

PREVENT FIREARM SUICIDES



ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

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

Putting time and distance between a suicidal person and a gun can save a life.

If you or someone you know is at risk of suicide, call the San Diego County Access and Crisis Line:

1-888-724-7240

To learn the warning signs for suicide, and gun safety tips to keep yourself or a loved one safe, visit:

www.StopFirearmSuicideSD.org



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