

# Self-Harm by Poisoning

**EDUCATE**

**PREVENT**

**TAKE ACTION**



**Intentional  
self-poisoning  
among teenagers  
has increased**



**Take any  
threats of suicide  
or self-harm seriously  
Keep all medications  
locked up**

**Prevention Tips  
Warning Signs  
Emergency Resources  
Mental Health  
Resources**



**Ask your  
health care provider  
or the poison center  
for additional  
resources**



**SAFE  
KIDS  
VERMONT**



Northern New England

**Poison Center**

Contact the Northern New England Poison Center  
1-800-222-1222 ▪ [nnepc.org](http://nnepc.org) ▪ Text POISON to 85511