

SUICIDE AND OVERDOSE ARE PREVENTABLE

You do whatever it takes
to protect your loved ones...



Locked Doors



Bike Helmets



Smoke Alarms



Safety Belts



**Locked Up Firearms
and Rx Medications**

If you are thinking about suicide,
DIAL 988 for the National Suicide
Prevention Lifeline or **TEXT 741-741**.



Take These Steps to Protect Against Suicide, Overdose and Drug Poisoning.

1. SAFELY STORE
all firearms and
ammo so only the
owner has access.

2. LOCK UP
all medications, Rx
and
over-the-counter,
except a week's
supply.



3. LIMIT ACCESS
to a 1 day dose of
medication for anyone
experiencing a mental
health crisis.

4. DISPOSE
of unwanted
medications at a safe
Rx disposal location
(see below).

SAFETY RESOURCES

FREE lockbox distribution:

publichealthsvp@co.humboldt.ca.us

Lethal Means Counseling: **lock2live.org**

Local medication disposal sites:

humboldt.gov.org/PrescriptionDrugSafety.