



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- 🔒 Bring unneeded/outdated medication to any pharmacy, law enforcement office, or drug take-back kiosks for safe disposal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