Take these steps today to help keep your family emotionally healthy during this challenging time. Using these steps will also reduce any chance of suicide. Suicide Prevention Month is a valuable time to prepare yourself, especially during this time of COVID-19.

1. **Check in with your children everyday**
   - Checking in with your child for even 15 minutes every day will do wonders for your relationship with them and will let them know you’re there for them.
   - Listen carefully to them.

2. **Seek support**
   - If your child’s level of isolation or other behaviors concern you, call your school counselor and/or doctor to discuss mental health support.
   - If you have concerns about possible suicide risk, go to **LEARN** by Forefront Suicide Prevention at the University of Washington.

3. **Put these crisis lines in your phone**
   - National Suicide Prevention Lifeline: 800-273-8255 — or text ‘Heal’ to 741741. 24/7
   - WASHINGTON LISTENS: 1-833-681-0211 Mon-Fri 9 a.m. - 9 p.m. Sat-Sun 9 a.m. - 6 p.m. For COVID-19 related stresses.
   - Find your County Crisis Line [here](#).

4. **Lock up medications**
   - Secure ALL medications in a lock box or home safe—including over-the-counter medications and anything beyond a one-week supply. This can help prevent overdoses and suicides.

5. **If you own firearms**
   - If your family owns firearms, make sure your children do not have unauthorized, unsupervised access to them. Be aware: kids often know where the keys are hidden.
   - Lock your firearms in a safe or lockbox. Use a fast-access lock for home defense firearms.

Learn more about how to prevent suicide in your home, family and community at [https://intheforefront.org/learn](https://intheforefront.org/learn)