

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://NSSF.org/BraveConversation).
- 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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LEARN MORE



BraveConversation.org

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