RISKFACTORS

- Access to lethal means
- Stressful life events
- Prolonged stress
- Substance abuse
- Mental health conditions
- Past suicide attempts

WARNINGSIGNS

- Talking about having no reason to live or being a "burden"
- Increased drug/alcohol use
- Withdrawing from activities
- · Isolating from family & friends
- Changes in sleep patterns
- · Giving away possessions

TAKEACTION

- Get professional help
- Don't leave the person alone while they're in crisis
- Remove potential weapons, drugs & alcohol if you can

Visit allianceforsuicideprevention.org for more information

SURVIVALRATE

13%

of suicide attempts with a firearm result in survival

SECONDCHANCES

90%....

of people who survive a suicide attempt do not die by suicide in the future

SPEAKUP

If someone talks about suicide, don't keep it a secret. Tell a trusted adult: parent, coach, teacher, doctor, counselor, school resource officer.

Speak up, save a life.

LEARNMORE

Get the discussion started today with your family. For information, local resources, and more, visit larimer.org/gun-safety