

# 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 had too much to drink, you can offer to hold onto someone's guns temporarily until the situation improves.



# Is Your Safety On?

## 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

## 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**

call or walk in, 3922 Lovers Lane, Ravenna

Addiction Helpline: **330.678.3006**

### ***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](http://www.mental-health-recovery.org)

