

PRESCRIPTION DISPOSAL AND TAKE-BACK PROGRAMS

- Contact police or Sheriff's departments about medicine disposal sites.
- County governments offer Household Hazardous Waster Disposal Days, which may accept prescription medications and sharps.
- Some pharmacies participate in the *Yellow Jug Old Drugs* prescription return program.
- When a drug disposal program is not available follow the Food and Drug Administration guidelines on how to safely dispose of unused medications at home.



Customer Service 1.800.317.0708 or
989.772.5938
Michigan Relay 7-1-1
24-hour crisis telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989.539.2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
989.772.5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989.426.9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231.796.5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989.631.2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231.832.2247

Accredited by:



Joint Commission

On Accreditation of Health Care Organizations

CMHCM receives financial support from the
Michigan Department of Health and
Human Services.

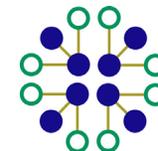


MEANS REDUCTION IN THE HOME

Most efforts to prevent suicide focus on *why* people take their lives. But as we understand more about *who* attempts suicide and *when* and *where* and *why*, it becomes increasingly clear that *how* a person attempts—the means they use—plays a key role in whether they live or die.

“Means reduction” (reducing a suicidal person’s access to highly lethal means) is an important part of a comprehensive approach to suicide prevention.

~Harvard T.H. Chan, School of Public Health



**Community
Mental Health**
FOR CENTRAL MICHIGAN

SAFETY FIRST: KEEP THOUGHTS FROM BECOMING A SUICIDE ATTEMPT OR DEATH

Reducing access to lethal means of self-harm for a person at risk of suicide is an important part of a comprehensive approach to suicide prevention. Firearms are the most lethal among suicide methods. Also of concern are medications that are lethal at high doses.

Why it's important

Here are some of the reasons why reducing access to lethal means is important:

- Many suicide attempts take place during a short-term crisis, so it is important to consider access to lethal means during these periods of increased risk.
- Access to lethal means is a risk factor for suicide.
- Reducing access to lethal means saves lives.

WHAT CAN YOU DO?

Positive Action

When it comes to reducing the risk for suicide attempts or deaths, access to means matter. Remove items that can be harmful or deadly from your home or store them securely preferably offsite. The National Strategy for Suicide Prevention notes that restricting access to suicide methods is a proven strategy for reducing suicides and that, "Reducing access to lethal means during periods of crisis can make it more likely that the person will delay, or survive, a suicide attempt."

Fire Arms

Most people who have a firearm in their home acquire it with the idea of keeping their family safe from outside harm. The truth is, a firearm in a home is used far more often to harm or kill someone (accidentally or not) who lives there than on an intruder. More than half of all suicide deaths in the U.S. involve a firearm. Removing the weapon or weapons from home and storing separately from ammunition – anything to make them more difficult to access and use – is an important way to keep a person at risk safer. Some police and Sheriff's departments offer trigger and/or gun locks for free or at low cost, or they can be purchased anywhere firearms are sold. If weapons are stored in an in-home gun safe, it may be important to change the lock combination or remove all keys until the crisis passes.

WHAT CAN YOU DO?

Medicines

Use of medication (prescription and non-prescription) carries an additional risk of permanent and physical damage on those who survive an overdose. It is always wise to safely dispose of medication that is no longer needed and to keep medications store securely. In case of suicide risk, these actions become ever more important. Consider buying medications that are in bubble packaging.

Other things to consider locking up

Consider other items to lock up, such as Drano[®], bleach, and over-the-counter medications such as aspirin and Tylenol.

