







## What leads to suicide?

There's no single cause. Suicide most often occurs when several stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common health condition associated with suicide, and is often undiagnosed or untreated. Most people who actively manage their mental health conditions go on to engage in life. Conditions like depression, anxiety and substance use problems, especially when unaddressed, increase risk for suicide.

## Resources

-  **Visit**  
Your Primary Care Provider  
Mental Health Professional  
Walk-in Clinic  
Emergency Department  
Urgent Care Center
-  **Find a Mental Health Provider**  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)  
[mentalhealthamerica.net/finding-help](http://mentalhealthamerica.net/finding-help)
-  **National Suicide and Crisis Lifeline**  
Call 988
-  **Text 988**  
Text with a trained crisis counselor from the Crisis Text Line for free, 24/7
-  **Veterans Crisis Line**  
Dial 988, Press 1
-  **Call 911 for Emergencies**

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## Firearms and Suicide Prevention



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# Some People are More at Risk for Suicide than Others



## Health Factors

### Mental health conditions

- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia and psychosis
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders (PTSD)

### Serious physical health conditions including pain

### Traumatic brain injury



## Environmental Factors

**Stressful life events**, like rejection, divorce, financial crisis, other life transitions or loss

**Prolonged stress**, such as harassment, bullying, relationship problems or unemployment

**Exposure to another person's suicide**, or to graphic or sensationalized accounts of suicide

**Access to lethal means** including firearms and drugs



## Historical Factors

**Previous suicide attempts**

**Family history of suicide**

**Childhood abuse, neglect or trauma**

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

# Take Suicide Warning Signs Seriously



## Talk

### If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.



## Behavior

**Behaviors that may signal risk, especially if during a time of transition, stress or loss:**

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue



## Mood

**People who are considering suicide often display one or more of the following moods:**

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden improvement

# Reaching Out Can Help Save a Life

## Suicide is a Leading Cause of Death, and It's Preventable

By keeping secure firearm storage in mind, you can help reduce the number of suicides involving firearms.

## Learn the Risk Factors and Warning Signs of Suicide

If you are worried about a friend or family member, trust your gut and don't wait for them to reach out.

## Let Them Know You Care

Ask them directly and compassionately about thoughts of suicide and encourage them to seek help. Talking about suicidal thoughts and showing concern will not put someone at greater risk.

## If You are Concerned About a Loved One

Always store firearms securely and consider removing firearms from the house and storing off-site during the period of crisis.

## If You're Going Through a Difficult Time

If lawful where you live, consider giving the firearms and gun lock keys to a trusted family member or friend.

## Did You Know?

Firearms are used in 50% of all suicides in the United States.



## Firearms Storage for Your Lifestyle

As a gun owner, you can choose from multiple options for safely storing and protecting your firearms when they're not in use.

### Cable Lock

Starting at \$10

Requiring either a key or combination to unlock, an inexpensive cable lock runs through the barrel or action of most firearms to prevent it from being loaded and fired.

### Gun Case

Starting at \$20

A gun case is an affordable storage solution for those looking to secure, conceal, protect or legally transport a firearm. Be sure to lock the case with an external device for added security.

### Lock Box

Starting at \$25

With an integrated lock, storage boxes provide reliable protection for firearms. Electronic boxes can be accessed only by using a special code or biometrics.

### Full Size Gun Safe

Starting at \$200

A gun safe allows you to safely store multiple firearms in one place.

For more resources, visit [ProjectChildSafe.org](https://ProjectChildSafe.org).