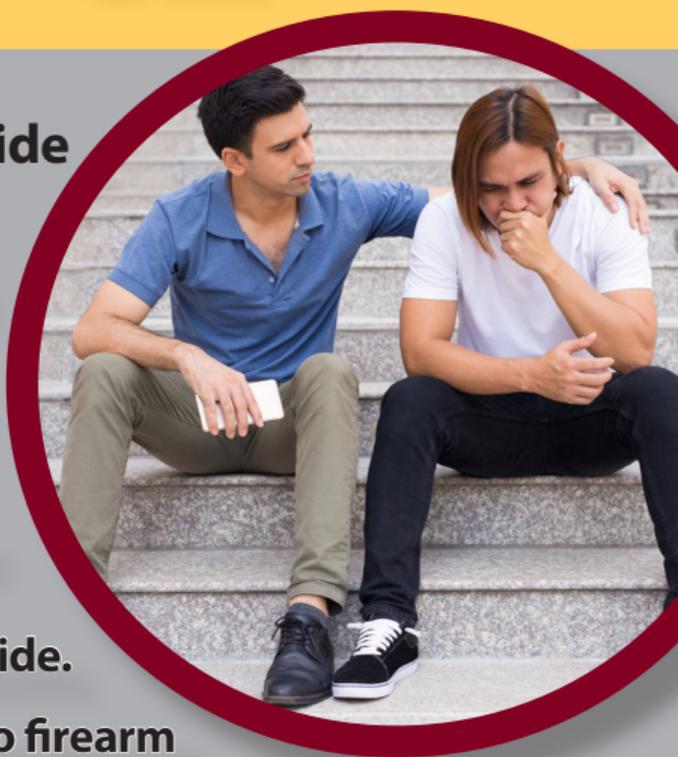


# Is Your Safety On?

## Firearm Suicide Prevention

- Someone in Ohio dies by suicide every five hours.
- Guns are the most deadly method of suicide.
- 60.6% of Ohio firearm deaths in 2016 were suicides.\*



## Do you have your buddy's back?

For gun owners, protecting your family and friends involves more than keeping them safe from accident or attack. It also involves being aware of the **warning signs of suicide** and the steps to prevent it. Together, we can protect our families, friends and freedom.

### **Suicidal urges are impulsive and brief.**

Depression can last a long time, but suicidal urges can last for just a few minutes. Temporarily putting time and distance between a suicidal person and a gun can save a life. If your buddy had too much to drink, you would offer to hold onto his or her car keys until he or she sobered up. So when your buddy is going through a tough time and shows signs of being suicidal, you can offer to hold onto his or her guns temporarily until the situation improves.

\*Data provided by the Ohio Department of Health



Buckeye  
Firearms  
Association

## Warning Signs of Suicide

- Talking about wanting to die or killing themselves
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or isolating themselves

## Access Prevention

If you or someone you care about is experiencing warning signs of suicide, take precautions.

### Lock

Store guns safely and securely when not in use.

### Limit

Temporarily lock guns and ammo separately, or don't keep ammunition in the home. Ask to temporarily keep the keys to any gun safe of a friend who is struggling.

### Remove

Temporarily store firearms off site until the situation improves, perhaps at a friend or relative's house. Gun shops and law enforcement may offer storage options.

## Getting Help

### **National Suicide Prevention Lifeline:**

1-800-273-TALK (8255)

### **Crisis Text Line:**

Text 4hope to 741 741

In an emergency, call 911 and ask for a CIT (Crisis Intervention Team) Officer.

Learn more about suicide prevention efforts in Ohio: [mha.ohio.gov/suicideprevention](https://mha.ohio.gov/suicideprevention).

Special thanks to the Utah Suicide Prevention Coalition for providing much of this content.