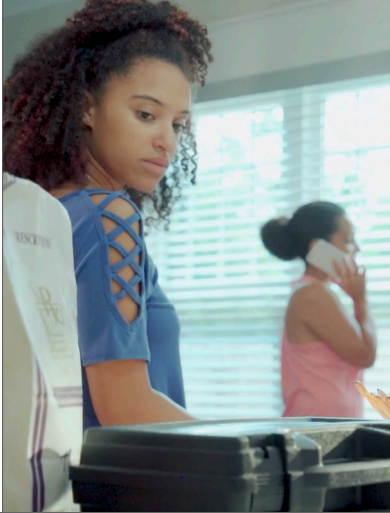


LETHAL MEANS SAFETY TOOLKIT



FACT SHEET

Lethal Means are methods used in a suicide attempt. 580 service members died by suicide in 2020, 64.3% of Active-duty, 75.3% of Reserve, and 79.8% of National Guard by firearm (DoD, ASR). Research has shown that a suicide attempt can occur within 5-10 minutes from idea to action. Lethal means safety is the practice of safely storing means that could be used in a suicide attempt. Increasing time and distance between an individual in crisis and a lethal mean allows for intervention and reconsideration. These simple actions can save lives!



Statistics reveal making lethal means less accessible has reduced death by suicide by 91%.



Studies state approx. 90% of attempters who survive a nonfatal attempt, will not try again.

EASY SAFETY STORAGE PRACTICES:

Ways to safely store firearms:

- Use a gunlock
- Disassembling the gun and place in a lockbox/safe
- Separately storing gun and ammunition

To prevent overdose, store/dispose medication:

- Take individually packaged pills
- Throw out expired medication
- Portion medication for the week and lock in a cabinet

Deter asphyxiation by reducing access to ligatures (ie: ropes, cords, and belts):

- Use specialized bed sheets resistant to tearing
- Purchase cordless appliances/electronics

Substitute/hide everyday sharp objects:

- Use knife covers and safes/locks
- Keep tools locked in sheds

Avoid chemicals/poisons:

- Purchase green/organic cleaning products or repellents that do not include toxic ingredients or pesticides
- Add carbon monoxide detectors to the house

RESOURCES AVAILABLE FOR SOLDIERS, THEIR FAMILIES, AND CIVILIANS.

Counseling on Access to Lethal Means or [CALM](#) is a training course that counsels individuals who work with people at risk and their Families providing information on how to reduce access.

Ask, Care, Escort or [ACE](#) is a training model offered by the Army that educates Soldiers and Family members on methods of prevention.

The [Suicide Prevention Resource Center](#) is a federally supported resource center funded by the Substance Abuse and Mental Health Services Administration or SAMHSA.

The [Army Suicide Prevention Program](#) or SP2 is a campaign that provides resources, builds awareness, and supports Soldiers and Families with suicide prevention tools.

DOD Lethal Means Safety Tools and Information: <https://www.dspo.mil/Tools/Download-Library/lethalmeanssafety/>

Properly storing lethal means and staying informed by taking advantage of suicide prevention resources available to Soldiers and their Families will significantly save lives. Adding time and space between an individual and lethal means makes a world of difference. Make every second count.



THIS IS OUR ARMY.



**ARMY
RESILIENCE
DIRECTORATE**



SP2
SUICIDE PREVENTION
PROGRAM

Military Crisis Line: Dial 988 and press 1
In Europe, dial 00-800-1273-8255
In Korea, dial 0808-555-118
www.armyresilience.army.mil