

SUICIDE PREVENTION MONTH 2020

SAFETY STEPS TO KEEP YOUR FAMILY HEALTHY TODAY

Take these steps today to help keep your family emotionally healthy during this challenging time. Using these steps will also reduce any chance of suicide. Suicide Prevention Month is a valuable time to prepare yourself, especially during this time of COVID-19.

1. Check in with your children every day

- Checking in with your child for even 15 minutes every day will do wonders for your relationship with them and will let them know you're there for them.
- Listen carefully to them.

2. Seek support

- If your child's level of isolation or other behaviors concern you, call your school counselor and/or doctor to discuss mental health support.
- If you have concerns about possible suicide risk, go to [LEARN](#) by Forefront Suicide Prevention at the University of Washington.

3. Put these crisis lines in your phone

- National Suicide Prevention Lifeline: 800-273-8255 — or text 'Heal' to 741741.24/7
- WASHINGTON LISTENS: 1-833-681-0211 Mon-Fri 9 a.m. - 9 p.m. Sat-Sun 9 a.m. - 6 p.m. For COVID-19 related stresses.
- Find your County Crisis Line [here](#).

4. Lock up medications

- Secure ALL medications in a lock box or home safe—including over-the-counter medications and anything beyond a one-week supply. This can help prevent overdoses and suicides.

5. If you own firearms

- If your family owns firearms, make sure your children do not have unauthorized, unsupervised access to them. Be aware: kids often know where the keys are hidden.
- Lock your firearms in a safe or lockbox. Use a fast-access lock for home defense firearms.

Learn more about how to prevent suicide in your home, family and community at
<https://intheforefront.org/learn>