

Save a Life

- Suicide is a leading cause of death and it is preventable.
- Guns are the most deadly method of suicide.
- 60% of all Ohio firearm deaths in 2016 were suicides.

You can help protect your family & friends.

If someone is in crisis, remove the gun for now

Without a gun, less than 5% of suicide attempts result in death. But with a gun, 85% of attempts are fatal. In a moment of crisis, access to a gun is the difference between life and death.



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. Just as you would offer to hold a friend's car keys if they have too much to drink, you can offer to hold onto someone's guns temporarily until the situation improves.

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

Need to talk? We're here for you 24/7

Call or Text: **988**

Townhall II Helpline: **330.678.HELP (4357)**

Coleman Access: **330.296.3555**

Addiction Helpline: **330.678.3006**

Free gun locks available at:

The following Portage County Police Departments: Aurora, Brimfield, Hiram, Kent, and Ravenna.

Lock & Limit Access to All Your Firearms

Do Young People Live In or Visit Your Home?

82% of teens who die by suicide with a gun use a family members' firearm.

Lock Up

For their protection, do not allow children & teens unsupervised, unauthorized firearm access

Limit

Only firearm owner or designee should access keys and combinations

Choose

Carefully select a safe, storage device for home-defense firearms with fast access only for you

Concerned for Yourself, Friend, or Family Member?

Hold

Give a trusted individual keys and combinations

Limit

Temporarily lock guns & ammo separately, or remove ammo from the home

Transfer

Ask a friend to hold firearms in an emergency temporary transfer

Suicide Prevention Coalition of Portage County

Sources: Buckeye Firearms Association, Everytown for Gun Safety, Safer Homes Coalition, Ohio Department of Health

www.mental-health-recovery.org

