

# Firearm Suicide Prevention

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.

## Putting time & distance between a suicidal person 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.

## 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.

**86%**

of firearm deaths  
in Utah are suicides.

**48%**

go from thought  
to attempt in  
10 minutes or less.

## Access 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.

## What if it's YOU at risk?

Any strategy that builds some time between you and a gun in a suicidal crisis will keep you safer. Temporarily store your guns off site, disassemble them, or lock up at least one component. Ask a friend to hold your keys, or store the keys somewhere they're not available in a crisis like a bank safe deposit box.

## Getting Help

National Suicide Lifeline:

**1-800-273-TALK (8255)**

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

Find more resources at:

**LiveOnUtah.org**

**Live  
On.**