A grey clipboard with a silver clip at the top, holding a white sheet of paper. The paper contains text and a checklist.

You do so much to keep  
your loved ones safe...

- Car seats
- Smoke alarms
- First Aid kits
- Bike helmets
- LOCK UP AND LIMIT ACCESS RX  
MEDICATIONS AND FIREARMS

**SUICIDE IS PREVENTABLE**  
Medication overdoses too.

**Go to [SaferHomesCoalition.org](https://www.SaferHomesCoalition.org)**

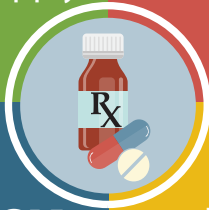
# These steps protect against suicide/overdose/poisoning

## 1 LOCK UP

all medications,  
Rx & over-the-counter,  
except 1-week supply

## 2 LIMIT ACCESS

1-day dose of meds  
for those in  
mental health crisis



## 3 TAKE-BACK

go to  
[takebackyourmeds.org](http://takebackyourmeds.org)

## 4 DISPOSE

of meds with dirt  
or coffee grounds;  
place in your trash



**SAFER HOMES**  
**SUICIDE AWARE**

**You Can Save A Life**