

Means Safety

Core fact: If highly lethal means are made less available—even temporarily—overall suicide deaths drop. [Means Matter](#)

Evidence nugget	Source
Families who received Lethal Means Counseling in an ER were far more likely to lock up or remove firearms & meds.	Harvard “Means Matter” project Means Matter
90 % of people who survive a first suicide attempt do not go on to die by suicide . Therefore, keeping them alive through the crisis window is critical.	Harvard summary (2024) UAFP Journal
CDC names “Reduce access to lethal means” one of the seven highest-impact strategies in its Suicide Prevention Resource for Action.	CDC guide CDC

Action blocks for readers

- **Firearms:** store off-site, use cable locks or safes; add a local police “safe storage” link.
- **Medications:** blister-pack weekly meds, limit refills, lock boxes.
- **CALM Training:** free 1-hour online course for providers & family members. zerosuicide.edc.org

<https://means-matter.hsph.harvard.edu/lethal-means-counseling/>