

# SUICIDE-PROOF YOUR HOME

## THE FACTS

ALMOST  
**2,000**

youths aged 0-19 die by suicide every year.

**3rd**



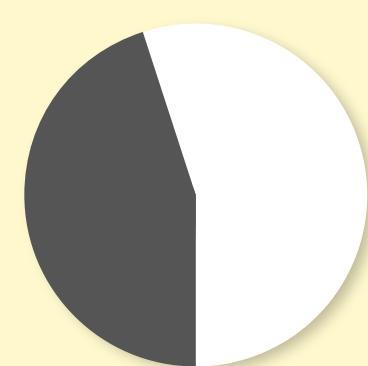
Suicide is the **third leading cause of death** for 0-19 year-olds.

**5x**



Keeping a gun in the home increases the risk of suicide nearly five times.

**45%**



Firearms are involved in 45% of all youth suicides.

## LETHAL MEANS RESTRICTION

Most efforts to prevent suicide focus on why people take their lives; however, it is increasingly clear that “how” a person attempts—what type of lethal means they use—plays a key role in whether they live or die.

Source: Harvard School of Public Health (2014). Means Matter. Retrieved from: <http://hsph.harvard.edu/means-matter/>.

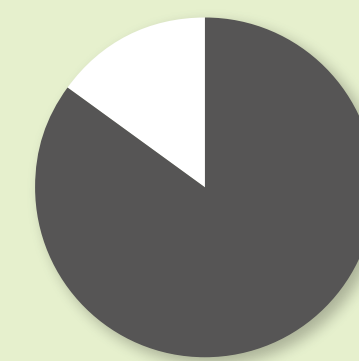
**Firearms**



are the most lethal and the most common method of suicide in the U.S.

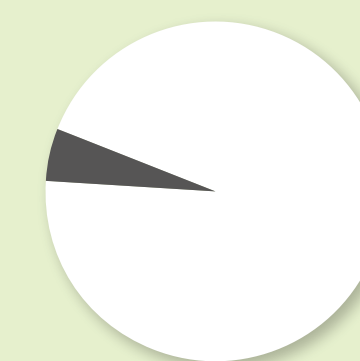
APPROX.

**85%**



of firearm suicide attempts result in death.

**5%**



of the most widely used suicide attempt methods, including overdose and cutting, result in death.

**9 OUT OF 10**

of those who attempt suicide and survive do not go on to die by suicide.

Reducing access to lethal means such as firearms, particularly in the home, is crucial to lowering suicide rates and saving lives.

## WHAT IS SUICIDE-PROOF YOUR HOME?



The **Suicide-Proof Your Home** Campaign educates parents about the importance of restricting access to lethal means, such as firearms and prescription medications, to reduce the risk of youth suicide.

The Campaign provides parents with practical steps they can take to ‘suicide-proof’ their homes, such as disposing of or locking up firearms and medications.

To learn more about **Suicide-Proof Your Home** please visit: [www.suicideproof.org](http://www.suicideproof.org).

### Sources:

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2005) [cited 2014 May 16]. Available from URL: [www.cdc.gov/ncipc/wisqars](http://www.cdc.gov/ncipc/wisqars).

Kellermann AL, Rivara FP, Somes G, et al. Suicide in relation to gun ownership. *N Engl J Med* 1992;327:467-72.

Harvard Injury Control Research Center. NVISS Fact Sheet. (2002) [cited 2014 May 16]. Available from URL: <http://www.sprc.org/sites/sprc.org/files/library/YouthSuicideFactSheet.pdf>.

Vyrostek SB, Annett JL, Ryan GW. Surveillance for fatal and nonfatal injuries—United States, 2001. *MMWR*. 2004;53(SS07):1-57. <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5307a1.htm>.

Owens D, Horrocks J, and House A. Fatal and non-fatal repetition of self-harm: systematic review. *British Journal of Psychiatry*. 2002;181:193-199.