

PREVENTING SELF-HARM

Suicides are the 2nd leading cause of death among Native American youth and young adults.

Most suicides occur at home.

Nowhi' Ida' Bagoye'
LIFE IS PRECIOUS

LET'S MAKE YOUR HOME SAFE

Lock or Remove these items in the home:

- Firearms
- Medications
- Loose cords
- Sharp objects



**TRIBAL BEHAVIORAL
HEALTH SERVICES**

**Insert Address Info
City, Arizona
928-XXX-XXX**

Resources

**National Suicide
Prevention Lifeline**

(Free 24/7 support with Counselor)
Call: 800-273-TALK (8255)



Crisis Text Line

Text: **HELLO** to 741741
(Free 24/7 support
with Counselor)



Emergency

Call 911



**TRIBAL BEHAVIORAL
HEALTH SERVICES**

(Anytime for immediate help or
schedule appointment)
Call: 928-XXX-XXXX

Firearm Storage

- Store firearms unloaded and locked in a gun safe
- Store ammunition separately
- Lock firearms using a cable or trigger lock

Other

- Store sharp objects securely (i.e. knives, razors)



Poisonings

- Store all medications and alcohol in a safe or cabinet (locked)
- Dispose of unused medications properly
- Lock harmful chemicals (cleaning products)

Suffocation

- Remove and secure excess cords
- Remove door hinges and knobs
- Install breakaway rods
- Remove ropes and metal coat hangers