

Means Restriction and Means Safety for Preventing Suicide

No single approach is best or complete.

Use multiple approaches as part of a comprehensive strategy.

➤ **Consider the three “E”s of injury prevention: Education Engineering Enforcement**

Create a barrier around the person at risk:

- Restraints; patient safety measures...

Place barriers between them and the means:

- Fences, locked and alarmed doors, safes, bridge barriers...

Reduce lethality of the means:

- Change formula; limits on medication purchases; unit dose packaging; blister packaging...

Remove access to means:

- GVRO; age restrictions; safe storage

“Buy” time:

- Faster response times and emergency management; Signs and information urging help-seeking; Increase observation of the person and environment...

➤ **Examine the environment from a different point of view: seeking means of self-harm or suicide.**

➤ **Create a hazard map of your home, institution, organization, community...to identify potential means and how to reduce access to them**

Resources:

www.SpeakforSafety.org for information on the Gun Violence Restraining Order

www.MeansMatter.org for information on means reduction, especially firearms and bridges

CALM: Counseling on Access to Lethal Means for mental health and medical providers. Free online; in-person training available for a fee. <http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

How Gun Violence Restraining Orders Can Help Keep Communities Safe. San Diego City Attorney video <https://www.youtube.com/watch?v=Mbvfs24JPZs&t=1s>

Firearm and medication storage posters available for free download

<http://www.dspo.mil/Tools/#BeThere>