



L.O.C.K.

A Path to Safety.

Provide support and remove access to lethal means.



L: Look for warning signs

Warning signs of someone who may be at risk include changes in behavior, withdrawal from activities, giving away possessions, or expressing feelings of hopelessness.



O: Offer support

Offer space to talk, listen to how they are feeling, and show genuine empathy. Tell them they are not alone and people care about their well-being.



C: Communicate concerns

Express your concerns. Ask directly about thoughts of suicide and encourage them to seek professional help.



K: Keep safe from lethal means

Remove access to lethal means by safely storing or removing firearms, medications, or dangerous objects.

For more information, visit lockandtalk.org/lock

L.O.C.K highlights essential steps to increase awareness of suicide warning signs and promoting safety. Looking for warning signs, offering support, communicating concerns, and keeping lethal means secure are all necessary tools in keeping our loved one safe.



*Scan for more information
and resources.*

For immediate help, contact the **988 Suicide & Crisis Lifeline** by dialing or texting 988.

Call 911 for immediate medical emergencies.