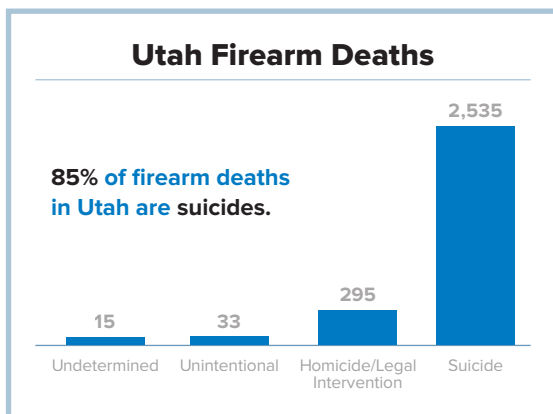


UTAH SUICIDE FACTS

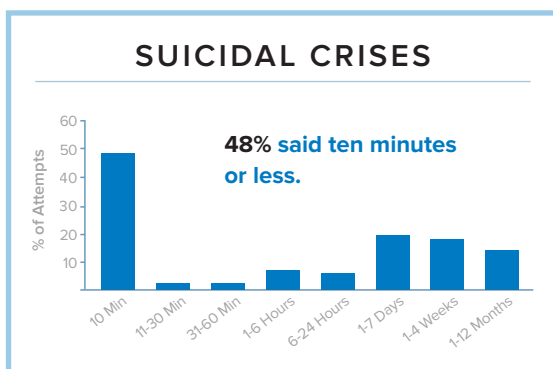
- Utah ranks 6th in the nation for suicide deaths, but is very similar to neighboring states.
- Someone in Utah dies by suicide every 16 hours
- 85% of firearm deaths in Utah are suicides



Source: CDC WONDER website (official mortality data)

Putting time & distance between someone in crisis and a gun may save a life.

- Guns are the most deadly method of suicide.
- Suicidal crises are often brief.
- 90% of those who survive a suicide attempt will not go on to die by suicide.
- 48% said it was ten minutes or less from the decision to take their own life to the attempt.



SUICIDE WARNING SIGNS

Pay attention to these warning signs, which are not always obvious. Risk is greater if a behavior is new or has increased. Take any threat of suicide seriously.

- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless, having no reason to live, or being a burden to others.
- Increasing use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Experiencing relational, social, work, or financial loss.
- Giving away prized possessions.

People going through depression, substance abuse, or other mental health problems are especially at risk of suicide if they are also **facing a painful crisis such as relational, social, work, or financial loss.**

WHAT TO DO

- Take any threat of suicide seriously.
- Do not leave the person alone.
- Listen to and don't judge anyone you think may be in trouble. Offer support.
- Take action – Reduce access to household guns until they recover.
- National Suicide Prevention Lifeline 800-273-TALK

PREVENTION: IS YOUR SAFETY ON?

Lock

Store guns safely and securely when not in use. Change your gun locks if necessary, and make sure the keys and combination aren't accessible.

Limit

Lock guns and ammo separately, or don't keep ammunition in the home at all. Ask to temporarily keep the keys to any gun of a friend who is struggling.

Remove

Temporarily store firearms off site until the situation improves, perhaps at a friend or relative's house. Gun shops and law enforcement may offer storage options.

GETTING HELP

Utah Crisis Line (in association with the
National Suicide Prevention Lifeline):
1-800-273-TALK (8255)

In an emergency, **Call 911** and ask for
a CIT (Crisis Intervention Team) Officer

To learn more about suicide prevention:
LiveOnUtah.org



Live on.

Preventing Firearm Suicides



For gun owners, protecting your family involves more than keeping them safe from accident or attack. It also involves being aware of the warning signs of suicide and the steps to prevent it. This can be accomplished without government mandates. **Together we can protect our family, our friends, and our freedom.**