



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