

PREVENTION

If you, or someone you know, is struggling with suicidal thoughts, it's important to make your home, or the home of another person, safer. Studies show that limiting access to possible methods of suicide, like medications or firearms, can help prevent it.

According to the 2024 Howard County Health Assessment Survey, 1 in 3 residents reported feeling down, depressed or hopeless. These feelings can sometimes lead to thoughts of suicide, but there are steps you can take to help, if you or someone you know is struggling. Simple actions can make a difference.

Support & Resources

Get Help Now

911 - Call 911 if there is an immediate risk for safety or a medical emergency.

988 Suicide & Crisis Lifeline

Call/Text/Chat to 988 - 24/7 confidential support

- Press 1 for Veterans and Service Members
- Press 2 for Spanish (español)

Resources

Howard County Health Department

Behavioral Health Resources
410-313-6202

Additional Resources

[Grassroots Crisis Intervention](#) - 988

[NAMI - Howard County](#)

[Teen Health Matters - Mental Health & Suicide Prevention](#)

[CAREAPP Suicide Prevention Resources - findhcreources.org](#)

SAFEGUARD YOUR HOME

A guide to help prevent suicide.



LHIC Suicide Prevention Resources
www.hclhic.org/healthy/suicide-prevention



**Howard County
Local Health Improvement Coalition
(HCLHIC)**

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2/25

Howard County LHIC

Local Health Improvement Coalition



WHAT YOU CAN DO

Give Support

If someone is thinking about suicide, take it seriously.

- Have a conversation.
- Speak privately with them.
- Listen closely and without judgment; show you care.
- Ask directly if they are thinking about suicide. (This will not put the idea of suicide in their head.)

If you are struggling, talk to a friend/loved one or **call 988** to speak with a trained counselor.

(Credit: Rhode Island Dept. of Health, Suicide Prevention & Colorado Dept. of Public Health & Environment)

Harmful Materials

Hanging is a common way that people die by suicide. It can be hard to prevent because many everyday items like ropes, cords and sheets can be used for this purpose. However, it is important to understand that these are possible methods of suicide and to remove and lock up these materials when possible.

Medications

Store all medications in a lock box or locked cabinet. Take special care to lock up prescriptions, over-the-counter (OTC) pain pills and sleeping pills. Talk to your doctor or pharmacist about getting blister packs or a limited supply of medications. Safely get rid of unwanted medications.

Firearms

To ensure secure storage:

- Keep guns locked, unloaded and separate from locked ammunition.
- Use cable locks, lock boxes or safes and store keys securely.

If someone in your home is struggling with mental health challenges or a crisis:

- Temporarily remove firearms from the home.
- Ask a trusted person to store them or call a local shooting range, gun shop or law enforcement agency listed on the [Maryland Safe Storage Map](#). Scan the QR code for more information.



bit.ly/3OW5Kdb

Harmful Materials

Remove or lock electrical cords and ropes. Safely dispose of extra gas, anti-freeze and bleach and other chemicals.

Give Support

Ask and listen. Ask how someone is doing and listen to what they tell you without judgment.

Medications

Lock or dispose of medications.

Firearms

Remove or lock. Storing offsite is safest. Locking securely is next best.

