

# Home Safety Instructions



## Ways to Make Your Home Safer When Your Child Has Suicidal Thoughts or Self-Harm

<b>Medicine</b> (prescription meds, over-the-counter meds and vitamins)	<ul style="list-style-type: none"><li>• Throw away old medicines at a local pharmacy</li><li>• Keep only small amounts of medicines</li><li>• Lock up medicine in a safe place</li></ul>
<b>Firearms</b>	<ul style="list-style-type: none"><li>• Remove all guns from the home</li><li>• If you cannot remove them, use a gun safe or lock box. Keep the keys away from the person at risk</li><li>• Always store guns unloaded</li><li>• Keep bullets separate from guns</li></ul>
<b>Sharp objects</b>	<ul style="list-style-type: none"><li>• Lock up all sharp objects like:<ul style="list-style-type: none"><li><input type="checkbox"/> Knives</li><li><input type="checkbox"/> Razor blades</li><li><input type="checkbox"/> Box cutters</li><li><input type="checkbox"/> Scissors</li><li><input type="checkbox"/> Pencil sharpeners</li><li><input type="checkbox"/> Tools and toolboxes</li></ul></li></ul>
<b>Suffocation/Strangulation</b>	<ul style="list-style-type: none"><li>• Remove items, such as:<ul style="list-style-type: none"><li><input type="checkbox"/> Strings</li><li><input type="checkbox"/> Ropes</li><li><input type="checkbox"/> Belts</li><li><input type="checkbox"/> Plastic bags</li><li><input type="checkbox"/> Scarves</li><li><input type="checkbox"/> Cords</li></ul></li></ul>
<b>Extra Safety</b>	<ul style="list-style-type: none"><li>• Keep car keys in a safe place and park cars outside the garage</li><li>• Lock all windows on the second floor and above</li><li>• Lock up<ul style="list-style-type: none"><li><input type="checkbox"/> Alcohol and drugs</li><li><input type="checkbox"/> Cleaning supplies</li></ul></li></ul>

## Resources you can contact during a crisis:

### **988 Suicide and Crisis Lifeline:**

Call or send a text message to **988** if your child is in crisis or danger. You can also chat online: [988lifeline.org/chat](https://988lifeline.org/chat).

### **Call 911**

If your child is in life-threatening danger, call **911**. Specify a mental health crisis or visit the nearest emergency department.

**Text 'Hello' to 741741**, Crisis Text Line provides free, anytime, text-based mental health support and crisis intervention.

**LA Department of Mental Health ACCESS** for referrals and crisis evaluation, call 800-854-7771.

## Extra Resources:

**NAMI (National Alliance on Mental Illness): (800)-950-6264.** Info, referrals, and support

**National Domestic Violence Hotline: (800) 799-SAFE (7233).** [www.ndvh.org](http://www.ndvh.org)

**LGBT National Hotline: (888) 843-4564.** Crisis Intervention and Suicide Hotline.

**LGBT National Youth Talkline: (800)246-7743**

**Trans Lifeline: (877) 565-8860.** Staffed by transgender people, for transgender people. Crisis intervention and suicide hotline

**The Trevor Project: (866) 488-7386.** Text 'START' to 678-678. Peer-led crisis intervention and Suicide Hotline for LGBTQ

**Substance Abuse Services Hotline (SASH): (844) 804-7500.** Provides linkage to residential and outpatient substance use treatment in Los Angeles County.

## Consultation-Liaison Psychiatry Service

4650 Sunset Blvd., Los Angeles, CA 90027 | [CHLA.org/URL](http://CHLA.org/URL)

Approved by PFE 3/21/25