

CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?



Are they thinking about suicide?

Do they:

- Talk about wanting to die
- Feel trapped or in unbearable pain
- Worry about being a burden to others
- Feel hopeless or feel they have no reason to live
- Withdraw or isolate themselves
- Increase the use of alcohol or drugs
- Feel anxious or agitated; behave recklessly
- Show rage or talking about seeking revenge
- Have extreme mood swings

SUICIDES IN FLORIDA FAR OUTNUMBER HOMICIDES

SUICIDE ATTEMPTS WITH GUNS ARE FAR MORE DEADLY THAN OTHER METHODS

FIREARMS ARE THE LEADING METHOD OF SUICIDE IN FLORIDA

HELP SAVE A LIFE

- Ask directly if they are thinking about suicide and listen.
- Putting time and distance between a person thinking about suicide and a gun may save a life.
- Offer to store a firearm for your loved one until they are feeling well.
- Encourage them to keep their firearm unloaded and locked.



For other ways to get help, contact the
National Suicide Prevention Lifeline:



For Veterans, PRESS "1"

