Emotional Triggers Should Not Be Lethal

What can you do to keep your teen safe?
- The teen brain is still developing, so teens are not always able to make the best choices. This puts them at higher risk for many types of injuries.
- You can reduce injury to your teen by knowing high risks and using a barrier to risks any time possible.
- Teens can engage in risky behaviors and react to seemingly small stressors. At any time they may be depressed or make impulsive decisions with deadly results. Education alone is not enough.

Risks

Firearms:
- 85% of suicide attempts with a gun are fatal
- Nearly 2/3 of all US gun deaths are due to suicide
- The rate of firearm suicide by teens is up 61% over the past 10 years

Medications:
- Teens often take medications in suicide attempts
- Both prescription and over-the-counter medications can result in overdose deaths

Alcohol:
- Alcohol causes more than 4,300 deaths among US teens each year

Barrier as Prevention

- Even if experienced with guns, teens should only have supervised access to them
- Keep any firearms that are not under your direct control locked away
- Ammunition should also be locked when not in use
- Consider temporarily removing guns from the home if someone is suicidal

- Always keep prescription and over-the-counter medications locked away and out of the reach of children and teens
- Have a family conversation about the dangers of misusing medications
- Never share medications with family members
- Dispose of prescription medications after the period they are prescribed

- Like medications, alcohol should be locked away and not accessible to teens
How do I know if my teen is at risk for suicide?

• Suicide is the second leading cause of death in 10-24 year olds
• Suicide in teens can be triggered by a seemingly small stressor and happen quickly
• Some concerning signs may be:
  ◦ Depression and other mental concerns, or a substance-abuse disorder (often combined with other mental disorders)
  ◦ Feeling hopeless and worthless
  ◦ Previous suicide attempt(s)
  ◦ Feeling detached and isolated from friends, peers and family
  ◦ Family history of suicide, mental illness, or depression
  ◦ Knowing someone with suicidal behavior, such as a family member, friend, or celebrity
  ◦ Severe stress or anxiety

Whether your child has mental health concerns or not, teenagers should not have unsupervised access to any lethal means. These include guns, prescription medication, and over-the-counter medicine.

Resources:
Your teen’s safety is important to you, your doctor, and members of your community. You deserve to have all the information possible to prevent injury risks in the future.

1) Have a discussion with your teen and their pediatrician
2) If you have further questions, refer to the following resources:
   ◦ Suicide Prevention Resource Center - https://www.sprc.org/
   ◦ Suicide Prevention Lifeline - https://suicidepreventionlifeline.org/
   ◦ Suicide Prevention Lifeline - Call 1-800-273-8255
   ◦ Crisis Text Line - Text HOME to 741741
3) If you have immediate concerns go directly to your local emergency department.

Questions?
• Resources from Ohio AAP for families can be found at: http://ohioaap.org/firearmsafety