



# LETHAL MEANS SAFETY TOOLKIT

## Checklist for Families



### Ensure firearms are stored:

- In a safe
- With a gun lock
- Unassembled
- With the safety mechanism in place
- Unloaded
- Away from ammunition

### Safe storage options:

- Cable and trigger lock – prevents a firearm from being loaded and fired
- Gun case – provides a safe storage solution that secures, conceals, protects, and legally transports a firearm
- Lockbox – provides reliable safety for a firearm
- Full-size safe – allows you to store multiple firearms in one place
- Safe ammunition storage – allows you to safely store firearms and ammunition separately

### If you've had thoughts of suicide, consider out-of-home storage options such as:

- Shooting ranges
- Gun shops
- Police departments
- Consulting the PWF/SPPM of options

### Avoid keeping lethal doses of medications on-hand

### Safely store/dispose of medication:

- Bring unneeded/outdated medication to any pharmacy, law enforcement office, or drug take-back kiosks for safe disposal
- Locked in a cabinet
- Take individually packaged pills
- Portion medication for the week and lock the rest away

### Minimize use and availability of sharp objects:

- Use knife covers and safes/locks
- Buy childproof scissors
- Switch to electric razors
- Store tools in a locked shed

### Deter asphyxiation by reducing access to ligatures (ropes, cords, belts, etc.):

- Use specialized bed sheets resistant to tearing
- Purchase cordless appliances/electronics
- Wear pants with elastic waistband, pants clips, or trousers with side tab adjusters
- Install collapsible showerheads

### Have the Military Crisis line posted in accessible areas such as:

- Your vehicle
- Refrigerator
- Firearms safe
- Saved on your phone



## THIS IS OUR ARMY.

\*Soldiers struggling with alcohol and substances can reach out to their local ASAP office.



**ARMY  
RESILIENCE  
DIRECTORATE**



**SP2**  
SUICIDE PREVENTION  
PROGRAM

**Military Crisis Line: Dial 988 and press 1**  
In Europe, dial 00-800-1273-8255  
In Korea, dial 0808-555-118  
[www.armyresilience.army.mil](http://www.armyresilience.army.mil)