

## Know the facts

**52%** more people complete suicide through use of a firearm than every other method combined.

For the majority of those who have attempted suicide, the time between the first thought of suicide and the attempt is 10 minutes or less.

**10** minutes

Suicide is the **4<sup>th</sup>** leading cause of death for males under 65.

Reducing easy access to highly lethal methods – especially guns and medications – during a suicidal crisis **can mean the difference between life and death.**

The tri-county area of Winnebago, Calumet and Outagamie counties has a higher suicide rate than the national average.



**Look inside for potentially life-saving recommendations.**

## Help is near

### Free Emotional Support Text-line:

Text **HOPELINE** to **741741**

### Support Resources

**Northeast WI Mental Health Connection**  
[www.MyConnectionNEW.org](http://www.MyConnectionNEW.org)

**NAMI Fox Valley**  
920-954-1550  
[www.namifoxvalley.org](http://www.namifoxvalley.org)

**NAMI Oshkosh**

920-651-1148  
[www.namioshosh.org](http://www.namioshosh.org)

**Community for Hope**  
920-230-4840  
[www.communityforhope.org](http://www.communityforhope.org)

**Prevent Suicide Fox Cities**  
[www.preventsuicidefoxcities.org](http://www.preventsuicidefoxcities.org)

**Center for Suicide Awareness**  
920-475-4748  
[www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org)

**United Way Fox Cities**  
Call **2-1-1** for easy access to mental health and addiction information and referrals.

**For copies of this brochure, contact:**  
Northeast WI Mental Health Connection  
920-720-3770

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# A Guide to Suicide Prevention at Home: Reducing Lethal Means

Help for You  
and Your Loved Ones

**ZERO**  
**SUICIDE**  
WINNEBAGO  
OUTAGAMIE  
CALUMET

If you or someone you love is experiencing a difficult mental health or substance use issue, follow these safety measures.

## 1. Get help immediately

**Local crisis hotlines:** 24/7 support  
Winnebago Co. 920-233-7707 or 920-722-7707  
Outagamie Co. 920-832-4646 or 800-719-4418  
Calumet Co. 920-849-9317

### Suicide Hotline for WI Veterans

Combat Call Center  
1-877-WAR-VETS (1-877-927-8387)

**If you or a loved one is in danger of self-harm, call 911 or go to the nearest emergency room.** For a non-urgent consultation, contact your primary care doctor to get a referral for mental health help.

## 2. Reduce access to dangerous means at home

### > Firearms

Store firearms and ammunition away from the home until you or your loved one is feeling better. Temporary storage options include:

- Self-storage facilities
- Friends or family
- Local law enforcement (availability varies)

If offsite storage is not an option, store unloaded firearms in a locked gun safe with ammunition and keys locked up separately.

Use trigger locks and secure ammunition separately.

Do NOT hide guns. Family members tend to know one another's hiding places.

### > Medications

Lock up medications – including over-the-counter – making available only what is needed for the day. Talk to a doctor or pharmacist to determine safe quantities to have at home.

Safely dispose of unused, expired, and unwanted medications.

*In Winnebago, Calumet, and Outagamie counties:*

- Put all pills together in a sealable plastic bag.
- Drop off at any of the following police departments: Appleton, Brillion, Calumet Co. Sheriff, Menasha, Neenah, Seymour, New London, New Holstein, Oshkosh, or Fox Crossing.

### > Alcohol

Remove alcohol from the home. Alcohol can increase the chance of attempting suicide, and increase the chance of death from a drug overdose.

## 3. Get support

- > Learn about mental health and suicide prevention at [www.nami.org](http://www.nami.org)
- > Work with a doctor to create a "safety plan" to recognize a crisis and practice ways to get through it safely.
- > If you notice a change in your mood or behavior, or are having suicidal thoughts, reach out to a supportive person in your life.
- > If you notice a change in a loved one's mood or behavior, express your desire to keep them safe and ask if they're thinking about suicide. **Asking will NOT put the thought in their head.**
- > Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for support and to find out about resources in your area. It's free, confidential and available 24/7.

### The Lethal Triad

Upset person

Firearms/  
Medication

Alcohol

When these three are present – the risk of violence is high. **Reduce or remove any factor and risk drops significantly.**