

LETHAL MEANS SAFETY TOOLKIT



EVERY SECOND COUNTS

BEST WAYS TO STORE MEDICATION

Overdoses can occur within 5-10 minutes from contemplation to attempt. Adding time and distance from medication can save lives, here are simple ways how:

- Dispose of expired medications at your local hospital or pharmacy
- Only keep needed dosages at home
- Always keep medicine in its original container
- Keep medication locked in a cool, dry area.

OTHER LETHAL MEANS SAFETY TIPS:

Regularly get maintenance checks for your car to prevent carbon monoxide poisoning and buy detectors for the house. Reduce access to sharp objects by using childproof scissors and electric razors.

If you or a loved one are experiencing thoughts of suicide, dial **988** and **press 1** for the Military Crisis Line.

In Europe, dial **00-800-1273-8255**

In Korea, dial **0808-555-118**

“The bravest thing I ever did, was choosing to live when I wanted to die.”

– SFC Chelsea Porterfield, U.S. Army.



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