



# CONCERNED ABOUT A FRIEND OR FAMILY MEMBER?

## ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a set back?
- Using drugs or alcohol more?
- Withdrawing?
- Talking about being better off if they were dead?
- Losing hope? Acting restless?
- Feeling trapped?

**SUICIDES IN MT  
far outnumber homicides**

**FIREARMS ARE THE  
LEADING METHOD OF SUICIDE IN MT**

**ATTEMPTS WITH A GUN  
ARE MORE DEADLY  
than attempts with other methods**



## HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life
- Learn more at <https://bit.ly/SaferCommunitiesMT>
- National Suicide Prevention Lifeline: 1-800-273-8255  
Press 1 for veterans or text the Crisis Text Line by  
texting MT to 741-741