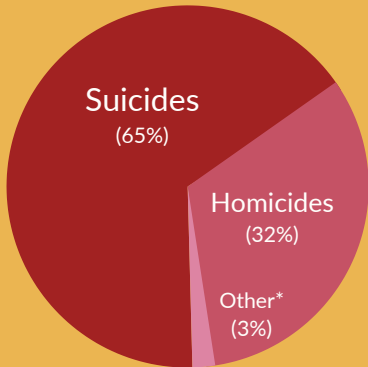


You can prevent suicide.

Suicide is the most frequent cause of **gun death** in Anne Arundel County.



Firearm Deaths (2017-2020)

*Other includes gun deaths by accidental discharge and legal intervention.

Is your home secure?

LOCK UP: Securely store guns and store ammunition separately.

LIMIT ACCESS: Only the gun owner or designees should have access to keys or combinations.

TRANSFER: Use temporary off-site storage if you or a family member is suicidal.

Help is available

Suicide Prevention Lifeline

1-800-273-8255

Veterans Press 1

Crisis Text Line

741-741

Maryland Helpline

Call 211, select option 1

Text your zip code to 898-211

Community Warmline

410-768-5522

24 hours a day, 7 days a week

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

Concerned that a friend or family member may be suicidal?

Be alert to warning signs:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Showing rage or talking about seeking revenge
- Withdrawing or isolating themselves
- Extreme mood swings