



CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN CA
far outnumber homicides

FIREARMS ARE THE LEADING METHOD
and attempts with a firearm
are more likely to be fatal.

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

HOLD ON TO THEIR GUNS

— For other ways to help, call
the National Suicide Prevention Lifeline:

1-800-273-TALK [8255]



California's Mental Health Movement



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