

988 Suicide & Crisis Lifeline

988

SUICIDE & CRISIS
LIFELINE

Listen & Give Support

When a loved one is facing a mental health crisis, it can be overwhelming to think of how to support them. Your ability to listen without judgement can be a great start. Through safety plans and identifying means of risk, you can help create a net of support and safety around your home. If at any time you are unsure what to do next, reach out to the 988 team for assistance.

988 | SUICIDE & CRISIS
LIFELINE

Call • Text • Chat

HELP is Available

If you're concerned that someone you care about is at risk of a crisis, speak with someone today.

helplinecenter.com/988

Resources



Gun Safety Locks



Medication Lock Boxes
& Dispose Rx



Means Safety Training



Safety Plans

Web Resources

To find out more about crisis prevention efforts in South Dakota, please visit:

helplinecenter.org
sdsuicideprevention.org



How to SAFEGUARD Your Home

A Guide to
Crisis Prevention
in the Home



Making lives better by giving support, offering hope and creating connections all day, every day.

SAFEGUARDING Your Home

If your loved one is experiencing suicidal thoughts or demonstrating suicidal behaviors, these simple steps can help protect your family and possibly save your loved one's life.

Creating time and distance between a person who is thinking about dying by suicide and the means by which they plan to die can save their life. Means safety is putting safeguards around the common ways people die by suicide.

Securing Firearms Safely

Most people who die by suicide in South Dakota die by a firearm. There are several ways to keep someone safe from a firearm while they are in a suicidal crisis.

- Asking a friend or family member to remove the firearms from the home.
- Locking firearms and ammunition in lock boxes or gun safes.
- Using safety locks on all guns and storing ammunition in a separate locked location.
- Request local law enforcement to store them.

Suffocation or Strangulation (Ligature) Safety

Sadly, people in South Dakota die by hanging/suffocation. It is important to listen specifically to the way a person describes the plan for dying in order to identify ways to make the home safe.

- Identify and remove materials one might use as a means: belts, cords, blankets or others.
- Identify and remove objects or fixtures one might attach materials to. This might include doors, door handles, plumbing fixtures or others.

Safe Medication Storage or Disposal

Medications are often easily accessible for misuse. Keeping necessary medication secure or disposing of unused/expired medication can help save a life.

- Use a lock box to keep medications safe.
- Keep track of medications to notice if any amount is missing.
- Dispose of unused or expired medication at take-back locations or using DisposeRx.

LIGATURE SAFETY



Identify & Remove

Locate and eliminate any items that could pose a risk of suffocation or hanging.

MEDICATIONS



Count it. Lock it. Drop it.

Over-the-counter and prescription medicines are commonly used in suicide attempts.

FIREARMS



Remove or Lock

It's best to remove them from your home. If you can't, store in a secure place, use gun safety locks, and store ammunition securely and separately.

SAFETY CHECK



Check & Protect

Walk through and around your outbuildings to identify potential safety risks. If possible, remove those risks or limit access to those areas for your loved ones.

