

# BE SMART ABOUT STORAGE

Medications are the most common method of nonfatal suicide attempts.

## SAFETY TIPS

1



**Do not keep lethal doses of medications on hand.**

A pharmacist can advise you on safe quantities. Discuss prescription and nonprescription medications with your pharmacist.

2



**Keep ALL medications under lock and key.**

Medication lock boxes are available online and from many pharmacies to ensure a suicide safer home.

3



**Discard outdated or no longer needed medications.**

Go to any military pharmacy in the U.S. or U.S. Territory to safely dispose of unwanted, unused, or expired prescription drugs.

4



**Keep only small quantities of alcohol in the home.**

Drinking alcohol while taking medications can be lethal and can make a person more likely to make reckless choices such as a suicide attempt.

Learn how to #BeThere for yourself and others at [www.dspo.mil](http://www.dspo.mil).