

Practice Firearm Safety: Prevent Suicide

Why Firearm Safety Matters

In our critical role as advocates for mental health and well-being, it is imperative to address challenging yet essential topics to ensure the safety of our members and communities. Let's focus on a topic that demands our attention: suicide prevention through responsible firearm safety practices.

Statistics

In 2022, more than half of the 863-firearm deaths in Maricopa County were suicides. In 2023, most of the 213-firearm deaths in Pima County were also suicides. Many of these deaths were among men aged 20-49. This shows how important it is to focus on firearm safety and mental health.

Encouraging individuals to seek support from trusted sources, including crisis lines like 988 for immediate assistance, National Suicide Prevention Lifeline (1-800-273-TALK), and Warm Lines, can provide crucial support during difficult times.



Our Role in Firearm Safety

As health providers, we play a pivotal role in educating and supporting individuals and families in adopting safe storage practices for firearms. While some individuals may assume members do not own a firearm at all, oftentimes that is not the reality. Hence, encouraging members to store firearms securely in locked cabinets or safes can substantially reduce impulsive access during moments of crisis.

It's crucial to recognize that standard safety measures may not suffice during acute mental health crises. Gun locks serve as a vital tool in mitigating the fear of gun owners losing control over their firearms, especially during challenging times. By securely locking firearms while other trusted individuals hold the keys, gun owners can maintain a sense of security knowing that their firearms are safeguarded while still in their possession.

Available Resources

Additional safety practices and resources are available on our website.

**For more information on this topic and other prevention, intervention
an treatment tools visit www.Bannerheath.com/bhpprovider-PIT**