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 lead fulfilling lives. 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
mentalhealthamerica.net/findhelp

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1

Text TALK to 741741
Text with a trained crisis counselor from the Crisis Text Line for free, 24/7

CrisisChat.org

Call 911 for emergencies
Some People are More at Risk for Suicide than Others

Take Suicide Warning Signs Seriously

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
A durable metal cable lock is a great option for securing firearms. Requires either a key or combination to unlock.

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.

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

DID YOU KNOW?

Reaching Out Can Help Save a Life

SUCIDE 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
Always store firearms securely and consider temporary off-site storage for firearms when not in use.

IF YOU ARE CONCERNED ABOUT A LOVED ONE
If lawful where you live, consider giving the firearms and gun lock keys to a trusted family member or friend.

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.

**HEALTH FACTORS**
Mental health conditions
- Depression
- Anxiety
- Substance use disorder
- Bipolar disorder

**ENVIRONMENTAL FACTORS**
- Life events, like unemployment, divorce, financial stress, or serious illness
- Isolation or loneliness

**HISTORICAL FACTORS**
Previous suicide attempts

**TALK**
If a person talks about:
- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

**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 materials or means
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Withdrawing, crying, sleeping, and noticing changes in appetite
- Talking about suicide

**MOOD**
People who are considering suicide often display one or more of the following moods:
- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation
- Agitation/Anger
- Relief/Sudden Improvement

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

- Mental health conditions
- Life events
- Isolation or loneliness

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• Mental health conditions
• Substance use disorder
• Bipolar disorder

• Substance use disorders and psychiatric disorders
• Previous suicide attempts

• Childhood abuse, neglect or trauma
• Recruitment into such gangs or other social networks

• Prolonged stress, such as harassment, bullying, relationship problems or unemployment
• Exposure to another person’s suicide

• Access to lethal means

• Depression
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+ +

Additional firearm safety resources are available at ProjectChildSafe.org.