

STEPS TOWARDS A SAFER HOME

*Positive action can **save your life** or the
life of someone you love.*

FIREARMS & SHARPS



Store securely under lock and key. Store ammunition and guns separately.

MEDICATIONS



Limit in-home supply of OTC meds. Secure in a locked cabinet. Dispose expired or unneeded meds using a permanent box or at-home disposal pouch.

CLEANERS/CHEMICALS



Lock-up potentially harmful household products and poisons. Includes: pesticides, household cleaning products, solvents, etc.

ALCOHOL



Keep alcohol locked up, out of reach of children and teenagers. Never mix with medications. If you drink, model responsible drinking by limiting alcohol to one drink for women, two for men.

PROVIDE SUPPORT/SEEK HELP



Be aware of mood or behavioral changes, such as agitation, emotional withdrawal, expressions of hopelessness, and/or increased use of alcohol or drugs. If you notice these changes, ask if they are thinking about suicide. Call 330-452-6000 for help and support.



Take these steps to protect against **SUICIDE/OVERDOSE/POISONING**

KNOW

the warning signs and risk factors of suicide and substance abuse and how to offer help when someone is struggling. Call **330-452-6000** for help or support.

SECURE

your guns/firearms, medications, and sharps such as knives and razors. Free gun locks are available at the **Stark County Sheriff's Office**, or check with your local police department.

LIMIT

your in-home supply of over-the-counter medications and household chemicals.

DISPOSE

of medications using a permanent drop box location or at-home disposal pouch. Find a box near you or request a disposal pouch at **OhioRxDisposal.com** or **StarkMHAR.org/DrugCollection**.

WARNING SIGNS OF SUICIDE

- Talking or writing about suicide.
- Giving away belongings.
- Withdrawing from loved ones and activities.
- Feeling hopeless, helpless, worthless.
- Seeking ways to suicide, such as guns or pills.
- Major eating or sleeping changes.
- Increasing use of alcohol or other drugs.
- Losing interest in things previously enjoyed.

WARNING SIGNS OF SUBSTANCE ABUSE

- Behavioral signs such as secretiveness/hiding drug use, changes in behavior, or engaging in criminal activities.
- Physical signs such as sudden weight loss or gain, bloodshot eyes, insomnia, changes in appearance or poor coordination.
- Psychological signs such as lack of motivation, irritability, changes in personality, sudden mood swings, or emotional withdrawal.

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For more information, visit StarkMHAR.org/SafeHome