

# IF YOU LOVE THEM, KEEP THEM SAFE

If someone you love is struggling with thoughts of suicide, there are some important steps you can take to keep them safe until they're feeling better. Make a plan based on the options below:



Temporarily remove firearms from your home to keep your loved ones safe until they are feeling better.



Store all firearms in a locked safe, or use trigger locks. Remove access to combinations or keys.



Make sure all firearms are unloaded. Store ammunition safely in another location.



Remove any medications from your home to keep your loved ones safe until they are feeling better.



Store any medications in a locked box or cabinet. Be sure keys and combinations are in a secure location.



Keep only small amounts of medications in your home. Talk to a pharmacist about what quantities of medication would be safest.



Until your loved one is feeling better, do not leave them alone. Make sure someone has "eyes on" them to ensure they are safe.



Create a "safety plan" so your loved one knows how to get help at any time. Identify activities that help them feel better, and people they can reach out to for support.



Make sure your loved one knows how to access the 24-hour Maine Crisis Line by calling or texting 988.

# STEPS I CAN TAKE

## to protect a loved one who is at risk for suicide

It can feel overwhelming when someone you care about is struggling with their mental health. You can help by creating a plan to keep your loved one safe while they get the support they need. If possible, focus on the safest options – but it's most important that you take some kind of action to protect your loved one until they're feeling better.



Remove or store firearms safely.

**My Plan:** \_\_\_\_\_  
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\_\_\_\_\_



Remove or store medication safely.

**My Plan:** \_\_\_\_\_  
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Stay connected and supervise.

**My Plan:** \_\_\_\_\_  
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