

Prevent Suicide by Creating Safe Spaces at Home

Many suicide attempts happen with very little planning during a short-term crisis. Reducing availability of lethal means before a person is having thoughts of suicide or in crisis can save lives and make your home a safer place to be.

Lethal Means Safety

Lethal means are things that can be used in an attempted suicide. Firearms are the most lethal and commonly used means for suicide, followed by types of suffocation, including hanging.

Most nonfatal suicide attempts treated in the emergency room are the result of poisoning or overdose.

Firearm Storage and Locks

Gun Safes and Cables or Trigger Locks

Firearm storage is one of the first steps to making your home safer. Firearm safes and cabinets are lockable storage areas that conceal and limit access to unloaded firearms. Ammunition should be locked and stored separately from weapons, and keys or lock combinations should remain private. Firearm locks are also affordable and easy to use devices that block the trigger on an unloaded weapon to prevent access and accidental firing.



Medication Storage

Locking Bags or Boxes

Keep your medications safe by storing them in a secure container like a locking bag or box. You can also work with your doctor or pharmacist to make sure that you never have a dangerous amount of medication at home and learn how to safely dispose of medications you no longer need.



Home Modifications

Safety Shower Rods and Closet Alterations

Simple changes can help to create safer spaces. Breakaway shower rod flanges are spring-loaded brackets designed to release the shower rod when too much force is applied. Closet modifications like removing closet rods, installing shelves, and other creative solutions can also be effective.



More Steps You Can Take

These are just a few examples of ways to improve safety in your home. Work with your treatment team for creative and collaborative ways to create safe spaces and locate lethal means devices.



If you or someone you know is in crisis, Colorado Crisis Services is available 24/7 by calling 1-844-493-8255 or texting TALK to 38255.