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Restriction of Means

Restricting suicide means by installing bridge barriers are a proven method of saving lives. Read the latest news and research studies on the importance and effectiveness of restricting means.



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There is No Debate: Barriers Save Lives

Watch Dr. Lisa Firestone explain the importance and effectiveness of bridge barriers in preventing suicide.

News on Bridge Barriers:

Dr. Lisa Firestone comments on the effectiveness of suicide bridge barrier. Read articles: [Santa Barbara Daily Sound](#) | [Noozhawk.com](#) | [Glendon Press Release](#)

Research Articles:

- [Many suicide attempts occur impulsively during a crisis.](#) (Harvard School of Public Health)
- [Intent isn't all that determines whether an attempter lives or dies; means also matter.](#) (Harvard School of Public Health)
- [90% of attempters who survive do NOT go on to die by suicide later.](#) (Harvard School of Public Health)

- [Access to firearms is a risk factor for suicide.](#) (Harvard School of Public Health)
- [Firearms used in youth suicide usually belong to a parent.](#) (Harvard School of Public Health)
- [Reducing access to lethal means saves lives.](#) (Harvard School of Public Health)
- [Media reporting and suicide: a time-series study of suicide from Clifton Suspension Bridge, UK, 1974–2007](#) (Oxford Journals, 2011)
- [Effect of restricting access to a Suicide jumping site \(PDF\)](#) Keren Skegg and Peter Herbison (2009)
- [A Note on Domestic Gas Suicide in Britain & The Netherlands \(PDF\)](#) Ronald V. Clarke and Pat Mayhew (1989)
- [CDC Preventing Suicidal Behavior \(PDF\)](#) (2006)
- [Charcoal Burning Suicides in Hong Kong and Urban Taiwan \(PDF\)](#) Ka Y. Liu, Annette Beautrais et al. (2007)
- [Co-proxamol and Suicide: a study of national mortality statistics and local non-fatal self poisonings \(PDF\)](#) Keith Hawton, Sue Simkin & Jonathan Deeks (2003)
- [Effectiveness of Barriers at Suicide Jumping Sites \(PDF\)](#) Annette Beautrais (2001)
- [Lethal Means Restriction: Its Value and its Problems \(PDF\)](#) Jeremy Brigham, D. Min., Ph.D. (2003)
- [Preventing Suicide by Jumping, the Effect of a Bridge Safety Fence \(PDF\)](#) Andrew R Pelletier (2007)
- [Restricting Access to Methods of Suicide \(PDF\)](#) Keith Hawton (2007)
- [Restrictions in Availability of Drugs Used for Suicide \(PDF\)](#) Merete Nordentoft (2007)
- [SAMHSA's National Strategy for Suicide Prevention \(PDF\)](#)
- [Securing a Hot Spot: Effects of a Safety Net at the Bern Muenster Terrace \(PDF\)](#) Thomas Reisch, MD, and Konrad Michel, MD (2005)
- [Suicide and Suicide Attempts \(PDF\)](#) Oklahoma State Dept of Health
- [Suicide Attempts by Firearms and Leaping from Heights \(PDF\)](#) Gregory M. de Moore and Andrew R. Robertson (1999) Annette Beautrais
- [Suicide Prevention Strategies a Systematic Review \(PDF\)](#) J. John Mann, MD, Alan Apter, MD, et al. JAMA (2005)
- [Suicide Prevention Through Means Restriction \(PDF\)](#) Marc. S. Daigle (2005)
- [The Contribution of Suicide Prevention of Restricting Access to Methods and Sites \(PDF\)](#) Annette Beautrais (2007)
- [Time Trends in Method Specific Suicide Rates Compared with the Availability of Specific Compounds \(PDF\)](#) Merete Nordentoft, Ping Qin et al. (2006)
- [WHO Suicide Prevention \(PDF\)](#) World Health Organization (2004)
- [Effect of barriers on the Clifton suspension bridge, England, on local patterns of suicide: implications for prevention \(PDF\)](#) Olive Bennewith, Mike Nowers & Davod Gunnell (2007)

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Means Matter: How Bridge Barriers Save Lives

Watch Glendon's brief video presentation explaining how bridge barriers help prevent suicide here

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[Media Should Tread Carefully in Covering Suicide](#)

NPR reports on the dangers in covering suicide in the media. Listen here To...

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Articles on Suicidology Firestone, L. & Catlett, J. (1998). The treatment of Sylvia Plath. Death...

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[Violence & Suicide Prevention Alliance](#)

In 2007, The Glendon Association created the Violence and Suicide Prevention Alliance. Click Here to Learn More [more...](#)



[Upcoming Events](#)

Dr. Lisa Firestone teaches CE workshops and hosts seminars throughout the country on a variety of topics. See her full schedule of presentations. [more...](#)



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