

KNOW THE WARNING SIGNS

Those who are at risk of harming themselves often exhibit warning signs.

A PERSON MAY TALK ABOUT

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

CERTAIN BEHAVIORS SIGNAL RISK

- More alcohol or drug use
- Looking for ways to end their lives
- Withdrawing from activities
- Isolating from others
- Sleeping too much or too little
- Saying goodbye
- Giving away prized possessions
- Aggression
- Fatigue

THEY MAY DISPLAY CERTAIN MOODS

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation or shame
- Agitation or anger
- Relief or a sudden improvement

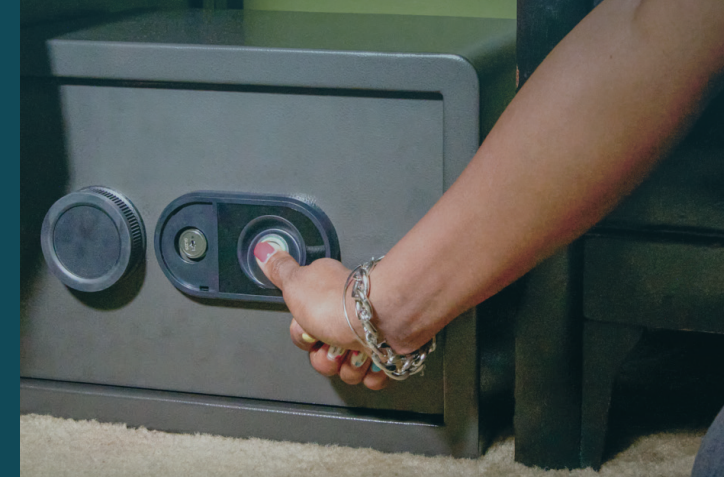
Research shows that suicidal crises are often short-lived, sometimes only lasting minutes or an hour, and people who do not have access to a gun—the most lethal means of suicide—are much more likely to survive. Several tools are available to create space for a person in crisis to receive the care they need. Every situation is different, and you should consider the option most appropriate to yours.



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HELP PREVENT FIREARM SUICIDES



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IF YOU ARE IN CRISIS

GIVE THE KEYS

Give a friend or family member sole access to your gun safe.

GIVE YOURSELF TIME AND SPACE

Transfer the gun to a friend or family member, ask a gun shop to store or purchase it, or give it to the police.

OPT OUT OF GUN SALES

In some states, you can sign up for a “voluntary prohibitor” list to ensure you cannot buy a gun from a dealer.

If you or someone you know is in crisis, text **988** or visit **988lifeline.org/chat**.



IF SOMEONE IN YOUR HOME IS IN CRISIS

LOCK IT UP

Secure the gun in a safe, unloaded and separate from ammunition, and ensure they cannot access it.

CREATE TIME AND SPACE

Transfer your gun to a friend or family member, a gun shop, or the police.* If it's not your gun, ask for permission first.

PETITION FOR REMOVAL

Petition a court for an extreme-risk order allowing police to temporarily remove the gun from the home.



IF SOMEONE ELSE IS IN CRISIS

ASK FOR THE KEYS

Ask the person if you can become the sole authorized user of their gun safe.

ASK FOR THE GUN

Ask the person to take possession of the gun, temporarily or permanently, or find another home for it.*

SHARE INFORMATION

Ensure the person's family knows about extreme-risk orders and other firearm removal options.

*Please ensure that you follow federal and state law when it comes to transferring firearms to others. To learn more about extreme-risk laws, visit **onethingyoucando.org**.

