

Why Means Matter

While we may not be mental health professionals, it is important for all of us to know why means matter and where to find additional resources. Remember - suicide prevention is everyone's business.

The term "Lethal Means" refers to any object, substance, or action that might be used in a suicide attempt. Examples include firearms, poisons, and medications.

Important Information to Consider:

1. Lethal means safety is one of the most effective approaches for reducing deaths by suicide.

Some lethal means are potentially much more harmful than others (firearms are the most lethal). Reducing access to lethal means during a suicidal crisis saves lives.

2. Many suicidal crises are brief and pass within a few minutes to a few hours.

Reducing access to lethal means allows for time to seek help and to let the crisis pass.

3. Safe storage is suicide prevention.

Ideally, firearms should be stored outside the home during a suicidal crisis.

At home the firearm should be stored in a lock box or safe, separate from the ammunition, with the key or code inaccessible to the individual having suicidal thoughts.

Cable and trigger locks may be used in addition to storing the gun in a lock box or safe.

Medications and other potentially lethal substances should be locked away or safely disposed of.

For more information on lethal means safety, please visit our website listed below.

4. Lethal means safety is about care, not control.

The goal is for these interventions to be temporary and voluntary. Culturally competent and compassionate conversations are key.

When it comes to saving lives, means matter! Safe storage is critical.



Learn more at chestercountysuicideprevention.com/index.php/lethal-means-safety