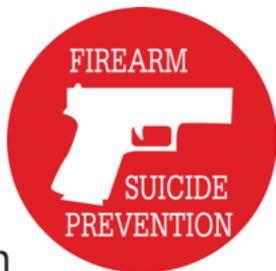


Save a Life



- Suicide is a leading cause of death and it is preventable.
- Guns are the most deadly method of suicide.
- 60% of all Ohio firearm deaths in 2016 were suicides.

You can help protect your family & friends.

If someone is in crisis, remove the gun for now
Without a gun, less than 5% of suicide attempts result in death. But with a gun, 85% of attempts are fatal. In a moment of crisis, access to a gun is the difference between life and death.



Suicidal urges are impulsive and brief.

Depression can last a long time, but suicidal urges can last for just a few minutes. Temporarily putting time and distance between a suicidal person and a gun can save a life. Just as you would offer to hold a friend's car keys if they have had too much to drink, you can offer to hold onto someone's guns temporarily until the situation improves.

Is Your Safety On?

Free gun locks available at:

Portage County Health District (705 Oakwood, Ravenna)
& the following Portage County Police Departments:
Aurora, Brimfield, Garrettsville, Hiram, Kent,
Ravenna, and Streetsboro

Lock & Limit Access to All Your Firearms

Do Young People Live In or Visit Your Home?

82% of teens who die by suicide with a gun use a family members' firearm.

Lock Up

For their protection, do not allow children & teens unsupervised, unauthorized firearm access

Limit

Only firearm owner or designee should access keys and combinations

Choose

Carefully select a safe, storage device for home-defense firearms with fast access only for you

Concerned for Yourself, Friend, or Family Member?

Hold

Give a trusted individual keys and combinations

Limit

Temporarily lock guns & ammo separately, or remove ammo from the home

Transfer

Ask a friend to hold firearms in an emergency temporary transfer

Warning Signs of Suicide

- Talking about wanting to die or killing themselves
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or isolating themselves

Need to talk? We're here for you 24/7

Crisis Helpline: **330.678.HELP (4357)**

Mental Health Emergency: **330.296.3555**

Addiction Helpline: **330.678.3006**

Crisis Text: 4hope to **741741**

Suicide Prevention Coalition of Portage County

Sources: Buckeye Firearms Association, Everytown for Gun Safety, Safer Homes Coalition, Ohio Department of Health