

GUN SAFETY SAVES LIVES

Over a 10-year period in California, 556 people died from unintentional gun deaths,

but 15,970 people died of suicides involving firearms. Suicides outnumber homicides in California. Firearms are the leading method of suicide in our state (about half of all suicides).

CALIFORNIA FIREARM DEATHS

	Unintentional firearm deaths	Suicide firearm deaths
10-YEARS	556	15,970

Firearm safety works, but we can do better to keep our friends and loved ones safe when they are going through a difficult time.

The first step is to follow the 11 commandments of gun safety.

If a friend or family member is going through a difficult time (depressed, a relationship break-up, troubles with jobs or finances, or problems with drugs or alcohol) make sure they can't get to your guns. To learn ways to get help for them, call the **National Suicide Prevention Lifeline: 1-800-273-TALK [8255]**.

ABOUT THIS BROCHURE

Know the Signs is California's suicide prevention campaign.

Visit www.SuicideIsPreventable.org to know the signs of suicide, find the words to talk to someone you are concerned about and reach out to local resources.

Pain Isn't Always Obvious

KNOW THE SIGNS

suicideispreventable.org

EachMind MATTERS
California's Mental Health Movement



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



GUN SAFETY RULES

11 ~~10~~ COMMANDMENTS OF GUN SAFETY

Look inside to see what's new!



The information in this brochure was originally developed by the New Hampshire Firearm Safety Coalition as part of an effort to bring together a broad range of individuals and organizations around the common goal of suicide prevention. For more information about the Coalition and its work, visit www.nhfsc.org

OWNING AND HANDLING A GUN

- 1. Treat every firearm as if it were loaded.** It might be, even if you think it isn't.
- 2. Always point the muzzle in a safe direction.** Keep control of the direction of the muzzle at all times.
- 3. Be sure of your target and beyond.** Be aware of the target and what surrounds it. Know the identifying features of the game you hunt. Make sure you have an adequate backstop—don't shoot at a flat, hard surface or water.
- 4. Keep your finger outside the trigger guard until you're ready to shoot.** This is the best way to prevent an accidental discharge.
- 5. Check your barrel and ammunition.** Safely check the barrel and action for any obstructions, and carry only the proper ammunition for your firearm.
- 6. Unload firearm when it is not in use.** Leave action open; carry firearm in a case and unloaded to and from the shooting area.
- 7. Point a firearm only at something you intend to shoot.** Avoid all horseplay with a gun.
- 8. Don't run, jump, or climb with a loaded firearm.** Unload a firearm before you climb a fence or tree, or jump a ditch. Pull a firearm toward you by the butt, not the muzzle.

- 9. Store firearms and ammunition separately and safely.** Store each in secured locations beyond the reach of children and careless adults.
- 10. Don't drink alcoholic beverages before or during shooting.** Also do not use mind or behavior-altering medicines or drugs.
- 11. Consider additional safety precautions if a family member may be suicidal.** During an emotional crisis, temporarily storing guns outside the home may save a life. Friends, local law enforcement, shooting clubs or gun shops may be able to store them until the situation improves.

KNOW THE RISK FACTORS AS WELL AS THE SIGNS OF SUICIDAL BEHAVIOR:

- Emotional crisis due to job loss, break-up, legal trouble, loss of loved one or newly diagnosed illness
- Major change in behavior: depression, violence or alcohol or drug use
- Recent impulsiveness/risk-taking
- Expressing a desire to end their life
- Putting affairs in order, giving away prized possessions, or impulsive purchase of a firearm

Visit suicideispreventable.org for warning signs and resources.

GET HELP NOW

If you are feeling suicidal or if you are concerned about someone else, help is available right now. Call the National Suicide Prevention Lifeline 24 hours a day, 7 days a week to speak to a trained counselor.

1-800-273-8255

For more information visit our website

If emergency medical care is needed call 9-1-1, or go to the emergency room of the nearest hospital.

www.SuicideIsPreventable.org