

ONE FATHER'S STORY

I used to always keep a gun in my house to protect my family. That is something I will regret for the rest of my life.

My teenaged son shot himself in the head with my gun; the gun that was supposed to protect him.

I kept it loaded in my nightstand drawer. I never thought that he'd take it and use it on himself. He seemed so happy, always surrounded by family and friends. He and his girlfriend broke up the night before. I knew it would be tough for him, but I figured that he'd be fine—it's all part of growing up. But he wasn't. When I found out what happened, I felt like I was responsible for putting that gun in the house and leaving it accessible to him.

If I did not have that gun in my house, my son might still be alive. I think about that every day.

FURTHER INFORMATION

Visit suicideproof.org

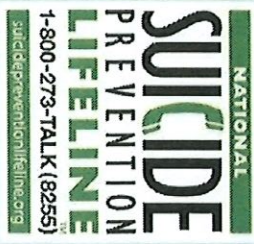
WEB RESOURCES

To find out more about suicide prevention efforts in Tennessee, please visit:

- tspn.org • tn.gov/health • tn.gov/behavioral-health/section/need-help •

PARTNERS

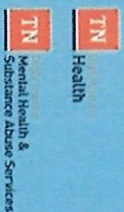
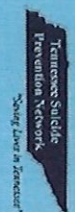
Tennessee Suicide Prevention Network
 Tennessee Department of Health
 Tennessee Department of Mental Health & Substance Abuse Services



The Brady Center to Prevent Gun Violence is proud to continue this campaign, originally developed as a project of CPVY and the Rhode Island Department of Health.

SUICIDE-PROOFING your home

The parent's guide to keeping families safe



Is your home SUICIDE-PROOF?

Even if you think your child is not at risk for suicide, why take chances? These simple steps can help you suicide-proof your home and possibly save a teen's life.

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HOW TO SUICIDE-PROOF

Remove Firearms For Now

- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

Limit Medications

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.

Provide Support

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.



MEDICATIONS

Lock and limit.
Fact: Teens who attempt suicide use medications more than any other method.



SUPPORT

Listen and ask.
Fact: Millions of kids and teens seriously consider attempting suicide every year.



FIREARMS

Remove. Lock.
Fact: Firearms are used in close to half of teen suicide deaths.



HELP IS AVAILABLE if you're concerned that someone you care about is at risk of suicide.

[VISIT suicideproof.org](http://suicideproof.org)

NATIONAL SUICIDE PREVENTION LIFELINE: 24/7 free and confidential. 1-800-273-TALK (8255)
IN CASE OF EMERGENCY: Call 911 or visit your local emergency room.

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