

# SUICIDE IS PREVENTABLE. YOU CAN SAVE A LIFE.

## IMMEDIATE HELP

- If you or someone you know is struggling, **call 988**. Or you can text **TALK to 741741** or chat at [988lifeline.org](https://988lifeline.org).
- **Veterans, call 988** and press 1. Or text at 838255.
- Call 911 for immediate care. Stay with the person until help arrives.
- Your role is to support the person and connect them to professional care.

**988** | SUICIDE & CRISIS  
LIFELINE

## HAVE A BRAVE CONVERSATION

### WHEN YOU'RE CONCERNED ABOUT SOMEONE

- **Trust your gut** when you think someone may be struggling. It's okay to reach out and ask directly, How are you doing, really?
- **Warning signs include:** talking about wanting to die or kill themselves, mentioning having no reason to live, saying they feel like a burden to others, expressing feelings of hopelessness, describing unbearable emotional or physical pain, or displaying increased anger/irritability/mood swings. [More Here.](#)
- **Ask directly** if they're thinking about suicide. Talking about suicidal thoughts will not put someone at greater risk.
- Ask them **what's going on**, prompt them to keep sharing, let them know they're not alone, offer to connect them to care, stay with them until help arrives.
- **Don't judge**, downplay or condemn their thoughts. Express that you understand their despair.
- [More guidance from the American Foundation for Suicide Prevention.](#)

## FIREARMS & OTHER LETHAL MEANS USED TO ATTEMPT SUICIDE

- **Preventing access** by a person in crisis allows time for the immediate thoughts on suicide to pass and helping to connect to care and support.
- Secure firearms in **locked storage**—use a gun lock, lock box, lockable gun case or safe. Review [secure storage options](#). Get a [free cable gun lock](#).
- **Change** the safe combination or temporarily give keys/combination to a trusted family member/friend.
- When a person is at risk, consider temporary **offsite storage**; follow applicable firearm transfer laws.

## KNOW ABOUT SUICIDE

- Suicide is **preventable**. There is **no single cause**. Suicide most often occurs when several stressors or health issues converge. **Risk factors** include depression, alcohol/substance abuse, worsening physical disease, chronic pain, rejection, divorce, job loss, financial crisis, harassment, bullying, family history of suicide, childhood abuse. [More Here.](#)
- When a person is at risk, securely storing firearms and other means can save a life. **If a person cannot quickly access** a chosen method to attempt suicide, they rarely seek an alternative method.
- Research shows that helping someone get through an acute crisis and limiting access to lethal means saves lives!
- **You may be the only one** to recognize that someone needs help. Don't wait, please act quickly! Have a Brave Conversation!
- Call **988** if you or someone you care about is struggling.

## RESOURCES

- [BraveConversation.org](https://BraveConversation.org)
- [AFSP.org/firearms](https://AFSP.org/firearms)
- NSSF-AFSP [brochure](#). Share it!
- [VA.gov/REACH/](https://VA.gov/REACH/)
- [KeepItSecure.net](https://KeepItSecure.net)

**NSSF**  
The Firearm Industry  
Trade Association



American  
Foundation  
for Suicide  
Prevention

 **Veterans  
Crisis Line**  
DIAL 988 then **PRESS 1**