

A photograph of two men sitting on a wooden bench in a room. The man on the left is looking down with a somber expression. The man on the right, wearing a beanie and a beard, looks towards him. The scene is dimly lit with a greenish tint. A speech bubble in the top right corner contains the text 'IS YOUR SAFETY ON?'.

IS YOUR
SAFETY ON?

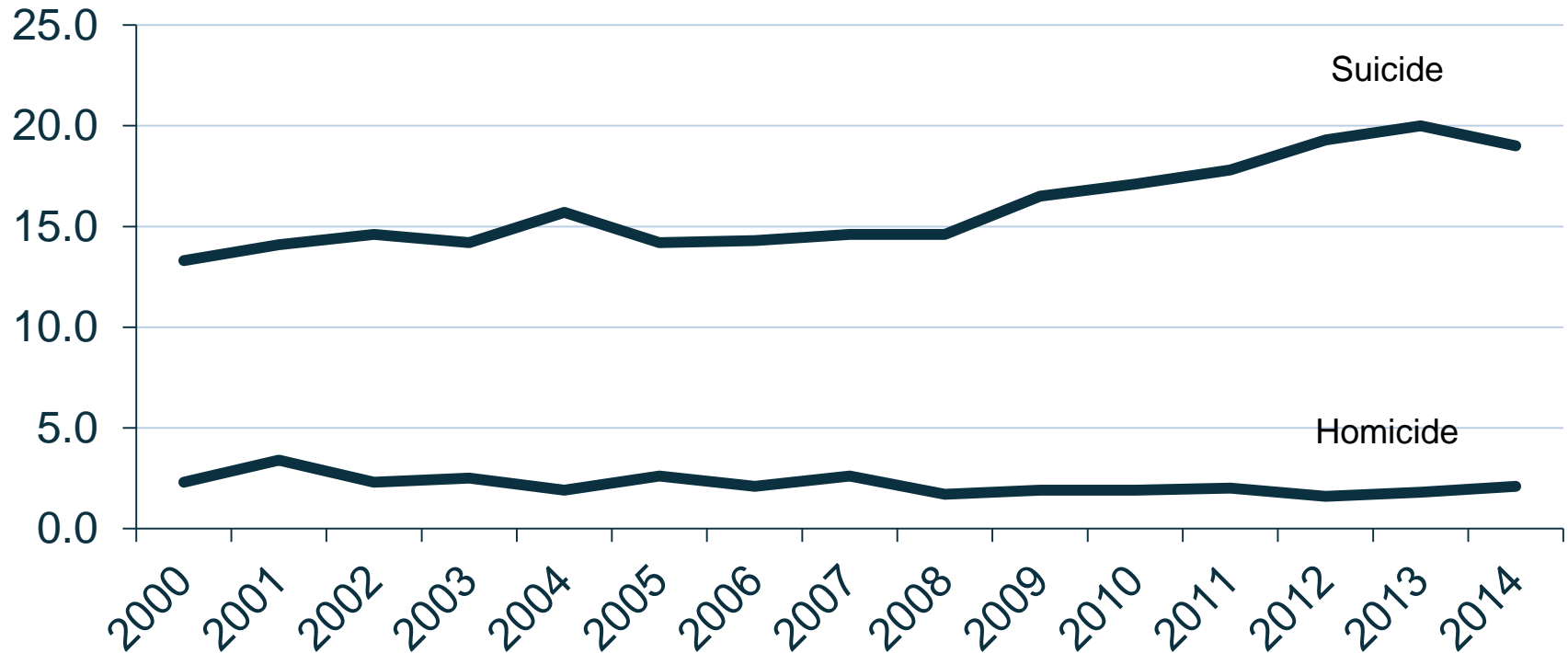
Firearm Suicide Prevention

A brief module for Utah concealed carry classes.

Protecting your family involves more than keeping them safe from accident or attack.



Utah Suicide & Homicide Rates



Rates are the number of deaths for every 100,000 people in Utah. The graph includes suicides and homicides by all methods. In 2014, 50% of suicides and 59% of homicides in UT were by firearms.

Utah Firearm Deaths, 2010-2014



86% of firearm deaths in Utah are suicides.



Source: CDC WONDER website (official mortality data)

Time & Distance



Putting time & distance between a suicidal person and a gun may save a life.

- But won't they just substitute another method?
- Some may, but nearly anything else is less likely to kill.
- Others may delay their attempt.
- Either way, the odds of survival go up, for three reasons...

Why means matter



1. Suicidal crises are often brief.
2. The deadliness of an attempt depends in part on the method used.
3. 90% of those who attempt suicide and survive don't go on to kill themselves.

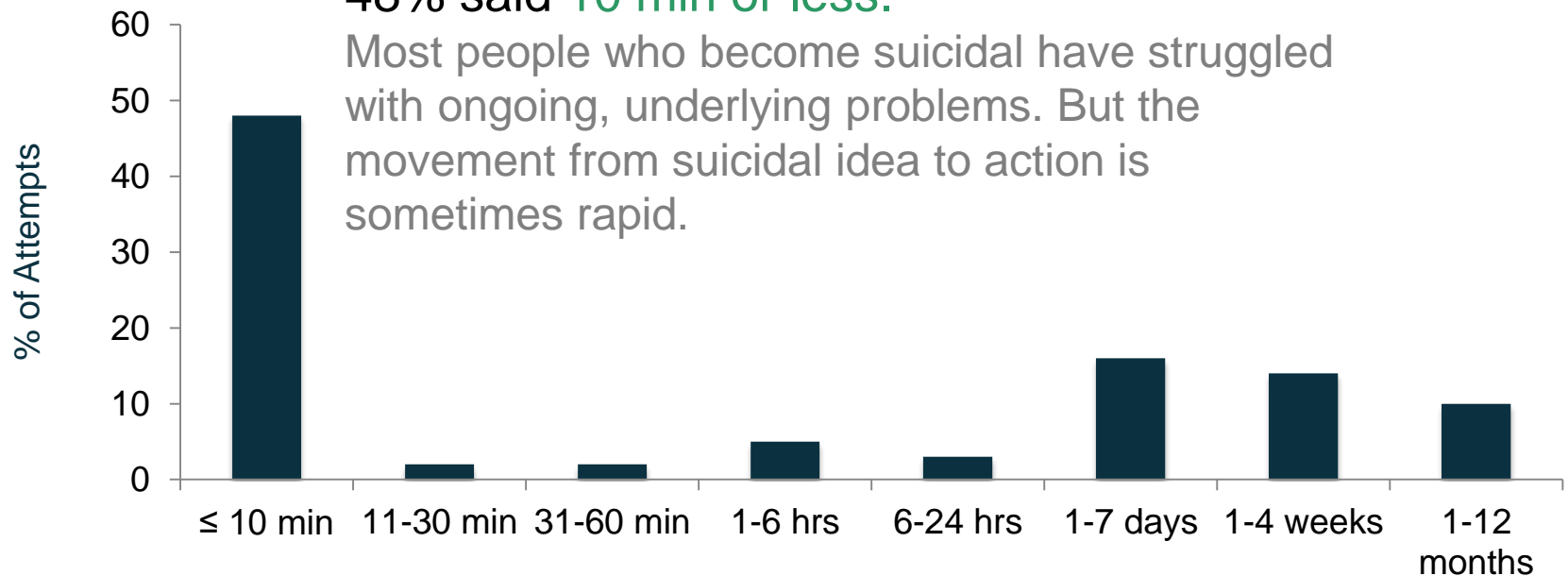
Suicidal Crises



People admitted to a hospital after an attempt were asked how long they'd been thinking about suicide before the attempt.

48% said **10 min or less.**

Most people who become suicidal have struggled with ongoing, underlying problems. But the movement from suicidal idea to action is sometimes rapid.



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Protecting One Another

A man in a light-colored jacket is shown in profile, looking out of a window. The scene is dimly lit with a strong green color cast. The window frame is visible, and the man's expression is somber.

- **Having access to a firearm during a suicidal crisis increases the odds that an attempter will die.**
- **We can protect one another. Be alert to signs of suicide in friends and family.**
- **If someone is at risk, help keep guns from them until they recover.**
- **It's like holding on to a friend's keys when they're drunk.**

Who's at Risk of Suicide?



- People who struggle with **depression, substance abuse, or other mental health problems**, especially if they're also facing a painful crisis like a relationship break-up, arrest, trouble at work, or financial crises – problems that make you feel hopeless and trapped.
- **Teens at Home?** Teens who die by suicide may show few or not warning signs. A wise precaution: store all guns locked if you have children at home- especially teenagers.

Storage Options



- If a household member is at risk of suicide, you could **store guns away from home until they've recovered** (e.g., with a relative you trust, at a self-storage unit)
- Or **change the locks** and make sure they can't find the keys/combination.
- Another option: **don't keep ammunition at home until they've recovered.**
- Hiding guns isn't recommended. Family members often know one another's hiding places.
- If it's a friend at risk, **offer to hold onto their guns.*****

* This is allowable under Utah law but may not be under other state laws.

What if it's You at Risk?



- If you feel yourself spiraling down, take precautions before things get to a crisis point.
- Any strategy that builds some time between you and a gun in a suicidal crisis will keep you safer.
- Store your guns off-site temporarily, or ask someone you trust to hold onto the keys, or store keys somewhere they're not available in a crisis like a bank safe deposit box, or disassemble guns.
- These are temporary measures until you've recovered.



Under Utah's **Safe Harbor** law (53-5c-201), a gun owner or spouse can store their firearms free of charge with law enforcement if they believe someone at home is a danger to self or others.

Getting Help



- Utah Statewide Crisis Line: 1-801-587-3000
- National Suicide 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, visit utahsuicideprevention.org

Protecting our Freedom

- Gun-owning families can bring down the number of firearm suicides.
- We can do it without government mandates.
- Together, we can protect our family, our friends, and our freedom.

