



# Lock to Live

You or someone you know may feel hopeless, down, or alone right now. Many people have gotten through times like this, and you can too.

The promise of tomorrow can start with small steps towards safety today.

**This tool can help you make decisions about temporarily reducing access to potentially dangerous things, like firearms, medicines, sharp objects, or other household items.**

***View online at [lock2live.org](https://lock2live.org)***



## **Even small changes in how you store dangerous household items can make a big difference.**

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When taking the first steps towards safeguarding your home, you should be aware of some common and everyday items that could be potentially dangerous. These may include:

- Sharp objects, like knives, scissors, and razor blades
- Ropes, cords, bags, or other ligatures
- Chemicals and poisons, such as bleach, drain cleaner, or nail polish remover

*Thinking through a few questions can help you find the best storage option today.*

# **Everyone goes through tough times.**

Some of us will feel down or hopeless, some will feel angry or frustrated, some may turn to drugs and alcohol.

Some of us will have thoughts of suicide.

While thoughts can last for days, weeks, or even longer, the decision to act is often sudden.

## **9 out of 10**

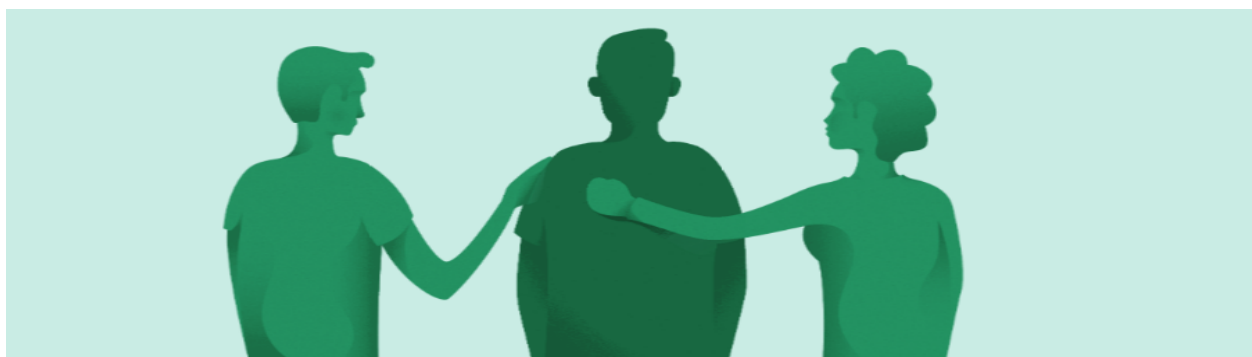


**people who survive go on to live happy lives.**

Most people who think about killing themselves – or even try – will survive

# You don't have to do this alone.

In fact, it's a good idea to have someone you trust help make phone calls, hold onto potentially dangerous objects, take them to a storage facility, or help you store them either at home or elsewhere.



Who is someone you trust to help you with safe storage?

- |  |                                       |   |
|--|---------------------------------------|---|
| <input type="checkbox"/> PARENT              | <input type="checkbox"/> SPOUSE       | <input type="checkbox"/> FRIEND           |
| <input type="checkbox"/> FELLOW VETERAN      | <input type="checkbox"/> FAMILY       | <input type="checkbox"/> OTHER            |
| <input type="checkbox"/> COWORKER            | <input type="checkbox"/> NEIGHBOR     | <input type="checkbox"/> SIBLING          |
| <input type="checkbox"/> RELIGIOUS COMMUNITY | <input type="checkbox"/> OTHER FAMILY | <input type="checkbox"/> DOCTOR/THERAPIST |

# Let's Talk About Firearms

Many people own firearms or live in a place where one may be accessible.

Keeping dangerous items, like firearms and medications, out of reach during this time can save a life.

## 9 out of 10



**people who attempt suicide with a firearm die.**

Firearms are the most lethal method of suicide.

## Are there usually firearms in or near your home?

All firearm storage options fall into one of two types, secured either: at home or temporarily away from home.

The safest storage method is one that will make a firearm hardest to reach during a moment of crisis.



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## **How open are you to storing your firearms temporarily with someone else, away from your home?**

Whether it's a trusted friend, family member, or neighbor, or even a local firearm retailer, there are options if you want to move the firearms out of the home for a short period of time.

## **When looking for storage options, how concerned are you about cost?**

There's a wide range of costs for storage options. Some are free, some would require a one-time purchase, some have a monthly fee.

## **How open are you to storage options that involve a background check?**

Some out-of-home storage options will ask for a background check.

*With these things in mind, explore and pick options for storage.*



The following tables include storage options used by other firearm owners in your situation.

# Out of Home Storage Options

Before bringing your firearms to any of these places, call ahead to make sure that they can store them.

<b>Family, Friend, or neighbor</b> <ul style="list-style-type: none"><li>•Quick and easy to get the firearm out of the house</li><li>•Firearm is stored with a person you trust</li><li>•Some people are not allowed to possess firearms</li><li>•States have different laws about person-to-person transfers</li></ul>	<b>FREE</b>
<b>Gun Dealers</b> <ul style="list-style-type: none"><li>•They are a trusted part of your firearm community</li><li>•Some shops may provide pick-up services</li><li>•Some shops will not store firearms</li><li>•May run a background check</li></ul> (Note: there are out-of-home options without a background check)	<b>\$</b>
<b>Shooting Range</b> <ul style="list-style-type: none"><li>•They are a trusted part of your firearm community</li><li>•A range may provide private lockers</li><li>•Some ranges will not store firearms</li><li>•May run a background check</li></ul> (Note: there are out-of-home options without a background check)	<b>\$\$</b>
<b>Commercial Storage Facility</b> <ul style="list-style-type: none"><li>•Does not require a background check</li><li>•Renter decides who should hold the key</li></ul> **Give the key to a trusted person who will keep it safely away from the person at risk** <ul style="list-style-type: none"><li>•Some facilities will not store firearms</li></ul>	<b>\$\$\$</b>
<b>Pawn Shop</b> <ul style="list-style-type: none"><li>•Available when other options are not</li><li>•Short term commitment</li><li>•Firearms may be sold</li><li>•May run a background check</li></ul> (Note: there are out-of-home options without a background check)	<b>\$\$\$</b>
<b>Police/Sheriff</b> <ul style="list-style-type: none"><li>•May know storage options in the community</li><li>•Some stations may store firearms themselves</li><li>•You may not be able to get your firearms back, please call first</li><li>•Stations that store firearms will run a background check</li></ul> (Note: there are out-of-home options without a background check)	<b>FREE</b>

# In Home Storage Options

These options should include storing your ammunition in a separate safe location.  
Be sure to take additional steps right now to make these options safest during crisis.

<b>Lock Box</b> <ul style="list-style-type: none"><li>•Can transfer key to a trusted person</li><li>**Give the key to a trusted person who will keep it safely away from the person at risk**</li><li>•Can be stolen or taken apart</li><li>•Too small for some firearms</li></ul>	\$
<b>Gun Safe</b> <ul style="list-style-type: none"><li>•Can store guns of many sizes</li><li>•Strongest form of security, difficult to steal</li><li>•Large, needs to fit in home</li><li>•Cannot change combination on dial safe</li><li>•Other safety measures (like locking device or disassembly) can be added</li><li>**Give the key to a trusted person who will keep it safely away from the person at risk**</li></ul>	\$\$\$
<b>Locking Devices</b> <ul style="list-style-type: none"><li>•Easy to use with most firearms</li><li>•Some firearms must be unloaded to use</li><li>•Some may be easy to break</li><li>•Key needs to be kept separate</li><li>**Give the key to a trusted person who will keep it safely away from the person at risk**</li></ul>	FREE or \$
<b>Disassemble</b> <ul style="list-style-type: none"><li>•Works with all types of firearms</li><li>•Can give most parts to other people without background checks</li><li>•Some firearms cannot be easily disassembled</li></ul>	FREE
<b>Other</b> <ul style="list-style-type: none"><li>•There may be other storage options that are not listed here. You may have options based on your job (such as military armory for service members)</li><li>•There may also be other community organizations near you that are able to store firearms</li></ul>	FREE

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# Let's Talk About Medications

Medications are a common part of everyday life, whether they're prescribed, found over-the-counter, or even for your animals. During these tough times, it's important to think about how to keep these items safe and secured.

**Are there usually medications in or near your home?**

*Some people need to take medications many times a day, while others may just need them for emergencies. Think about the medications where you live and answer the following questions:*

- ☐ Do any of these medications need to be taken every day?
- ☐ Do any of these medications need to be taken multiple times per day?
- ☐ Do any of these medications need to be accessible for emergency reasons, like for a heart condition, seizures, or panic attacks?
- ☐ Are there any old or unused medications that you could get rid of?

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*With these things in mind, explore and pick options for storage*

## Storage Options

*Be sure to take additional steps right now to make these options safest during crisis.*

### Disposal

- Can be done quickly and easily in many cases
- Some cities have community drug take-back programs
- Remember that many prescriptions and medications cannot be flushed down a toilet or drain
- May need to buy new items when risk period is over
- \*\* Lock up any dangerous items while you decide how to dispose of them\*\*

### Locked Up at Home

- Can leave out a small amount of daily medications or for emergencies
- Best option for medications that need to be used daily
- Can be done with a lock box, locked cabinet, or any secured device
- Can transfer key to a trusted person

### Stored with a Trusted Person

- Quick and easy way to get medications out of the house
- This person can hold either your medications or the keys to get to them
- Best for medications that you don't use often or need easily accessible
- \*\* Talk with someone in your life that you could trust to hold onto medications for you – work with them to create a system for you to get medications from them as you require them\*\*

## Let's Talk About Other Hazards

Other household hazards can be hard to lock up and store during difficult times, but it's still a good idea to talk about them. These can include things like:

**Many of these items are found around the house, used everyday, or can be difficult to keep track of.**

**Here are some general tips and strategies for how to make your home safer during difficult times:**

Limit access when and where it is possible. While it may be hard to remove all hazards from the home, even taking small steps makes a difference.

Have a list of emergency response and lifelines available. Look up some local emergency support systems that you can turn to for assistance, as well as other resources like suicide hotlines and poison control.



# Name someone you can ask for help today

Write the name of someone who can help you below:

*This could be a family member, friend, someone you work with, or anyone else you trust. This is someone who can help you with things like holding onto firearms temporarily, disposing of unneeded medications, holding the keys to a safe, or storing other household hazards.*

What options did you select for firearm storage?

What options did you select for medication storage?

*Your doctor/therapist may be able to help you with storage decisions.*

**Working through this is hard. The work you  
did today makes a difference.  
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# NOTES

[illegible]

# Need help right away?



Scan this QR code to  
view our website.  
**lock2live.org**

## **National Suicide Prevention Lifeline:**

1-800-273-8255 (Veterans PRESS 1)

## **Trans Lifeline:**

1-877-565-8860

## **TTY users:**

1-800-799-4TTY (1-800-799-4889)

## **Crisis Text Line:**

Text HOME to 741741

These resources are free  
and available 24/7, 365.

*If you are still unsure about what firearm storage option is best for you during this time of concern, find additional answers online in the FAQs or you can read about what's worked for other people at:*

**lock2live.org**

## **Have questions about this decision aid?**

*The "Lock to Live" decision aid is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. No personal health information will be collected from users. Contact information is only collected if the user requests additional information.*

*For more information about the decision aid,  
please contact us at LocktoLive@gmail.com*

*This decision aid was created by researchers at the University of Colorado Anschutz Medical Campus with funding from the National Institute of Mental Health (R34MH113539 – PI Betz ME). Betz ME, Knoepke CE, Siry B, Clement A, Azrael D, Ernestus S, Matlock DD. Inj Prev. 2018 Oct 13. doi: 10.1136/injuryprev-2018-042944.*