If Someone is Experiencing a Crisis

REACH out and ask, "How are you... Really?" Listen and offer hope.

ENGAGE them about challenges and struggles they have experienced to better understand their pain.

ATTEND to their safety. Unless you are concerned for your own safety, stay with them.

CONNECT them to resources such as supportive friends and family, professionals, or a crisis line.

HELP them make and maintain a plan to stay safe. Encourage them to share it with others.

HELP IS AVAILABLE!

Local Resources:

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For non-crisis help, like for relationship or financial challenges, call Military OneSource.

MILITARY ONE SOURCE

Call. 800-342-9647
Click. www.MilitaryOneSource.mil
Connect. 24/7

Service members, veterans, and their family members can call the Veterans/Military Crisis Line, available 24/7, if they are experiencing a suicidal crisis.

Veterans Crisis Line
Military Crisis Line
1-800-273-8255 PRESS 1

Call from overseas:

In Europe: Call 00800 1273 8255 or DSN 118

In Korea: Call 0808 555 118 or DSN 118

Or Text "TALK" to the Crisis Line at 741-741

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. Call 800-273-TALK (8255)

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

STOP LOCK & LIVE

SAFE STORAGE

Safely store firearms at all times to protect yourself, your family, and your friends.

Recognize someone in crisis and find resources for help.

DEFENSE SUICIDE PREVENTION OFFICE
www.DSPO.mil

Safe Storage Tips

- Keep firearms locked and unloaded.
- Separate firearms and ammunition when not in use.
- Use a gun lock, trigger lock or gun safe to store your firearm in your residence.
- Store your keys separately from the lock or safe, or use a combination lock box.
- Make sure household members or roommates understand firearm safety practices.

See a sales associate today for help selecting a safe storage option that is right for you.

SAFE STORAGE OPTIONS:

Cable and trigger lock: Prevents a firearm from being loaded and fired.

Gun case: Provides a safe storage solution that secures, conceals, protects, and legally transports a firearm.

Lock box: Provides reliable safety for a firearm.

Full-size safe: Allows you to store multiple firearms in one place.

Safe Ammunition Storage: Allows you to safely store firearms and ammunition separately.

How to Identify Someone in Crisis

Is your loved one, or are you, experiencing any of the following?

- Acting withdrawn or out of character
- Engaging in risky behaviors, such as increased substance use (especially alcohol and medications)
- Having feelings of hopelessness, depression, or suicidal thoughts
- Making a plan or researching ways to die
- Saying good bye, giving away important items, or making a will
- Displaying extreme mood swings
- Experiencing changes in eating or sleeping habits

If you or someone you know may be at risk of suicide, find resources on the back of this brochure for help.

Did you know?

Putting time and distance between a person who is suicidal and a firearm may save a life for three reasons:

1. A suicidal crisis is often brief.
2. Suicide can be impulsive. The time a person goes from thinking about suicide to acting on it can be less than 10 minutes.
3. Unsafe storage of firearms can increase risk of death by suicide up to four to six times, for all members in your household.

Protect yourself and your family and friends. Stop, Lock, and Live.

In times of distress, consider out-of-home storage options. Before bringing your firearms to any of these places, call ahead to make sure they can store them.

In times of distress, consider:
Family members, friends, or neighbors
Police department
Gun shop
Shooting range
Armory
Commercial storage facility
Pawn shop

Please note that some local and state laws require weapon registration for legal storage. Always follow the law in your jurisdiction.