

## Resources for means restriction Know the Signs webinar April 10, 2013

**Means Matter**, a Harvard Injury Control Research Center social marketing campaign. Download materials, powerpoints and more at: [www.meansmatter.org](http://www.meansmatter.org)

**CALM: Counseling on Access to Lethal Means.** This free two-hour online workshop is designed for people with training and experience in mental health counseling. It explains why means restriction is an important part of a comprehensive approach to suicide prevention and teaches how to ask suicidal patients/clients about their access to lethal means and work with them and their families to reduce their access. Offers CE credits for social workers and certified counselors.

<http://training.sprc.org/course/description.php#course3>

**Pilot means restriction training program for gun dealers.** This new program is just under 30 minutes and can be freely distributed. It can be viewed at: <http://www.youtube.com/watch?v=MAKp0HSorBw> or on the QPR Institute's web site @ <http://www.qprinstitute.com/youtube4.html>

**Suicide Prevention: A Role for Gun Shops and Ranges.** A 5 minute video conversation between a gun shop owner (Ralph Demicco, owner of Riley's Gun Shop in New Hampshire and an actor who plays a firearm safety instructor). It's produced by the NH Firearm Firearm Safety Coalition and available on YouTube at: <http://www.youtube.com/watch?v=97Fu2qmShZg>

**Emergency Department Means Restriction Education**, an evidence-based program that increased safe storage of firearms in the homes of adolescents who had attempted suicide.

<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=15>

**Limits on analgesic packaging.** In response to an increase in self-poisonings with analgesics, the United Kingdom passed legislation limiting the pack sizes and adding warnings about overdose with all sales. Suicide deaths, hospital admissions and liver transplants all decreased in the six years following passage of the act. [http://www.sprc.org/sites/sprc.org/files/bpr/analgesic\\_limits.pdf](http://www.sprc.org/sites/sprc.org/files/bpr/analgesic_limits.pdf)

**Lok-It-Up campaign** to promote safe storage of firearms. From King County, Washington.

<http://www.kingcounty.gov/healthservices/health/injury/lokitup.aspx>

**Focus on firearm safety: Resource guide.** (2013) Just released by the Children's Safety Network, this guide summarizes evidence-informed interventions, firearms data, and more.

[http://www.childrensafetynetwork.org/sites/childrensafetynetwork.org/files/Firearm\\_ResourceGuide\\_2013\\_0.pdf](http://www.childrensafetynetwork.org/sites/childrensafetynetwork.org/files/Firearm_ResourceGuide_2013_0.pdf)

**Guidance on action to be taken at suicide hot-spots.** (2006) A summary from the United Kingdom of various strategies. <http://www.nmhd.org.uk/silo/files/guidance-on-action-to-be-taken-at-suicide-hotspots.pdf>

Many gatekeeper trainings also address means restriction as an important part of suicide prevention.

Relevant journal articles:

Beautrais AL. Effectiveness of barriers at suicide jumping sites: A case study. *Australian and New Zealand Journal of Psychiatry*; 2001; 35(5): 557-562

Bennewith, Nowers and Gunnell. Effect of barriers on the Clifton suspension bridge, England, on local patterns of suicide: Implications for prevention. *British J of Psychiatry*; 2007; 190: 266-267

Grossman et al. Improving firearm storage in Alaska native village: A randomized trial of household gun cabinets. *American Journal of Public Health*, 2012.

Gunnell, Fernando, Hewagama, Privangika, Konradsen, Eddleton. The impact of pesticide regulations on suicide in Sri Lanka. *International Journal of Epidemiology* 2007; 36(6): 1235-1242

Kreitman N. The coal gas story: United Kingdom suicide rates, 1960-71. *British J Prev Soc Medicine*, 1976; 30(2): 86-93

Pelletier AR. Preventing suicide by jumping: The effect of a bridge safety fence. *Injury Prevention*, 2007; 13: 57-59 [study in Maine]

Reisch T & Michel K. Securing a suicide hot spot: Effects of a safety net at the Bern Muenster Terrace. *Suicide Life Threatening Behavior*; 2005; 35(4): 460-467