



Suicide Prevention: Don't Forget to Ask about Lethal Means

There are 132 suicide deaths a day in the United States, on average.

Over half of these suicides are by firearm.



Several factors, including depression, increase the risk of suicide.

Depression is not the only risk factor. People who have a job or relationship loss, are in the midst of a mental health crisis, or have substance use problems may also be at risk for suicide.



Most people who attempt suicide and survive don't go on to die by another suicide attempt.

Suicide attempts are often impulsive decisions made during a temporary crisis that later resolves.



Most people who attempt with a firearm don't get a second chance.

Nine in ten people who attempt with a firearm die, making it much more deadly than other methods of suicide like cutting or overdose.



Suicide is preventable.

Lethal means safety can help put time and distance between a person in crisis and a firearm, and can save lives.



For additional support, information, and suicide prevention resources:

988 Suicide & Crisis Lifeline:
Call or text 9-8-8, or chat at [988lifeline.org](https://www.988lifeline.org)

The BulletPoints Project:
Visit bulletpointproject.org

