

Firearm deaths associated with mental illness are nearly always suicides. The vast majority of people with mental illness are not violent: 95-97 percent of homicidal gun violence is not carried out by individuals with a mental illness. However, suicide is often correlated with depression and is the number ten cause of death in adults nationwide (number three cause of death for youth in America).

– Mental Health America

Don't be afraid to ask the tough question, "Are you thinking about killing yourself?" if someone you know is in emotional pain.

If you or a loved one is in crisis, call the National Suicide Prevention Line at 1-800-273-8255

OTHER RESOURCES

National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>

Suicide Prevention Resource Center
<https://www.sprc.org/about-suicide/warning-signs>

Suicide Prevention Resource Center Ohio
<https://www.sprc.org/states/ohio>

Anxiety and Depression Association of America
<https://adaa.org/understanding-anxiety/suicide>

#BeThe1To (Help Save A Life)
<https://www.bethe1to.com/>

Suicide is one of the leading causes of death in America – and firearms are the most common method of suicide.

- Suicides make up 61% of all firearm deaths in Ohio.
- More than half of all suicides in Ohio are by firearm.
- In 2019, suicide was the 2nd leading cause of death among Ohioans 10-34 years of age and the 11th leading cause of death in Ohio overall.
- In Ohio, five people die by suicide every day



Ohio Coalition Against Gun Violence

www.ohioceasefire.org

Protect and prevent a loved one from suicide



Temporarily remove firearms from the home of an individual at immediate risk of harming themselves or others.

What is an Extreme Risk order?

Extreme Risk Protection Orders are state laws that provide law enforcement and, depending on the jurisdiction, family members, health professionals, and school administrators, among others, a formal legal process to temporarily reduce an individual's access to firearms if they pose a danger to themselves or others.

It is most often a civil court order, prompted by a petition by a family member or law enforcement officer and issued by a judge upon consideration of the evidence. The order temporarily prohibits a person from possessing or purchasing firearms and provides a process for the removal of firearms already in the person's possession.
Source: The Educational Fund to Stop Gun Violence (EFSGV)

Other Quick Facts from EFSGV

- Risk-based policies that help to create time and space between an at-risk individual and a firearm have great life-saving potential nationwide.
- Extreme risk laws are modeled after domestic violence restraining orders and afford similar due process protections.
- For every 10-20 firearm removal orders issued, one suicide is prevented.

Suicide is often an impulsive act ... but there can also be warning signs and behavioral changes to look for? Some of these include:

- Ongoing depression or unhappiness
- Withdrawal from family and friends
- Sense of hopelessness
- Sudden high-risk behaviors such as alcohol or substance abuse
- Feelings of guilt or shame
- A stated desire to kill themselves
- Feeling that they are a burden to others
- Inability to sleep or function in daily routines

If you notice any of these changes (or other worrisome indicators), start a conversation and ask if they are thinking about suicide.

Then let them talk – while you LISTEN!

In 2019, firearm was the leading mechanism of suicide in Ohio, accounting for one-third of female suicides and more than half of male suicides. Source: Ohio Dept. of Health

There are other steps you can take to help prevent a suicide:

- Remove any lethal means from their home that can be used in a suicide attempt, including all firearms and ammunition – even if they are secured.
- Connect them with resources to help with the crisis
- Check on them regularly.
- Call 9-1-1 if necessary.

When intervention is the only option left ...

If your loved one is demonstrating an elevated risk of harm to himself or others – you may need assistance from local law enforcement or emergency services.