



MISSION AND VISION

Mission:
Advance holistic, data-driven suicide prevention in our military community through policy, oversight, and engagement to positively impact individual beliefs and behaviors, as well as instill systemic culture change.

Vision:
Unwavering pursuit of a mission-ready, suicide-free military community.

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★ SMALL STEPS
SAVE LIVES ★

RESOURCES



Make it Your Mission to...
#BeThere



SMALL STEPS
SAVE LIVES

DEFENSE SUICIDE PREVENTION OFFICE

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THINGS TO KNOW

65%

More than 65% of military suicide deaths involve the use of a firearm.



Having access to a firearm during a suicidal crisis increases the lethality of an attempt.



If someone is at risk, encourage safe storage of firearms until the crisis has passed. It's like holding on to a friend's keys when they have had too much to drink.

4x

Unsafe storage of firearms can increase risk of suicide up to four times.



People rarely substitute one method of suicide for another. In the moment of crisis, if a firearm is safely secured, it's unlikely the person will look for another method.

TIME & DISTANCE

Putting time and distance between a person going through a stressful time and a firearm may save a life for three reasons:

1. A suicidal crisis is often brief.
2. The act of suicide can be impulsive. The time a person goes from thinking about suicide to acting on it can be less than 10 minutes.
3. 90% of those who attempt suicide and survive don't attempt suicide again. If someone you know is at risk, help keep firearms away from them. They are unlikely to walk away from an attempt when using a firearm.

Be there and be alert to signs of suicide in family and friends including:

- Changes in usual patterns of behavior
- Self-isolation
- Increased use of alcohol or drugs
- Expression of feelings of hopelessness

HOW TO HELP

Safe Storage Options

- ✓ Cable Lock: Prevents a firearm from being loaded and fired.
- ✓ Gun Case: Provides a storage solution that secures, conceals, protects, and legally transports a firearm.
- ✓ Lock Box: Provides reliable security for firearms.
- ✓ Full Size Safe: Allows you to store multiple firearms in one place.

Safe Storage Tips

- ✓ Ensure firearms are stored unloaded.
- ✓ Secure the firearm outside the home with a trusted friend or relative or use storage facilities.
- ✓ Use a gunlock or safe if you must secure a firearm inside the home.
- ✓ Store firearms and ammunition separately.
- ✓ Keeping your firearm locking keys secure by using a combo lock box or in a separate safe.

Small Steps Save Lives – safely store firearms at all times to protect yourself, your family, and your friends.