



# GUN OWNERS CAN HELP!

## CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

Putting time and distance between a suicidal person and a gun helps keep them safe. Explore options to temporarily store guns out of the home.

**You may save a life!**

### Are they suicidal?

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



### SUICIDES IN COLORADO FAR OUTNUMBER HOMICIDES

there are about 4 firearm suicides for every firearm homicide



### FIREARMS ARE THE LEADING METHOD OF SUICIDE

and are used in about half of all suicide deaths



### ATTEMPTS WITH A GUN ARE GENERALLY MORE DEADLY

than attempts with other methods

For ways to help, call the  
**National Suicide Prevention Lifeline:  
1-800-273-TALK [8255]**

Adapted from:

