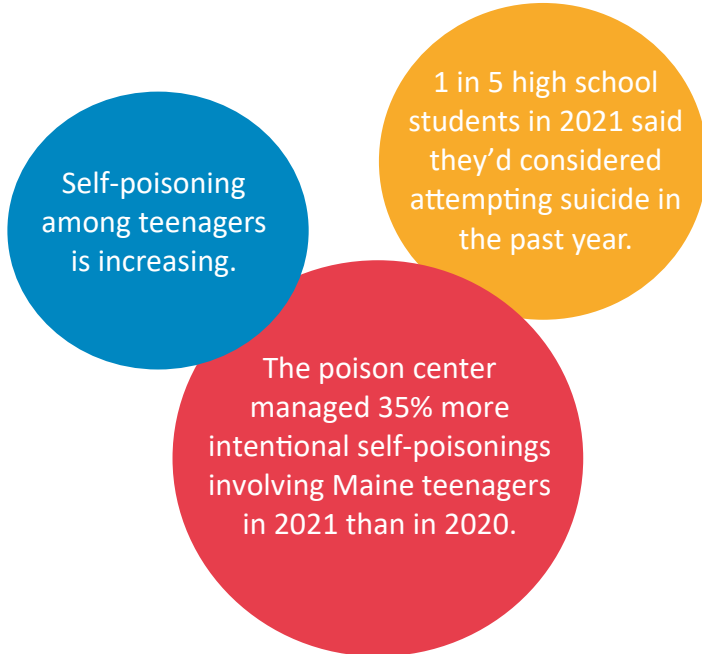


# Youth Self-Poisoning

## In Maine...



### Common self-poisoning substances include:

- Over-the-counter pain relievers
- Antidepressants
- Antihistamines
- ADHD medications
- Anti-anxiety medications

### Dangers from self-poisoning include:

- Stomach upset, diarrhea, vomiting
- Hallucinations
- Agitation
- Extreme drowsiness
- Heart issues
- Liver failure
- Seizures
- Death

## What can you do?

- **Take your child's threats of suicide or self-harm seriously.** Never dismiss them as "typical teenage behavior." Impulsive self-poisoning attempts can occur with no history of mental illness.
- Store all medications, including over-the-counter products and prescriptions, behind a lock, such as in a lock box or cabinet.
- Properly dispose of unused medications at a police station, pharmacy or take-back event.
- Monitor your child's medications at home, including prescriptions and over-the-counter products.
- Avoid buying medications in bulk to limit the risk of overdosing.
- Ask the parents of friends how and where they store their medications, marijuana, and alcohol.
- **Go to the emergency department immediately after a self-poisoning attempt.** Don't wait for medical treatment, even if your child looks fine.

## Emergency Resources

- National Suicide Prevention Lifeline: call 988 or 1-800-273-8255
- Crisis Text Line: Text "HOME" to 741741
- Northern New England Poison Center: 1-800-222-1222; text "POISON" to 85511; chat at [nnepc.org](http://nnepc.org)
- The Trevor Project for LGBTQ+ youth under 25 in crisis: 1-866-488-7386; text "START" to 678678; chat at [TheTrevorProject.org](http://TheTrevorProject.org)
- Trans Lifeline: 1-877-565-8860