

Do you need **hope**?
We can help.



For crisis support or information, call FirstLink by texting or calling the **9-8-8 Suicide & Crisis Lifeline**.

To reach the 9-8-8 Suicide & Crisis Lifeline:

- **Call 9-8-8**
- **Text 9-8-8**
- **Chat 988lifeline.org/chat**

Local Resources

For information on local resources and support, reach FirstLink by **calling 2-1-1** or **701-235-7335**. You can also **text your zip code to 898-211**.

For emergencies call 9-1-1.

To find other mental wellness resources, search **myfirstlink.org**.



You are not alone.

Hope is on the line.

To find out more about suicide prevention efforts in North Dakota, please visit **myfirstlink.org**.

FirstLink

Safeguard Your Loved Ones

Home is supposed to be a haven.
Follow these simple tips to keep it that way.



FirstLink



How to Safeguard Your Home

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

To reach the 9-8-8 Suicide & Crisis Lifeline:

- Call 9-8-8
- Text 9-8-8
- Chat 988lifeline.org/chat

If you're concerned that someone you care about is at risk of suicide, remember:

Hope is on the line.



Sharps

PROPERLY STORE AND DISPOSE OF SHARPS

- Fact: Self-injury is most commonly engaged in using sharp objects.
- Sharp objects can commonly be found around the house. Remember to keep an eye on knives, scissors, razors, safety pins, needles, and any other object with a sharp end or edge.
- Look through your entire home—including your garage—for sharp objects. Are they securely stored?
- The FDA recommends disposing of sharps using approved sharps bins. Never reuse medical sharps and bring used sharps bins to an authorized disposal site in a timely manner.

Medications

LOCK UP MEDICATIONS

- Fact: People who attempt suicide use medications more than any other method.
- Store all medications in a lockbox or locked medicine cabinet.
- Call 211 to locate a medicine take-back program to dispose of unused medications in your community or follow FDA guidance: Mix the medicines with kitty litter or used coffee grounds in a sealable bag. Then throw away the mixture in the trash.
- Discuss safe or no-use options for all medications, prescribed and recreational, with a licensed medical provider. Consider calling a nurse line or Poison Control for immediate consultation on safe or no-use.

Firearms

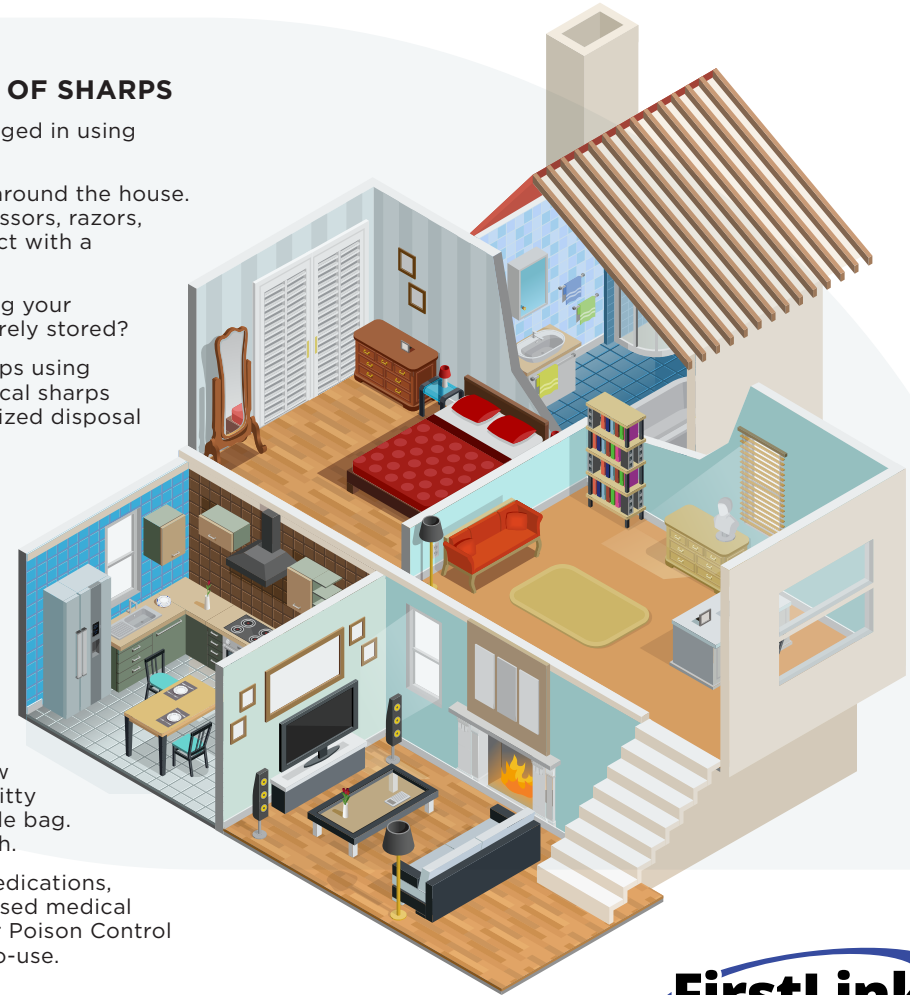
STORE FIREARMS OFFSITE

- Fact: Firearms are used in half of suicide deaths.
- Store your ammunition separately from your firearms.
- 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.

Support

PROVIDE SUPPORT

- Fact: Millions seriously consider attempting suicide every year.
- If you notice significant changes, ask them if they're thinking about suicide or call **9-8-8** for consultation.
- If you think you or your loved one is in crisis, call **9-1-1** or go to the nearest emergency room.
- Make sure you or your loved one know how to access the **9-8-8 Suicide & Crisis Lifeline**.



For helpline support or resources call 2-1-1 or (701)-235-7335. You can also text your zip code to 898-211.