

Lock Meds. Lock Guns. Talk Safety.

61%

of people who
die by suicide
use firearms

19%

of people who die
by suicide
overdose on
medications

Lock it up: Prevent suicides by restricting access to firearms and poisons.

Get free cable and trigger locks and locking pill bottles.

Talk it out: Learn how to have tough conversations about suicide and mental health that can help save lives.

Attend free Mental Health First Aid and REVIVE! opioid overdose education workshops.

**To get locks for medications/firearms, or to sign up for workshops:
call 703-737-8449 or email prevention@loudoun.gov**

If you, or someone you know, is experiencing a mental health crisis:

- Call the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services' Emergency Services 24/7 at 703-777-0320
- Contact the PRS CrisisLink Hotline at 1-800-273-TALK or text CONNECT to 85511
- In an emergency, call 911 and ask for a Crisis Intervention Team deputy or officer



Medication Storage Safety

- Secure your prescription and over the counter medications (use locking pill bottles or lock boxes)
- Keep an inventory of all medications
- Properly dispose of unused, unwanted, or expired medications
- Take medications strictly as directed
- Talk to your children about the dangers of overdose and prescription drug abuse

Firearm Storage Safety

- Keep firearms locked (use cable and trigger locks)
- Keep firearms unloaded when not in use
- Store ammunition separately from firearms
- Keep the muzzle pointed in a safe direction
- Keep your finger off the trigger
- Treat every firearm as if it were loaded
- Keep out of reach of children



loudoun.gov/SuicidePrevention