

HAVE A BRAVE CONVERSATION

NSSF, The Firearm Industry Trade Association, is dedicated to educating the firearm-owning community about caring for mental health struggles and preventing suicide. As a community, we can help each other get through difficult periods without compromising our Second Amendment rights.

Nearly everyone hits a rough patch in life. It might be you or someone you know. When it happens, the thing to remember is: There is hope.

You can save a life. Here's how.

- If you or someone you know is struggling, **call 988, the Suicide and Crisis Lifeline** or text TALK to 741741, or chat at 988lifeline.org.
- **Veterans, call 988 and press 1.** Or **text** to 838255.
- **Call 911 for immediate care.** Stay with the person until help arrives.
- Trust your gut to reach out to someone who you're concerned about and ask how they are doing. **Know how to have that Brave Conversation.** For guidance, use the QR code. See also NSSF's [BraveConversation.org](https://www.nssf.org/brave-conversation).
- Prevent access to firearms and other means with locked storage. Consider temporary offsite storage or giving the safe keys/combination to a trusted person until the individual is better.

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BraveConversation.org

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