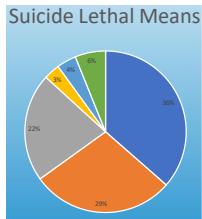


Guide to Preventing Firearm Suicide

SUICIDE IS NOT INEVITABLE... IT CAN BE PREVENTED



 Hanging, Suffocation	 Sharp Instrument
 Firearm	 Fall
 Poisoning	 Other

In Connecticut, firearms are the second leading method of suicide death¹.

You can make a difference!

WHAT LEADS TO SUICIDE?

There's no single cause. Suicide most often occurs when stressors, life changes and health issues converge to create a feeling of hopelessness and despair. Conditions like depression, anxiety, and substance misuse, especially when unaddressed, increase risk for suicide.

The good news is that people who get mental health treatment from professionals and support from family and friends can significantly reduce their risk of suicide.

KNOW THE WARNING SIGNS



Anyone can be in a suicidal crisis. These are a few things you may notice when someone is considering suicide.

BEHAVIOR	SPEECH	EMOTION
Isolation: withdraws from people and stops doing activities	Says they want to die or kill themselves	Hopeless/No reason to live
Gives away prized possessions	Talks about no sense of purpose or no reason for living	Experiencing significant loss
Increase in substance use	Talks about being a burden to others	Depression
Agitated/Reckless	Talks about feeling trapped	Anxiety

LIMIT ACCESS TO FIREARMS AND OTHER LETHAL MEANS TO HELP SAVE LIVES

Always store firearms securely. There are a variety of options available and often gun locks are available at no cost. In CT, effective October 1, 2023, all firearms must be securely stored unless the owner carries the firearm on their person, or it is under their immediate control.

MAKE A CALL (24 Hours a day, 7 days a week)

988 Suicide & Crisis Lifeline Call or text 988 or chat online at 988lifeline.org	24/7, free and confidential support for people in distress, prevention and crisis resources for the person in crisis or anyone supporting that person (for veteran-specific services dial 988 then Press 1)
Crisis Text Line Text CT to 741741	Crisis Text Line provides free, confidential 24/7 mental health support via text messaging
9-1-1 Emergency Response	If someone is hurt or in danger, or if you are in immediate need of police, fire, or medical assistance

¹ Connecticut Department of Public Health, *The Connecticut Violent Death Reporting System 2015 to 2021*.