

Further Information



WEB RESOURCES

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

www.myfirstlink.org

or

SuicidePreventionLifeline.org

You are not alone.
There is help
and support.

PARTNERS



Survivor Story

"My pills are kept in a lock box in my home. At times when I'm feeling down, worthless, depressed, I try to get the pills out of the lock box. I want to take all of them and end this struggle, end my life, but I cannot get into the box.

At times I am frustrated that I can't access my medication, and in these times I get angry at my partner for diligently keeping my pills locked up. But these times are rare, and when they pass, I am extremely grateful.

I want to live and am so happy to still be alive. I know that this lock box has saved my life more than once. And I know that without it, I could've made a risky and impulsive decision to end it all, but instead, they're locked away and I am so glad to be alive."

For crisis support or information, call
FirstLink by dialing the National
Suicide Prevention Lifeline

1-800-273-8255

For emergencies dial 9-1-1

HOW TO SAFEGUARD
YOUR HOME

FirstLink

Who We Are

FirstLink is your local 24/7 service. Specializing in suicide support services, volunteerism, and linking people to thousands of community resources.

How to Safeguard Your Home

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



STORE FIREARMS OFFSITE

- Ask a trusted friend or family member 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.
- If you can't store the firearms away from the home, store them unloaded and locked in a gun safe or lockbox. You can also lock them using a cable or trigger lock. Locking devices using combinations are safer than those using keys.

LOCK UP 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 follow the FDA guidance: Mix the medicines with kitty litter or used coffee grounds in a sealable bag. Then throw away the mixture in the trash.

PROVIDE SUPPORT

- Pay attention to you or your loved one's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.
- If you think you or your loved one is in crisis, call **911** or go to the nearest emergency room.
- Make sure you or your loved one know how to access the suicide prevention lifeline at **1-800-273-8255 (TALK)**.
- For helpline support or resources dial **211** or **(701)-235-7335**, or text your zipcode to **898-211**



FIREARMS

Remove. Lock.

Fact: Firearms are used in half of suicide deaths.



MEDICATIONS

Lock and limit.

Fact: People who attempt suicide use medications more than any other method.



SUPPORT

Listen and ask.

Fact: Millions seriously consider attempting suicide every year.



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

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