

## Notice those in your sphere of influence

### Does a neighbor seem isolated?

- \*Neglecting a normally well-kept yard
- \*Papers and mail piling up
- \*No longer as friendly as usual
- \*Recently lost a loved one
- \*Recently lost a companion animal

***Why not reach out with a neighborly visit today?***

## Help is available



**The National Suicide Prevention Lifeline (24/7)**

**1-800-273-8255**

**SJ County Behavioral Health Services 209-468-8686**

**Crisis text line 741741**

**Veterans Crisis Line**

**1-800-273-8255, press 1**

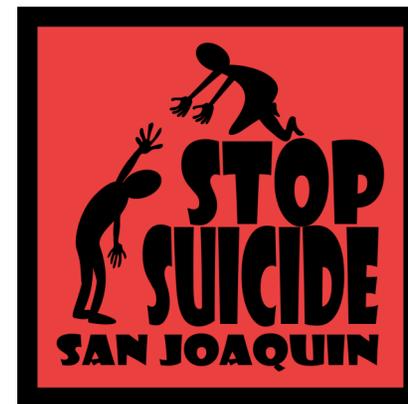
[VeteransCrisisLine.net](http://VeteransCrisisLine.net)

**Text 838255**

Contact local police/sheriff for information on obtaining **GVRO** (Gun Violence Restraining Order) to remove the firearm until the crisis is over.

**Local police/sheriff can perform a wellness check**

## You Can Help Save Lives!!



In San Joaquin County, **firearms** are the **leading method** of suicide. **Every 12 days** someone dies of suicide by firearm. **36%** of gun deaths in the last 10 years have been suicides.

**(SJ Co. Dept. of Public Health)**

**Fight Isolation!  
Prevent Suicides!**

## Learn the Risk Factors and Warning Signs for Suicide\*

- ◆ Emotional crisis due to job loss, legal trouble, loss of a loved one or newly diagnosed illness
- ◆ Major change in behavior: depression, violence, anger/aggression, alcohol or drug use
- ◆ Increased impulsiveness, risk taking, reckless behavior
- ◆ Expressing a desire to die or end his or her own life
- ◆ Putting affairs in order, giving away prized possessions, impulse purchase of a firearm
- ◆ Withdrawing from activities they used to enjoy

The risk is greater if a behavior is *new* or has *increased* and if it seems related to a *painful event, loss, or change*.

**If you suspect someone is having suicidal thoughts start the conversation.**

By asking the question you are **not** putting the idea into their head.

*\*Sometimes “warning signs” don’t exist—or are only noticeable in sad hindsight. This list is not intended to imply that signs can always be seen, but only to remind us to be as alert as possible.*



Suicide attempts by **firearm** result in death **85%** of the time, compared to **5%** of the time using other means. Many people get the help they need after a first attempt and never try again to end their own life.

**Always keep guns securely stored. This is especially important if someone with suicidal thoughts may have access to them.** If someone in your home is suicidal, it may be a good idea to temporarily store guns outside the home with trusted family or friends. Even simply storing the key to your gun safe with another person can provide a layer of safety. Gun clubs and stores may also provide storage for a fee.

## Resources

[www.stopsuicidesj.org](http://www.stopsuicidesj.org)  
(Stop Suicide San Joaquin)

[afsp.org](http://afsp.org)  
(American Foundation for Suicide Prevention)

[onethingtodo.org](http://onethingtodo.org)

[hsph.harvard.edu](http://hsph.harvard.edu)  
(Means Matter Campaign)

[speakforsafety.org](http://speakforsafety.org)

[endfamilyfire.org](http://endfamilyfire.org)

[suicideispreventable.org](http://suicideispreventable.org)

[eachmindmatters.org](http://eachmindmatters.org)

[sjcsa.org](http://sjcsa.org)  
(SJC Dept. of Aging)

Referrals to local resources in San Joaquin Co. [211sj.org](http://211sj.org)

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