortium.org)
- Colorado Crisis Services [coloradocrisiservices.org](http://coloradocrisiservices.org), 1-844-493-8255
- Colorado Office of Suicide Prevention [www.coosp.org](http://www.coosp.org)

**Program for Injury Prevention,  
Education & Research (PIPER)**

colorado school of public health

# Safe-Guard Your Home

## A Guide to Suicide Prevention at Home



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This brochure is for informational purposes only and not for the purpose of providing legal advice.

Simple steps can help protect your family.

## How to Safe-Guard Your Home

If a family member or loved one is experiencing a mental health problem or life crisis, these simple steps can help protect your family and possibly save a life.

### STORE FIREARMS AWAY FROM HOME\*

- Ask a close family member or trusted friend to keep them temporarily until the situation improves.
- Call your local police precinct, gun range, or shooting club to see if they will offer temporary storage.

### LOCK MEDICATIONS

- Store all medications in a lock box or locked medicine cabinet.
- To dispose of unused medications, locate a medicine take-back program in your community or if you have no other choice follow the FDA guidance: Mix the medicines with something that cannot be eaten such as kitty litter or used coffee grounds in a sealable plastic bag and throw mixture away in the trash.

### PROVIDE SUPPORT

- Pay attention to your loved one's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.
- If you think your loved one is in crisis, call 911 or go to nearest emergency room. For a non-urgent consultation, work with your primary care doctor to make a referral.
- Make sure your loved one knows how to access the suicide prevention lifeline.
- Contact the Colorado Crisis and Support Line for assistance or to locate the closest 24 hour walk-in center - 844-493-TALK (8255) or text TALK to 38255.

\*Under Colorado law, a gun transfer is typically subject to a background check unless the transfer qualifies for an exemption from a background check. To become fully informed about making a legal temporary gun transfer, review Colorado gun laws including C.R.S. § 18-12-112 or consult an attorney.

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### FIREARMS

Store them offsite.

The safest option is to temporarily store all firearms away from your home. If removal isn't an option, store all firearms safely and securely.

FACT: Firearms are used in over half of Colorado suicide deaths.

### MEDICATIONS

Lock Them Up.

FACT: Individuals who attempt suicide use medications more than any other method.

### SUPPORT

Listen and Ask.

Asking someone if they are considering suicide will NOT put the thought in their head.

HELP IS AVAILABLE .....

NATIONAL SUICIDE PREVENTION LIFELINE  
24/7 free & confidential, 1-800-273-TALK (8255)

