

Guide To Preventing FIREARM SUICIDE

SUICIDE IS NOT INEVITABLE...IT CAN BE PREVENTED

Firearms are the second leading cause of suicide death in Connecticut. Nearly thirty percent of people that died by suicide in Connecticut used a firearm. Being a responsible firearm owner and securing your guns as required by state law, can save a life. **You can make a difference!**

WHAT LEADS TO SUICIDE?

Suicide has no single cause. It often results from a mix of stress, life changes, and mental health issues like depression or substance misuse. The good news is that people who get mental health treatment from professionals and support from family and friends can significantly reduce their risk of suicide.

KNOW THE WARNING SIGNS

Anyone can be in a suicidal crisis.

Below are a few things you may notice when someone is considering suicide.

BEHAVIOR	SPEECH	EMOTION
Withdraws from people and stops doing activities	Says they want to die or kill themselves	Hopeless/no reason to live
Gives away prized possessions	Talks about no sense of purpose or no reason for living	Loss of interest or pleasure in doing things that used to be enjoyable
Increase in substance use	Talks about being a burden to others	Constant sadness, feeling worthless or guilty
Agitated/reckless	Talks about feeling trapped	Feeling overly anxious, worried, or agitated

ASK THE QUESTION

Have a Brave Conversation: Be direct and nonjudgmental. Asking “Are you thinking about suicide?” won’t put the idea in someone’s head—it can actually bring relief. Stay with them and get help.

For training or more information, see the resources on the back.



LIMIT ACCESS TO FIREARMS, AND OTHER LETHAL MEANS, TO SAVE LIVES

Always store firearms securely. As of Oct. 1, 2023, CT law requires secure storage unless the firearm is on you or under your direct control. Free gun locks are often available.



Removing access to firearms during a suicidal crisis can save lives. Simple steps like securing keys, changing safe combinations, or storing guns offsite can make a critical difference.

Connecticut law outlines how to legally transfer a firearm temporarily. Know the law to avoid violations. Call the CT Special Licensing and Firearms Unit at **860-685-8400** for details.



When a person poses a risk to themselves or others and will not voluntarily agree to prevent access to their firearms, Connecticut's Extreme Risk Protection Order (ERPO) allows for the temporary removal of firearms. Contact local police if safety is at risk.

(Laws are subject to change; check with local law enforcement, legal consult, or other experts for more information.)

MAKE A CALL (24 hours a day, 7 days a week)

988 Suicide & Crisis Lifeline Call or text 988 or chat online at 988lifeline.org	24/7, free and confidential support for people in distress, prevention and crisis resources for the person in crisis or anyone supporting that person (for veteran-specific services, dial 988 then press 1).
Call 211 or chat online at 211ct.org	A free, confidential information and referral service that connects people to essential health and human services 24/7.
Crisis Text Line Text CT to 741741	Provides free, confidential 24/7 mental health support via text messaging.
Veterans Crisis Line Text 838255 or chat online at veteranscrisisline.net/	Crisis support for Veterans and their family members. Confidential 24/7 call, text, or chat. Individuals don't have to be enrolled in VA benefits or healthcare to connect.

LEARN MORE ABOUT SUICIDE PREVENTION

preventsuicidect.org	Connecticut Suicide Advisory Board: addressing suicide prevention, intervention, and response.
nssf.org/safety	National Shooting Sports Foundation: Suicide Prevention Program for Retailers and Ranges including videos and a toolkit.
afsp.org	American Foundation for Suicide Prevention
keepitsecure.net	U.S. Department of Veteran Affairs videos and information on suicide prevention and safe storage.
ctclearinghouse.org	CT Clearinghouse is a statewide library and resource center for information on suicide, mental health disorders, substance misuse, prevention and health promotion, wellness and other related topics.