

# Live On: Preventing Firearm Suicides

For gun owners, protecting your family 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. This can be accomplished without government mandates. Together we can protect our family, our friends, and our freedom.

## Suicide Warning Signs

Pay attention to these warning signs. They are not always obvious. The risk is greater if a behavior is new or has increased. **Take any threat of suicide seriously.**

- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless, having no reason to live, or being a burden to others.
- Increased use of alcohol or drugs.
- Acting anxious or agitated
- Behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Giving away prized possessions.



## What to do if you think someone may harm themselves

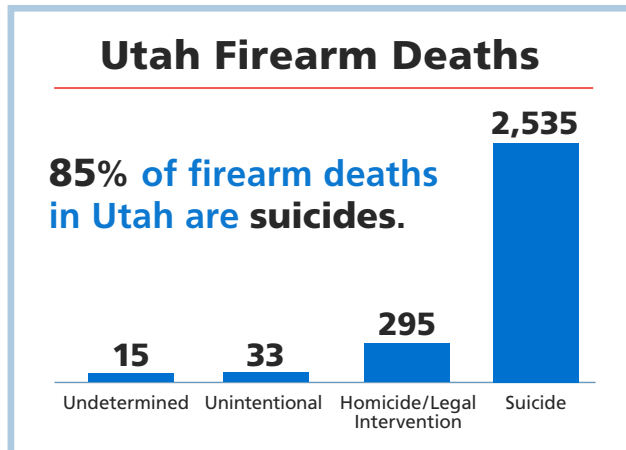
**Take any threat of suicide seriously.**

- Do not leave the person alone.
- Listen to and don't judge anyone you think may be in trouble. Offer support.
- Take action. Reduce access to household guns until they recover.
- National Suicide Prevention Lifeline: 800-273-TALK

**People going through depression, substance abuse, or other mental health problems are especially at risk of suicide if they are also facing a painful crisis such as a loss in a relationship, social situation, work, or money.**

## Facts about suicide in Utah

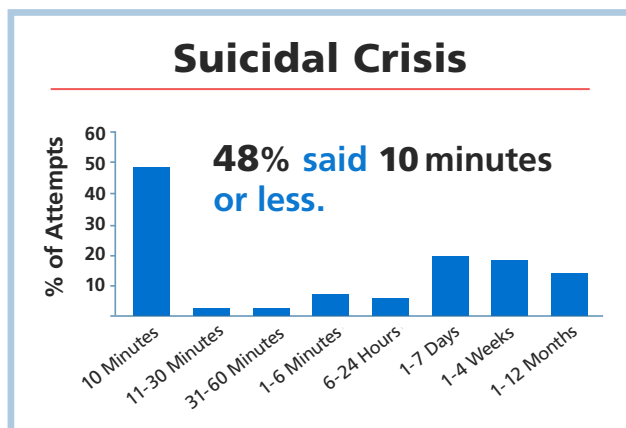
- Utah ranks 6th in the nation for suicide deaths, but is very similar to its neighboring states.
- Someone in Utah dies by suicide every 16 hours.
- 85 out of 100 firearm deaths in Utah are suicides.



Source: CDC WONDER website (official mortality data)

Putting time and distance between someone in a crisis and a gun may save a life

- Guns are the most deadly method of suicide.
- Suicidal crises are often brief.
- 9 out of 10 people who survive a suicide attempt will not go on to die by suicide. Almost half of those said it was 10 minutes or less from the decision to take their own life and the attempt.



## Prevention: Is your safety on?



### LOCK

Store guns safely and securely when not in use. Change your gun locks if necessary. Make sure the keys and combination can't be found.



### LIMIT

Lock guns and ammunition separately, or don't keep ammunition in the home at all. Ask to temporarily keep the keys to any gun of a friend who is struggling.



### REMOVE

Temporarily store firearms somewhere else until the situation improves — perhaps at the home of a friend or relative. Gun shops and law enforcement may also offer storage options.

## Getting help

**Utah Crisis Line** (in association with the National Suicide Prevention Lifeline):  
**1-800-273-TALK (8255)**

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

To learn more about suicide prevention, visit:  
**LiveOnUtah.org**



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