

GUN SAFETY SAVES LIVES

ABOUT THIS BROCHURE

1. Treat every firearm as if it were loaded.
2. Always point the muzzle in a safe direction.
3. Be sure of your target and what surrounds it.
4. Keep your finger outside the trigger guard until you're ready to shoot.
5. Safely check the barrel and action for any obstructions, and only use proper ammunition.
6. Unload firearm when it is not in use. Leave action open; carry firearm in a case and unloaded to and from the shooting area.
7. Point a firearm only at something you intend to shoot.
8. Don't run, jump, or climb with a loaded firearm. Pull a firearm toward you by the butt, not the muzzle.
9. Store firearms and ammunition separately and safely.
10. Don't drink alcoholic beverages or use drugs before or during shooting.

It's Up to Us is San Diego's suicide prevention and mental health awareness campaign.

Visit www.StopFirearmSuicideSD.org to learn the warning signs for suicide, find the words to talk to someone you are concerned about, and learn about local mental health and suicide prevention resources.



If you are feeling suicidal or if you are concerned about someone else, help is available right now.

Call the Access and Crisis Line 24 hours a day, 7 days a week to speak to a trained counselor. This is not a reporting line.

San Diego County Access and Crisis Line:

1-888-724-7240

Pain Isn't Always Obvious

KNOW THE SIGNS

suicideispreventable.org



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



The information in this brochure was originally developed by the New Hampshire Firearm Safety Coalition as part of an effort to bring together a broad range of individuals and organizations around the common goal of suicide prevention. For more information about the Coalition and its work, visit www.nhfsc.org

PREVENT

FIREARM SUICIDES



Firearms are the leading method of suicide in San Diego County.

In fact, suicides by firearm outnumber homicides by firearm approximately **3 to 1**.

County of San Diego Health and Human Services Agency (HHSA), Emergency Medical Services

Over a 10-year period **1,451** people died of suicides involving firearms in San Diego County.

HHSA, Emergency Medical Services, Medical Examiner Database, 2008-2017

Look inside to learn the warning signs for suicide and gun safety tips to keep yourself or a loved one safe.

PREVENT FIREARM SUICIDE

Every step we can take to put barriers between someone's thoughts of suicide and access to means (such as a gun) reduces the risk of a suicide attempt. With firearms being the most lethal and most common means of suicide deaths, it is important to reduce access to firearms for someone that is thinking about ending their life.

Here are some tips to help you keep yourself or a loved one safe.

1. **Learn the Risk Factors and Warning Signs for Suicide.** The risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.
 - Emotional crisis due to job loss, break-up, legal trouble, loss of loved one, or newly diagnosed illness
 - Major change in behavior: depression, violence, anger/aggression, or alcohol or drug use
 - Recent impulsiveness, risk-taking, acting reckless
 - Expressing a desire to die or end their life
 - Putting affairs in order, giving away prized possessions, or impulsive purchase of a firearm
 - Withdrawing from things they used to enjoy

2. **Keep Guns Securely Stored at All Times.** A key principle of firearm safety is to keep guns securely stored at all times. This is especially important when someone who is having thoughts of suicide may be able to access them. Keeping firearms in locked gun cases, using gun locks, and storing firearms in a certified gun safe are key steps that can prevent unwanted access to firearms. As an additional safety precaution, consider storing the gun safe key in a separate location outside of the home, such as with friends or family.
3. **Have a Conversation about Suicide Prevention.** When you are worried that someone may be having thoughts of suicide, the only way to really know is to have a conversation about suicide. This can be a difficult and often uncomfortable conversation, but it is vital to talk openly and ask directly: "Are you thinking about suicide?" By talking about suicide you are not putting the idea in their head.
4. **Consider Additional Safety Precautions Such As Storing a Firearm Outside the Home.** Putting time and distance between a suicidal person and a gun can save a life. To keep yourself, your family, or your friends safe when experiencing thoughts of suicide, one of the most effective steps to take is to limit access to firearms or securing firearms safely outside of the home. Family members, shooting clubs, or gun shops may be able to store them until the situation improves.

For additional information about suicide prevention, local mental health resources and things to consider for storing a gun outside of the home visit

www.StopFirearmSuicideSD.org

GET HELP NOW

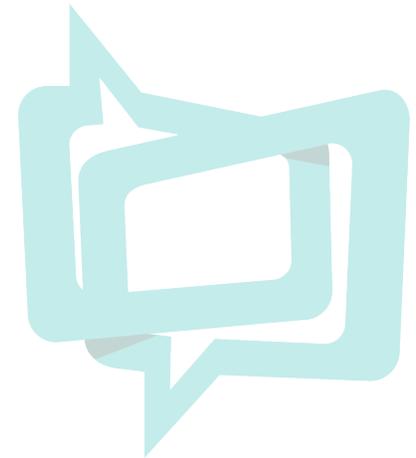
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By calling, you or the person you are calling about will not be added to a database.

If emergency medical care is needed, or a suicide attempt is imminent, call 9-1-1 or go to the emergency room of the nearest hospital.



www.StopFirearmSuicideSD.org