

## ONE FATHER'S STORY

I used to always keep a gun in my house to protect my family. That is something I will regret for the rest of my life.

My teenaged son shot himself in the head with my gun; the gun that was supposed to protect him.

I kept it loaded in my nightstand drawer. I never thought that he'd take it and use it on himself. He seemed so happy, always surrounded by family and friends. He and his girlfriend broke up the night before. I knew it would be tough for him, but I figured that he'd be fine—it's all part of growing up. But he wasn't. When I found out what happened, I felt like I was responsible for putting that gun in the house and leaving it accessible to him.

If I did not have that gun in my house, my son might still be alive. I think about that every day.

## WHERE TO GET HELP



[www.tspn.org](http://www.tspn.org)

If you or someone you know is thinking about suicide, call **1-800-273-TALK (8255)**. The National Suicide Prevention Lifeline will automatically connect you with a certified local crisis center 24 hours a day, 7 days a week.



**Get the TSPN App:**  
Available on Apple  
and  
Android



**615-297-1077 • [www.tspn.org](http://www.tspn.org)**



[www.tennessee.gov/behavioral-health](http://www.tennessee.gov/behavioral-health)  
**1-855-CRISIS-1 or 1-855-274-7471**



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## SUICIDE-PROOFING YOUR HOME IN TENNESSEE



## A PARENT'S GUIDE TO KEEPING FAMILIES SAFE



*"Saving Lives in Tennessee"*

# Is your home **SUICIDE-PROOF?**

Even if you think your child is not at risk for suicide, why take chances? These simple steps can help you suicide-proof your home and possibly save a teen's life.

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## HOW TO SUICIDE-PROOF

### Remove Firearms For Now


- Ask a trusted friend or family member to keep it temporarily.
- Your local police precinct or shooting club might offer temporary storage.
- At the very least, lock them securely away from ammunition.

### Limit Medications

- Don't keep lethal doses on hand. A pharmacist can advise you on safe quantities.
- Consider locking up medications.
- Dispose of any medications you no longer need.

### Provide Support

- The warning signs of suicide are not always obvious.
- Pay attention to your teen's moods and behavior.
- If you notice significant changes, ask them if they're thinking about suicide.




### MEDICATIONS

**Lock and limit.**  
Fact: Teens who attempt suicide use medications more than any other method.



### SUPPORT

**Listen and ask.**  
Fact: Millions of kids and teens seriously consider attempting suicide every year.



### FIREARMS

**Remove. Lock.**  
Fact: Firearms are used in close to half of teen suicide deaths.



**HELP IS AVAILABLE** if you're concerned that someone you care about is at risk of suicide.

**VISIT** [suicideproof.org](https://suicideproof.org)

### NATIONAL SUICIDE PREVENTION LIFELINE:

24/7 free and confidential.  
1-800-273-TALK (8255)

### IN CASE OF EMERGENCY:

Call 911 or visit your local  
emergency room.

