

# WHAT TO DO ABOUT SUICIDAL THOUGHTS?

800.273.TALK  
800.SUICIDE

## Promise to Stay Safe

Create distance between your thoughts and your actions by making a promise to stay safe in 24-hour time frames. Reach out for support during this time, and remember that you are not alone.

## Don't Keep Your Feelings to Yourself

Identify safe people in your life that you can call upon for help. These people may be friends and family, community members, or service providers. If you are unsure of whom to call, you could call either of the hotlines listed above.

## Avoid Drugs and Alcohol

When people feel depressed, they may be more likely to reach for drugs and alcohol. Remember that suicidal thoughts may intensify when under the influence of drugs or alcohol.

## Make Your Home Safe

Remove things from your home that are harmful. Give your medications to a safe person. If you are unable to do so, then go somewhere safe such as a friend's house, church, or local hospital.

## THESE PEOPLE HAVE BEEN IDENTIFIED AS SAFE

List names and phone numbers so they are readily accessible during crisis

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## THESE PLACES HAVE BEEN IDENTIFIED AS SAFE

List a few places that are safe to go to during times of crisis

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

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# KEEPING OUR KIDS SAFE

A guide to help keep you and your children safe from medication poisoning

## BEHAVIORAL HEALTH CENTERS

401 New Karner Rd.  
Albany, NY 12205  
518.431.1650

530 Franklin St.  
Schenectady, NY 12305  
518.381.8911

2452 U.S. Route 9  
Suite 206  
Malta, NY 12020  
518.292.5433

# Safety in Your Home

Medication safety is an important concern for every home. Prescription drugs, over-the-counter medications, vitamins, and natural or herbal supplements can all have harmful effects if misused or taken incorrectly.

The Center for Disease Control and Prevention (CDC) states that drug-poisoning-related injuries and deaths are on the rise and have increased sixfold over the last decade. The CDC reports that this increase is predominately due to the misuse of prescription medications.

Teens often have the misconception that prescription drugs are not as dangerous as illegal substances. Abusing prescription medications has become a growing trend in teenage substance abuse. Teens are sharing and selling their medications with peers and are unaware of the dangers and legal ramifications of doing so.

## Mobile Crisis Services

Our Mobile Crisis Services teams provide rapid-response, community-based mental health crisis services to children and adults in need in Albany (child and adolescent services only), Rensselaer, Saratoga, Schenectady, Warren, and Washington counties. Teams are comprised of licensed clinical supervisors and clinicians, family advocates, peer support specialists, and case managers.

Call **518.292.5499** for immediate crisis support.

# How to Stay Safe

## Keep the doctors informed

Doctors need to know all prescriptions, over-the-counter medications, vitamins, and natural or herbal supplements your child is taking. Make sure you also talk with the doctor about any possible side effects your child may be experiencing.

## Administration of medications

As the parent or guardian, it is important to be the one responsible for administering daily medication. By administering the medication you can ensure that your child has taken the medication as the doctor has prescribed.

If your child takes several medications, consider investing in a pill organizer, which will help ensure that he or she takes the correct medications at the correct time. This will also make it obvious when your child misses a dose.

Never stop a medication or change the dosage or schedule without first talking with your child's doctor. It is equally important that you do not crush or cut medication without first consulting with your physician.

## Keep medication in a locked location

Keep all prescriptions and over-the-counter medication in a lockbox or locked cabinet. Keep the key in a safe place that your child cannot access. A staff member can assist you in obtaining a lockbox and developing a plan around medication safety.

## Get to know your pharmacist

Your pharmacist is an expert on medication safety and use. Ask him or her questions about possible risks of the medication and how it interacts with other substances. Mixing medication with other substances, such as alcohol, vitamins, and natural or herbal supplements, can be dangerous. When in doubt, ask your pharmacist.

## Safe disposal of medications

Be sure to check the container for instructions on proper disposal. Do not flush medications unless instructed to do so. The U.S. Food and Drug Administration recommends mixing the medication with an undesirable substance (e.g., used coffee grounds or cat litter) before placing it in a sealed container and disposing of it in the trash. You can also consult your pharmacist for local medication collection events.

### In case of drug poisoning

Immediately call 911

NYS Poison Control Center  
800.222.1222

Your physician

Name \_\_\_\_\_

Number \_\_\_\_\_

Your pharmacy

Name \_\_\_\_\_

Number \_\_\_\_\_