

Planning for Living: Firearm Means Safety

Reducing suicide risk by firearm



Please Take Care of Yourself

Suicide is a very delicate topic.
Emotions may rise to the surface.

We are loss survivors, attempt survivors and people with lived experience.

Please make taking care of yourself during
and after the presentation a priority.

If you or someone you know needs support, please contact:
National Suicide Prevention Lifeline: 988 or (800)273-8255
Crisis Text Line: Text “HELLO” to 741-741

Means Safety: Striving to Keep a Loved one Safe from Suicide

Welcome. This website is designed to support you to increase safety for yourself or a loved one, friend, colleague, or client when suicide risk is elevated. Limiting a person's access to means by which they may cause themselves harm is called *lethal means safety*, and here you'll find information about a range of strategies to promote safety in times of crisis or in anticipation of crisis.

Adding time between thoughts of suicide and a person's ability to obtain lethal means for an attempt represents a practical, lifesaving approach to prevent suicide.

StrivingForSafety.org

Means Safety: Principles and Background

Means safety for suicide prevention is about limiting a person's access to means, methods, or mechanisms by which they may attempt suicide during time of distress and crisis.



Means Safety: Means Matter

“Most efforts to prevent suicide focus on why people take their lives. But as we understand more about who attempts suicide and when and where and why, it becomes increasingly clear that how a person attempts – the means they use – plays a key role in whether they live or die.” - MeansMatter.org

www.MeanzMatter.org

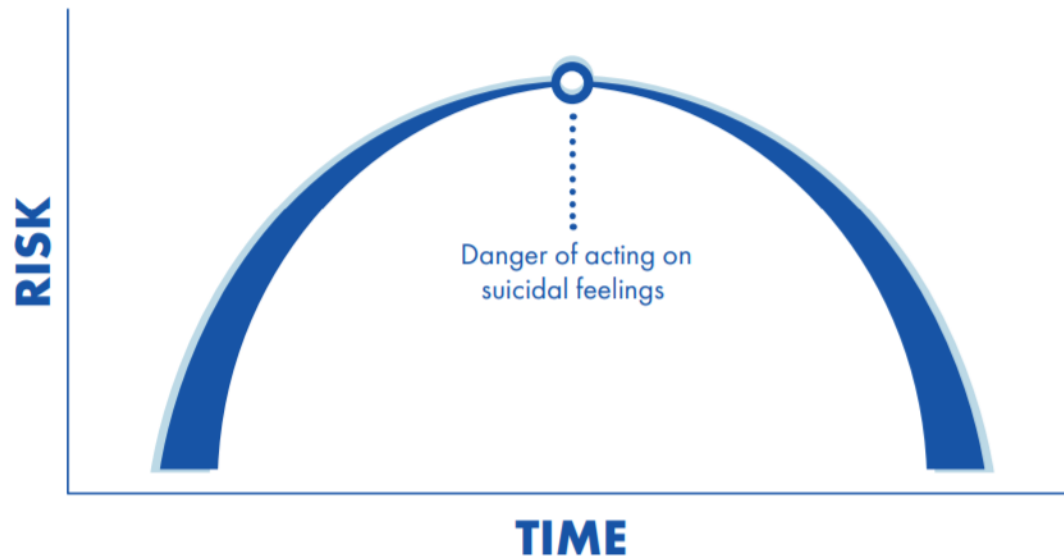


Means Matter helped bring Means Safety to the forefront of suicide prevention efforts.

Website provides background information and key research to support means safety in general and on specific methods.

Understanding Suicide Risk

SUICIDE RISK CURVE



Suicide risk fluctuates over time

Risk is greater when:*

- Thoughts are more frequent
- Thoughts are of longer duration
- Thoughts are less controllable
- Few deterrents to acting on thoughts
- Stopping the pain is the “reason”

Reducing access to lethal means saves lives

“Means safety” (reducing a suicidal person’s access to highly lethal means) is an important part of a comprehensive approach to suicide prevention.

It is based on the following understandings:

1. Intent isn’t all that determines whether an attempter lives or dies; means also matter.
2. Firearms are lethal in 85-95% of suicide attempts
3. As opposed to 0.5-2% of suicide attempts by overdose, and 1-3% of cut/pierce attempts
4. 90% of attempters who survive do NOT go on to die by suicide later
5. 70% do not attempt again
6. Numerous studies have demonstrated a lack of substitution for means

Won't people just find another way?

Numerous studies have shown no evidence that individuals experiencing thoughts of suicide sought alternative means, and in many cases suicide overall decreased.

- *Effectiveness of barriers at suicide jumping sites: a case study (Beautris)*
- *Preventing suicide by jumping: the effect of a bridge safety fence (Pelletier)*
- *Securing a Suicide Hot Spot: Effects of a Safety Net at the Bern Muenster Terrace (Reisch)*
- *The coal gas story. United Kingdom suicide rates, 1960-71 (Kreitman)*
- *The impact of pesticide regulations on suicide in Sri Lanka (Gunnell)*

How can we restrict or reduce access to lethal means?

- Place the person in a safer environment
 - OR make their environment safer
- Put a barrier between the person and the means
- Create time between the person and the means
- Make the means (and an attempt) less lethal

Arizona Suicide Prevention Action Plan

Support state prevention efforts by serving as a focal point for internal and external coalitions and partnerships

- Increase mental health intervention opportunities by promoting adoption of the Zero Suicide Model (ZSM) in Arizona hospitals and behavioral health clinics
 - Identify potential health and behavioral health systems, clinics, hospitals, and other partners for adoption of the ZSM
 - Resume and expand the ZSM Workgroup to solicit stakeholder feedback, guide best practices, and create momentum for establishing the ZSM in Arizona
 - Explore development of a recognition program for organizations that implement the ZSM
 - Monitor, assist, and promote the implementation of the ZSM in AZ
- Reduce Access to Lethal Means
 - Convene community-level listening sessions to solicit input on reducing the number of firearm-related suicides in Arizona
 - Promote local drug take back events and increase awareness of year-round, fixed-site take back locations
- Establish Prevention Plan 2023-2025 Stakeholder Workgroup
 - Form internal workgroup focused on the development of the 2023-2025 Arizona Suicide Prevention Action Plan
- Support and promote community suicide prevention events throughout Arizona on the ADHS Suicide Prevention website community event calendar

Arizona Suicide – Means and Methods

Exhibit 13: Method of death, 2015-2020 (n=7,667)

Method	n	%
Firearm	4515	58.9
Hanging, strangulation, suffocation	1748	22.8
Poisoning	991	12.9
Sharp instrument	124	1.6
Fall	116	1.5
Motor vehicle or other transport †	89	1.2
Drowning	35	0.5
Other or Unknown ††	49	0.6

† Includes buses, motorcycles, trains, planes, and boats.

†† Other methods include blunt instruments, fire/burns, explosives, electrocution, flare gun, and other or unknown causes of death.

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StrivingForSafety.org

Website Features:

- Public facing website with resources for individuals, friends and family to help reduce access to lethal means during time of crisis
- Includes means safety tips for various methods

Means Safety

Firearm Safety


Overdose & Poisoning

Suffocation & Strangulation

Signage & Barriers

Means Safety

Means safety for suicide prevention is about limiting a person's access to means by which they may cause themselves harm. Strategies to promote safety in times of crisis or in anticipation of crisis include placing yourself or a person in a safer environment, putting a barrier between the person and the means, or increasing the amount of time it takes for yourself or a person to access the means. For example, by securely storing guns or prescription drugs which gives time for intervention or for the crisis to pass.



- ✓ Review Interactive **Means Safety Checklist**
- ✓ Take a Screenshot of the **Means Safety Checklist Graphic**
- ✓ Download **Means Safety Checklist**

Visit these pages for an overview of means safety strategies you can implement in your home and other settings.

Firearm Safety >

Overdose and Poisoning >

Suffocation and Strangulation >

Signage and Barriers >

Means safety is one the most effective strategies for suicide prevention...

Means Safety Checklist

If you are concerned about how to keep yourself or a loved one who is thinking about suicide or has attempted suicide safe in the home, this checklist offers a starting point.

- ☒ Learn the warning signs of suicide
- ☒ Have a conversation about suicide prevention
- ☒ Share crisis resources
- ☒ Keep medications securely stored at all times
- ☒ Dispose of unused, unwanted, or expired medications
- ☒ Review the steps to respond to a suspected drug overdose
- ☒ Keep guns securely stored
- ☒ Familiarize yourself with California law when considering storing a firearm outside the home
- ☒ Trust your instincts
- ☒ Remember you are not alone

You are not alone. For immediate help call or text **988** or chat **988lifeline.org** to reach the Suicide & Crisis Lifeline.

MHSOAC
Mental Health Services
Oversight & Accountability Commission

Most efforts to prevent suicide focus on why people take their lives. But as we understand more about who attempts suicide and when and where and why, it becomes increasingly clear that how a person attempts – the means they use – plays a key role in whether they live or die

- MeansMatter.org

Striving for Safety: Community Resources

Provide county specific resources for suicide prevention means safety:

- [Please review your county page and contact us with updates](#)

Community Resources

Many communities have local resources, coalitions, and opportunities to get involved that can offer support. If your community does not, we encourage you to utilize the resources below to learn about local community means safety efforts and bring something similar to your community.

County Specific Resources

If you are searching for local community means safety efforts a good place to start is your county department of public health or behavioral health websites. If you are aware of and/or would like to add a resource to the below, please contact us at insert email address.

Go To County ▾

Alameda ▾

Alpine ▾

Means Safety: Strangulation and Suffocation



Striving for Safety: Suffocation and Strangulation

Suffocation & Strangulation

It can be challenging to limit access to some types of means within the home. If you are concerned that someone in your home is at risk for suicide, have a conversation with them. Ask directly if they have thought about how they might attempt suicide, or what items they might use. Most often, people thinking about suicide have specific methods they plan to use and oftentimes they don't deviate from their plan. Identifying an intended method can help you make a plan to reduce access to particular means.

In the Home >

In Controlled Environments >



Informs community members and professionals:

- Steps to reduce risk in home
- When to seek higher level of care
- Emphasizes general prevention
- Resources for controlled environments

In the Home

1. Take a good look around your home.

Reducing access to certain points (e.g., beams, doors) in changing knobs to non-lock attempt. However, it is imp prolonged periods or perm

2. Complete a safety plan.

The Safety Planning Interview Safety Plan should be developed. **Suicide Safety Plan** safety plan. Consider down Google Play.

If you are thinking about personal stories by those coping strategies. Their

3. Stay vigilant and

If you are concerned that a sharp objects, or suffocation care may be needed such a loved one to explore the op

4. You are not alone

You are not alone in helping and more are available to y assess the level of risk in a crises last for a brief period remove items that could be

In Controlled Environments

A number of suicide prevention strategies can be put in place in controlled environments such as hospitals, jails and prisons, and police custody.

1. Learn to recognize suicide warning signs and risk factors.

One effective strategy that organizations can implement is offering trainings on recognizing and responding to suicide risk to all staff in the organization. Another is to offer educational materials and crisis resources to family members and caregivers during visitation and at discharge.

2. Have suicide risk screening and assessment trainings and protocols in place to determine suicide risk level.

It's important to provide staff with training in determining risk level using screening and/or assessment. By clearly defining protocols to follow based on risk level, staff will be more effective in recognizing and responding to suicide risk and able to use the strategies they've learned to help keep people safe.

3. Conduct an environmental scan and implement safety technologies.

Such as effective monitoring and supervision; collapsible shower heads, light fixtures, and door knobs; and specially designed bedding that's resistant to tearing.

4. Include counseling on access to lethal means and development of a safety plan as part of discharge protocols.

These interventions have been shown to reduce suicide risk and suicide attempts following discharge. For more information, please review **Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe**.

5. Have a postvention plan in place to guide the response if a client, inmate, or staff member dies by suicide.

Responding effectively after a suicide death can help people to process trauma in healthier ways and reduce the risk of additional suicides.

National Commission on Correctional Health Care, Suicide Prevention Portal

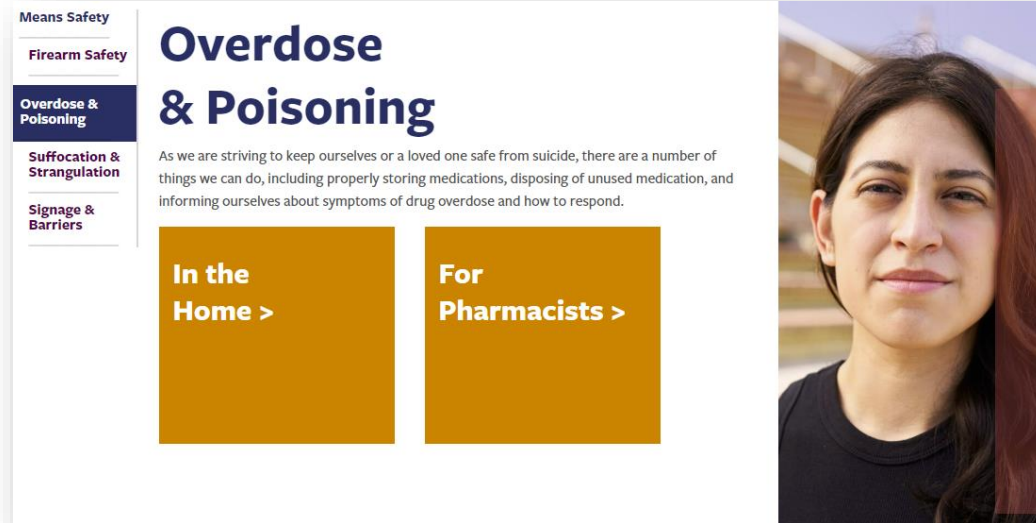
This website details requirements for a comprehensive, multipronged suicide prevention and intervention program in various settings: Jails, Prisons, Juvenile Facilities, Mental Health Services and Opioid Treatment Programs.

www.ncchc.org/

Means Safety: Poisoning (overdose) focused efforts



Striving for Safety: Overdose



The screenshot shows a website layout. On the left is a sidebar menu with links: Means Safety, Firearm Safety, Overdose & Poisoning (highlighted), Suffocation & Strangulation, and Signage & Barriers. The main content area has the title 'Overdose & Poisoning' and a paragraph: 'As we are striving to keep ourselves or a loved one safe from suicide, there are a number of things we can do, including properly storing medications, disposing of unused medication, and informing ourselves about symptoms of drug overdose and how to respond.' Below this are two orange buttons: 'In the Home >' and 'For Pharmacists >'. To the right of the text is a portrait of a woman with long dark hair.

Informs community members about steps to prevent suicide including:

- Awareness and tools for conversation
- Steps for safe storage
- Safe disposal

Overdose & Poisoning

In the Home

Implementing safety precautions in your home is a starting point for keeping your loved one safe.

1. Keep medications securely stored at all times.

Medications, including over the counter and prescription, should always be kept in their original

More >

2. Be vigilant about keeping track of your inventory of pills and refills.

Carefully note when and how much medication has been taken, so you're aware of how much is

More >

3. Dispose of unused, unwanted, or expired medications.

The best way to dispose of medications is to drop them off at a local safe disposal site. You can

More >

4. Use the proper containers.

Always use products with child-resistant caps but remember they are **not childproof**. Keep

More >

5. Be aware of poisonous substances.

Poisons are any substance that in a high enough quantity can cause illness, injury, or death when

More >

6. Maintain working carbon monoxide detectors.

Carbon monoxide is a deadly gas that you cannot hear, smell, or see. Every home with at least

More >

7. Review the steps to respond to a suspected drug overdose.

Taking drugs (legal, illegal, prescribed, or over the counter) in amounts higher than necessary or

More >

For Pharmacists >

Safe Disposal Efforts



U.S. DEPARTMENT OF JUSTICE ★ DRUG ENFORCEMENT ADMINISTRATION
DIVERSION CONTROL DIVISION

Controlled Substance Public Disposal Locations - Search Utility

Zip Code:

-Or-

City:

State:

Search Radius:
☒ 5 miles ☐ 10 miles ☐ 20 miles

FDA Flush List: <https://www.fda.gov/media/109643/download>

DEA Disposal Location Search:

<https://apps2.dea diversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>

Resources For Pharmacists

Pharmacists Can Play a Key Role in Suicide Prevention

Reach out to your patients if you observe one or more warning signs.

HERE'S WHAT TO LOOK FOR:



Columbia Suicide Risk Screening Tool for Pharmacists

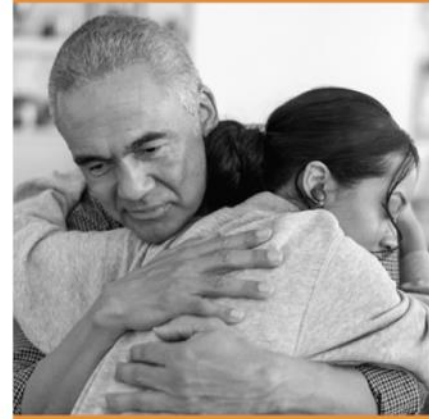
ASK your patients
CARE for your patients
ESCORT your patients

Columbia Suicide Severity Rating Scale (C-SSRS)		Past Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Have you actually had any thoughts about killing yourself?		
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6		
3) Have you thought about how you might do this?		
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?		High Risk
5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		High Risk
Always Ask Question 6		
6) Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun but changed your mind, cut yourself, tried to hang yourself, etc.		High Risk

Any **YES** indicates the need for further care (see reverse for resources). However, if the answer to **4, 5 or 6** is **YES**, immediately **ESCORT** to Emergency Personnel for care, **call** 1-800-273-8255, text 741-741.



You are Not Alone



If you are concerned about a loved one or yourself, you are not alone. By recognizing the warning signs, trusting your instincts and reaching out for help, you have the power to

Warning signs to look for:

- Talking about wanting to die or suicide
- Looking for a way to kill themselves
- Lack of care for themselves
- Exhibiting moodiness, tearfulness, or depressed affect
- Anxiety or agitation
- Sudden changes in medications
- Has prescriptions from another pharmacy
- Attempting to fill medications early
- Filling prescriptions for high-risk medications
- No sense of purpose

Suicide Prevention Resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1
En Español: 1-888-628-9454
For Deaf & Hard of Hearing: 1-800-799-4889

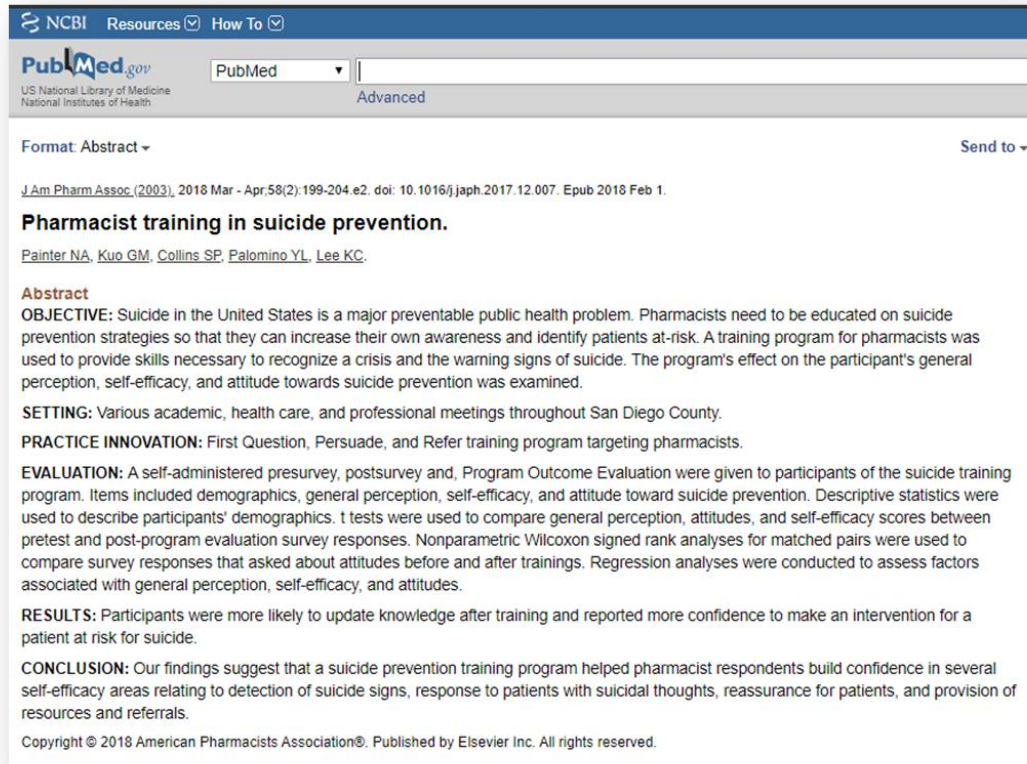
Local Resource 1 Name **Contact Number**
Description/URL/Text
Description/URL/Text

Pharmacy bags with information on crisis support and suicide prevention resources

Medication and overdose prevention

CONCLUSION:

Our findings suggest that a suicide prevention training program helped pharmacist respondents build confidence in several self-efficacy areas relating to detection of suicide signs, response to patients with suicidal thoughts, reassurance for patients, and provision of resources and referrals.



NCBI Resources How To

PubMed.gov
US National Library of Medicine
National Institutes of Health

PubMed Advanced

Format: Abstract Send to

J Am Pharm Assoc. (2003). 2018 Mar - Apr;58(2):199-204 e2. doi: 10.1016/j.japh.2017.12.007. Epub 2018 Feb 1.

Pharmacist training in suicide prevention.

Painter NA, Kuo GM, Collins SP, Palomino YL, Lee KC.

Abstract

OBJECTIVE: Suicide in the United States is a major preventable public health problem. Pharmacists need to be educated on suicide prevention strategies so that they can increase their own awareness and identify patients at-risk. A training program for pharmacists was used to provide skills necessary to recognize a crisis and the warning signs of suicide. The program's effect on the participant's general perception, self-efficacy, and attitude towards suicide prevention was examined.

SETTING: Various academic, health care, and professional meetings throughout San Diego County.

PRACTICE INNOVATION: First Question, Persuade, and Refer training program targeting pharmacists.

EVALUATION: A self-administered presurvey, postsurvey and, Program Outcome Evaluation were given to participants of the suicide training program. Items included demographics, general perception, self-efficacy, and attitude toward suicide prevention. Descriptive statistics were used to describe participants' demographics. t tests were used to compare general perception, attitudes, and self-efficacy scores between pretest and post-program evaluation survey responses. Nonparametric Wilcoxon signed rank analyses for matched pairs were used to compare survey responses that asked about attitudes before and after trainings. Regression analyses were conducted to assess factors associated with general perception, self-efficacy, and attitudes.

RESULTS: Participants were more likely to update knowledge after training and reported more confidence to make an intervention for a patient at risk for suicide.

CONCLUSION: Our findings suggest that a suicide prevention training program helped pharmacist respondents build confidence in several self-efficacy areas relating to detection of suicide signs, response to patients with suicidal thoughts, reassurance for patients, and provision of resources and referrals.

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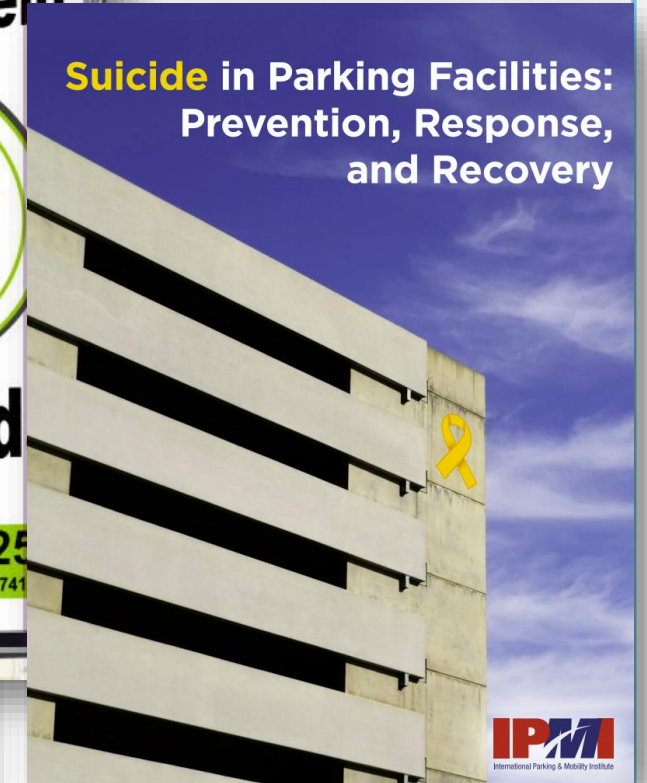
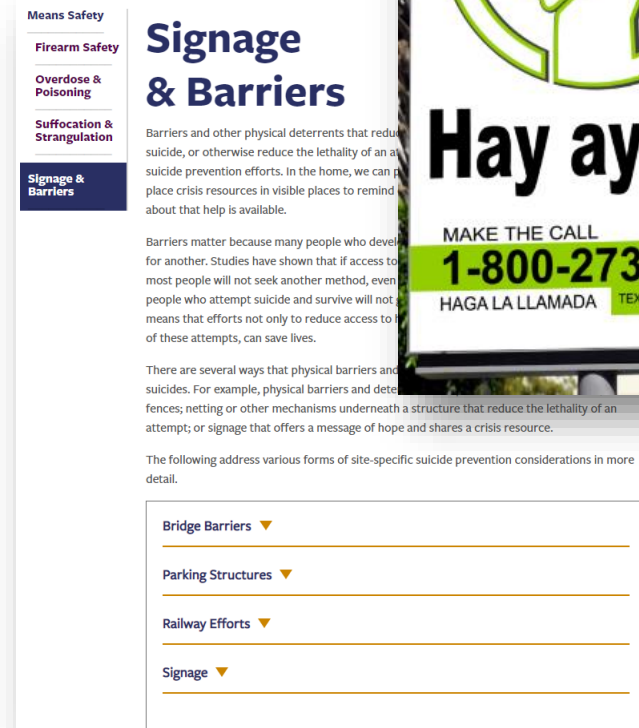
Means Safety: Site and location specific efforts



Striving for Safety: Signage and Barriers

Provides information, toolkits, and research related to implementation of safety barriers at various sites:

- Bridge and overpass barriers
- Parking structures
- Railway efforts
- Signage (examples)



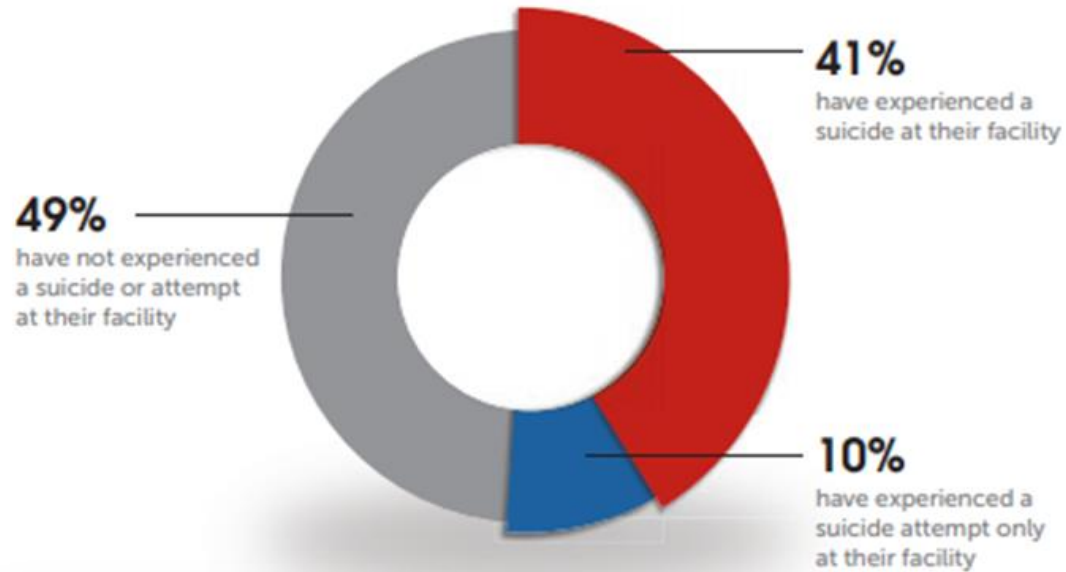
Means Safety: Barriers on Bridges

Comparing Different Suicide Prevention Measures at Bridges and Buildings: Lessons We Have Learned from a National Survey in Switzerland

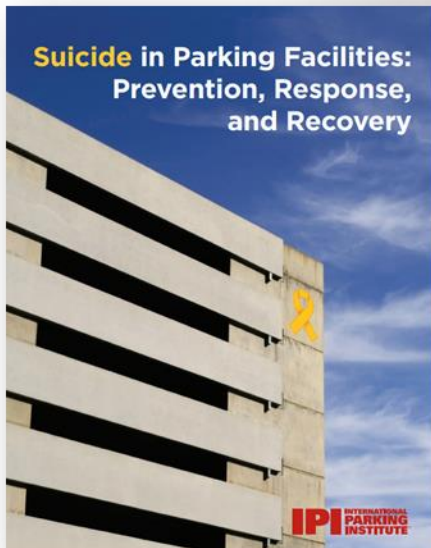
- Installation of structural measures led to a 71.7% reduction in suicides
 - Safety nets led to a 77.1% reduction of suicides
 - Barriers (fences) led to a 68.7% reduction of suicides
 - *NOTE: Safety nets were not statistically significant more preventive than safety barriers*
- “Complete” barriers led to elimination of suicides at locations
 - Two key characteristics:
 1. Secure the jump site across the entire length
 2. Prevent climbing around the bridgeheads



Means Safety: Barriers on Bridges



- Installing physical barriers, such as:
 - chain-link fencing
 - screening
 - security netting (which is less dense and more attractive)
 - vinyl-coated mesh
 - metal grating, stainless steel, glass barricades
- Other deterrents include geofencing (using closed-circuit television camera coverage) and landscaping



Railway Means Safety



- **Prevention of access to right-of-way is most effective strategy for prevention**
- *Other efforts:*
 - *Blue Lights* implementation
 - Gatekeeper trainings
 - Public Awareness campaigns
 - Signage
 - Reduction of Perceived Viability of Railroad Right-of-Way as Means for Suicide
 - Media Guidelines/Trainings
 - Public Awareness Campaigns

Using signage for means safety

**Suicide
is not the
route.**

If you are struggling emotionally
or thinking of suicide, call

1-800-273-TALK (8255)

Free and confidential.

Crisis Support Services of Alameda County, Contra Costa Crisis Center
San Francisco Suicide Prevention, StarVista: San Mateo County

bART

Theme line courtesy of MTA Long Island Rail Road

**BE SAFE AROUND
TRAINS**

M
METRO

CRISIS LINE 24/7 **LÍNEA DE CRISIS 24/7**

There is help



Hay ayuda

MAKE THE CALL

1-800-273-8255

HAGA LA LLAMADA **Text/Texto 741741**

**EachMind
MATTERS**
California's Mental Health Movement

sonoma county
DEPARTMENT OF HEALTH SERVICES

**HEALTHY
HUMAN
SERVICES**
Health. Wellbeing. Safety.

Means Safety: Firearm Suicide Prevention



Firearm Suicide Prevention:

- Includes information for “in the home” and for “retailers and ranges”

Means Safety
Firearm Safety
Overdose & Poisoning
Suffocation & Strangulation
Signage & Barriers

Firearm Safety

Firearms are a leading method of suicide in the United States. Every step we can take to put barriers or “speed bumps” between someone’s thoughts of suicide and access to means to end their life reduces the risk of a suicide attempt. This page offers strategies to incorporate suicide prevention into firearm safety practices.

In the Home

There are a number of ways you can help keep yourself or a loved one safe in the home.

1. Learn the warning signs for suicide and crisis resources.

If you are concerned about yourself or someone else and observe one or more warning signs,

[More >](#)

2. Keep guns securely stored at all times.

It’s important to keep guns securely stored at all times. This is even more important when

[More >](#)

3. Have a conversation about suicide prevention.

When you’re worried that someone may be having thoughts of suicide, the only way to know is

[More >](#)

4. Consider additional safety precautions such as storing a firearm outside the home.

Putting time and distance between a person at risk for suicide and a gun can save a life. To keep yourself, your family, or your friends safe when someone is experiencing thoughts of suicide, one of the most effective steps you can take is to limit access to firearms by securing firearms safely outside of the home. There are some things to consider before transferring firearms to a gun shop or to a family member or friend. Please note that the law can change and that these tips were written based on information available in May 2022.

Storing a gun at a gun shop or shooting range ▼

Storing a gun with a friend or family member ▼

Storing a gun with law enforcement ▼

What if storage or disposal isn’t an option? ▼

MHSOAC
Mental Health Services
Oversight & Accountability Commission

Means SafetyCommunity ResourcesFor OrganizationsFor SurvivorsSuicide Prevention

Means Safety

Firearm Safety

Overdose & Poisoning

Suffocation & Strangulation


Signage & Barriers

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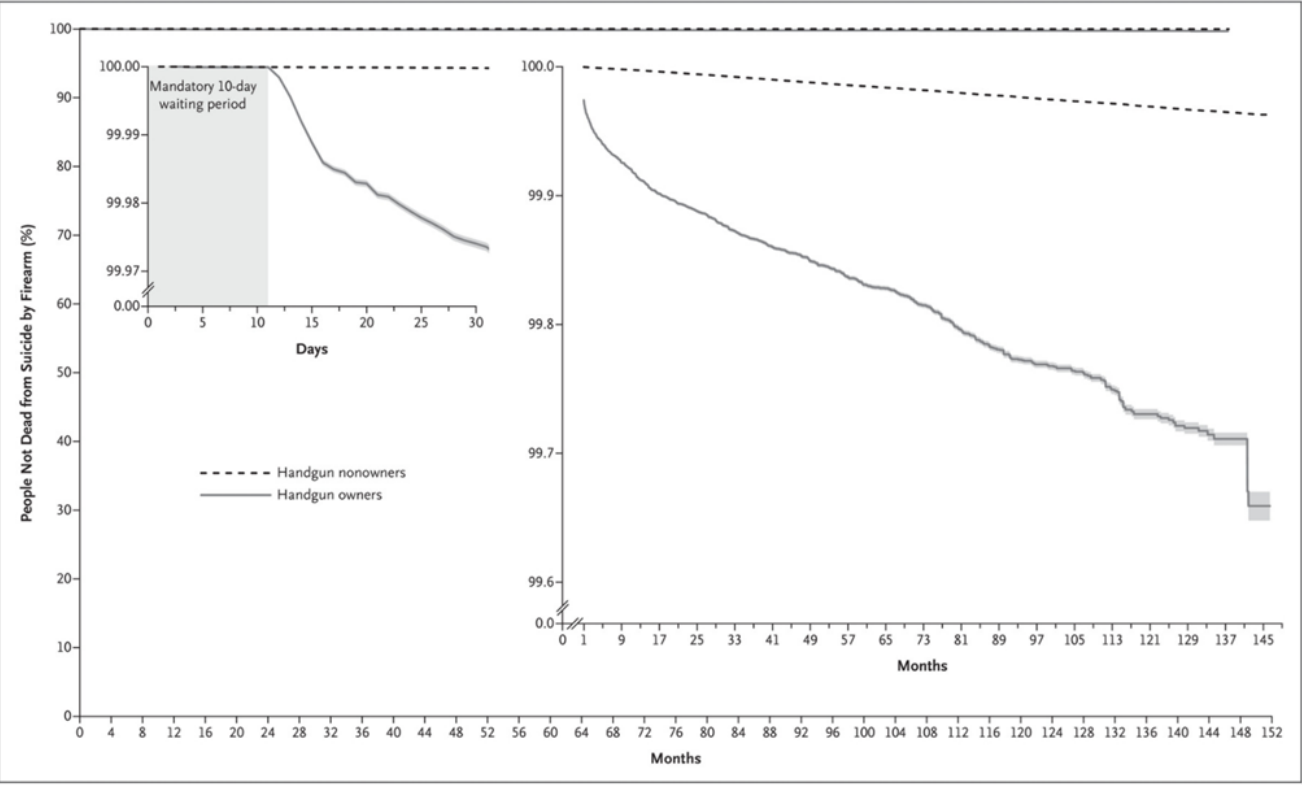
For Retailers and Ranges >



30

Suicide rates of firearm owners over time

People Not Dead from Suicide by Firearm (%)



----- Handgun nonowners
———— Handgun owners

Owners
(N=676,425)

Nonowners
(N=25,637,011)

Cause of Death	Owners		Non-owners	
	# / Rate		# / Rate	
Suicide	1,354	47.73	16,540	9.38
Suicide by Firearm	1,200	42.30	5,491	3.11

Suicide rates of firearm owners over time

SPECIAL ARTICLE

Handgun Ownership and Suicide in California

David M. Studdert, LL.B., Sc.D., Yifan Zhang, Ph.D., Sonja A. Swanson, Sc.D., Lea Prince, Ph.D., Jonathan A. Rodden, Ph.D., Erin E. Holsinger, M.D., Matthew J. Spittal, Ph.D.,
Garen J. Wintemute, M.D., M.P.H., and Matthew Miller, M.D., Sc.D.

Table 3. Counts, Crude Rates, and Adjusted Hazard Ratios for Suicide by Firearm among Handgun Owners, According to Time Period after First Handgun Acquisition.*

Suicides by Firearm	Period Since First Handgun Acquisition						
	1–10 Days	11–30 Days	31–90 Days	91–365 Days	366 Days–3 Yr	4–6 Yr	7–12.2 Yr
Suicides — no./total no. (%)	1/1200 (0.08)	172/1200 (14.33)	154/1200 (12.83)	251/1200 (20.92)	309/1200 (25.75)	194/1200 (16.17)	119/1200 (9.92)
Crude rate per 100,000 person-years	5.41	470.80	147.30	60.71	45.87	18.55	14.28
Adjusted hazard ratio (95% CI)	4.59 (0.82–25.52)	100.10 (55.75–179.90)	16.62 (12.98–21.29)	12.40 (10.48–14.67)	5.35 (4.64–6.17)	1.58 (1.34–1.86)	2.61 (2.14–3.19)

* “Acquisition” refers to the time of the application to purchase. California requires a 10-day (240-hour) waiting period from the date and time of the application to purchase to the time at which the purchaser is permitted to take possession of the firearm.

Suicide rates of firearm owners over time

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Suicide rates of firearm owners over time

SPECIAL ARTICLE

Handgun Ownership and Suicide in California

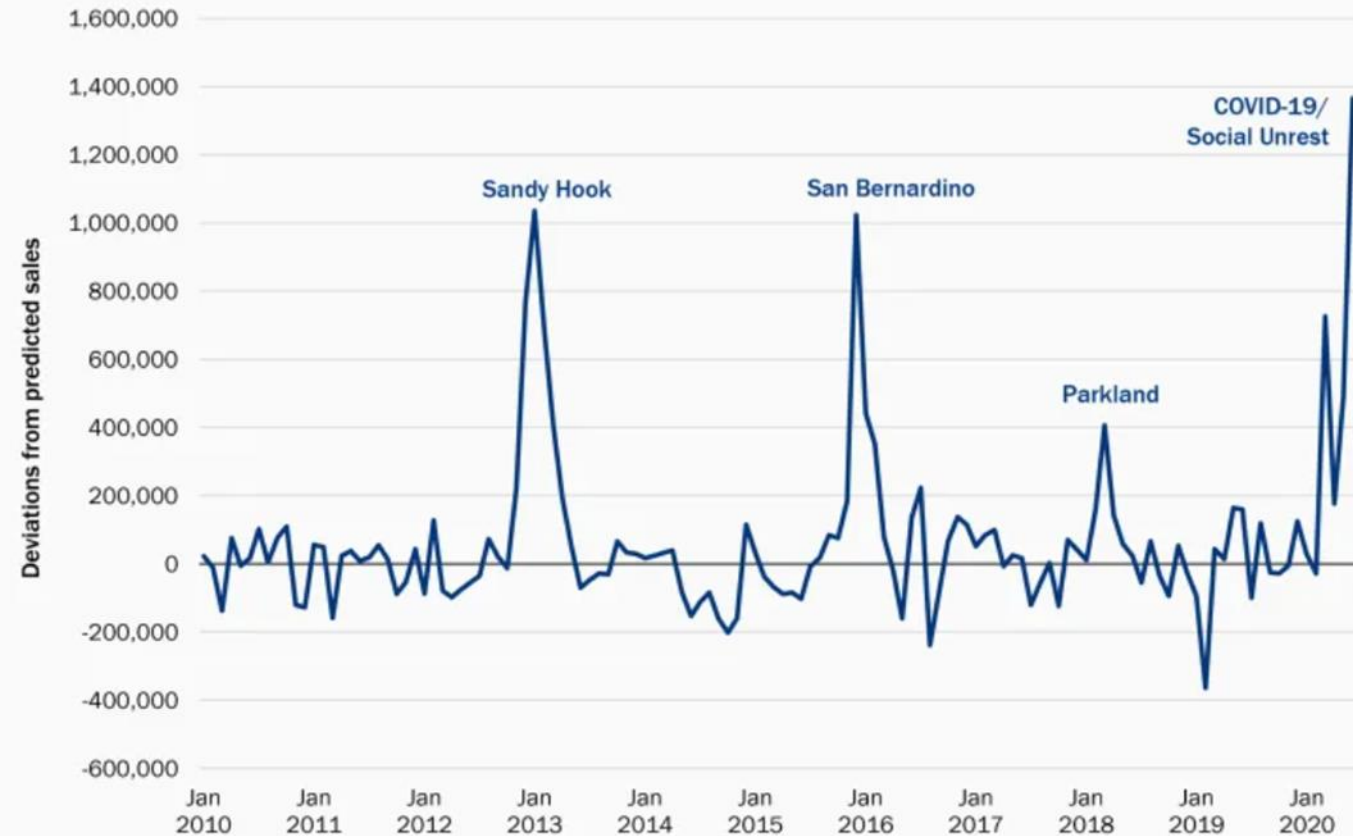
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Table 2. Counts, Crude Rates, and Adjusted Hazard Ratios for All-Cause Mortality and Suicide among Cohort Members, According to Handgun Ownership Status.

Cause of Death	Owners		Nonowners		Adjusted Hazard Ratio (95% CI) [‡]
	Deaths [*]	Crude Rate [†]	Deaths [*]	Crude Rate [†]	
All causes	10,863	382.94	1,447,118	820.91	0.80 (0.79–0.82)
Male	9,343	409.60	697,731	910.11	0.81 (0.79–0.83)
Female	1,500	271.78	739,924	747.99	0.72 (0.68–0.76)
Suicide	1,354	47.73	16,540	9.38	3.67 (3.46–3.89)
Male	1,132	49.63	11,376	14.84	3.34 (3.13–3.56)
Female	219	39.68	5,107	5.16	7.16 (6.22–8.24)
Suicide by firearm	1,200	42.30	5,491	3.11	9.08 (8.48–9.73)
Male	1,003	43.97	4,575	5.97	7.82 (7.26–8.43)
Female	194	35.15	900	0.91	35.15 (29.56–41.79)
Suicide by other methods	154	5.43	11,049	6.27	0.68 (0.58–0.80)
Male	129	5.66	6,801	8.87	0.64 (0.55–0.76)
Female	25	4.53	4,207	4.25	1.01 (0.68–1.50)

Firearm Sales

Monthly Firearm Sales, 2010 to 2020



Source: Authors' calculations based on data from the NICS database on background checks conducted.

Note: Predicted sales adjust for trends over time and seasonal variation.

B | Economic Studies
at BROOKINGS

“Safe Harbor” update to CA Penal Code

- Section 27545 does not apply to the transfer of a firearm if all of the following conditions are satisfied:
 - The firearm is **voluntarily and temporarily transferred** to another person who is 18 years of age or older for safekeeping **to prevent it from being accessed or used to attempt suicide by the transferor or another person that may gain access** to it in the transferor’s household.
 - The **transferee does not use the firearm for any purpose** and, except when transporting the firearm to the transferee’s residence or when returning it to the transferor, keeps the firearm unloaded and secured in the transferee’s residence in one of the following ways:
 - Secured in a locked container.
 - Disabled by a firearm safety device.
 - Secured within a locked gun safe.
 - Locked with a locking device as described in Section 16860 that has rendered the firearm inoperable.
 - The **duration of the loan is limited to that amount of time reasonably necessary** to prevent the harm described in paragraph (1).

CA Distribution and Dealer Requirements

- 31640: Firearm safety certificate standardized test shall include information on suicide prevention
- 23640: Packaging of firearms shall include the National Suicide Prevention Lifeline (English and Spanish)
- 26835: Requires posting of National Suicide Prevention Lifeline in business

**Materials
included as part
of statewide
firearm suicide
prevention
project:**

- Decals/stickers that prominently display National Lifeline
- Posters for display that include National Lifeline and general suicide prevention messaging
- Half-page fliers with firearm suicide prevention information
 - For passive display
 - To be included with each firearm sale
- Training content for use by firearm safety instructors

What is different in our approach

- *Reframe messaging around firearm suicide prevention as a key tenant of firearm safety*
 - *“Protector mentality”*
 - *Emphasize “safe harbor” exemption*
 - *Talk about suicide as part of firearm safety BEFORE a crisis*
 - *Identify a “buddy”*
- *Working directly with firearm dealers and especially instructors as trusted sources of safety information within the firearm community*

Means Safety: Counseling on Lethal Means



Counseling on Lethal Means

What is Lethal Means Safety Counseling?

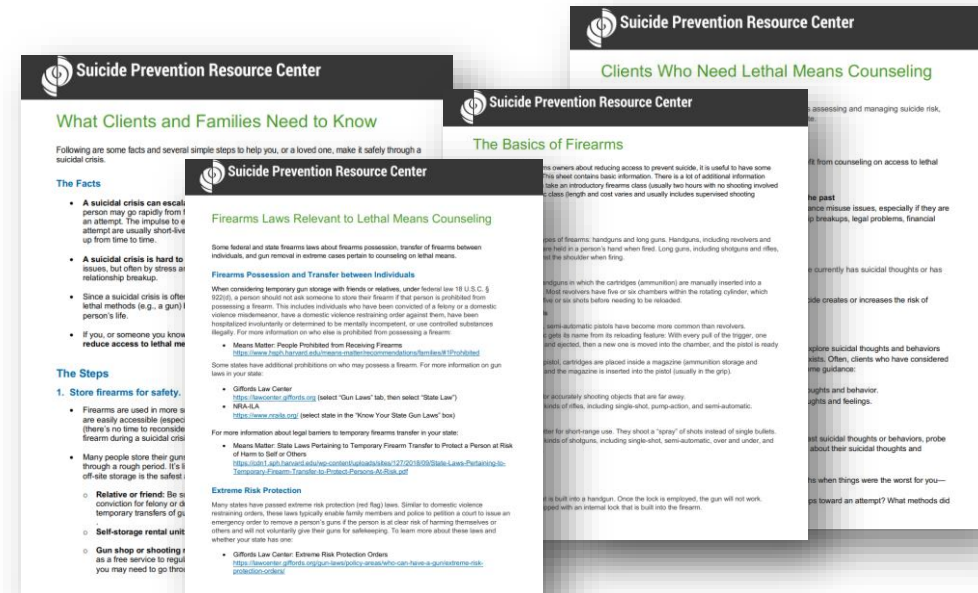
Lethal means safety counseling is the process that healthcare providers undertake to:

1. **Determine** if an individual at risk for suicide has **access to lethal means** of suicide attempt (such as firearms); and
2. Work with the individual and their family or friends **to reduce access** until the risk of suicide decreases

CALM is an online course designed by SPRC for professionals who work with people at risk for suicide.

The course covers how to:

- Identify people who could benefit from lethal means counseling
- Ask about their access to lethal methods
- Work with them, and their families, to reduce access
- Website: <http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>



www.MeansMatter.org

The screenshot shows the Harvard T.H. Chan School of Public Health website. The header includes the Harvard logo, the school's name, and a navigation menu with links for Email, People, Departments, Calendar, Careers, Give, Frontiers, and my.harvard. Below this is a secondary navigation bar with links for ABOUT, FACULTY & RESEARCH, ADMISSIONS & AID, ACADEMICS, EXECUTIVE/CONTINUING ED, and NEWS. The main content area features the title "Means Matter" followed by a 3x6 grid of speech bubbles. Most bubbles contain the word "WHY?", but the bubble in the second row, fourth column, contains the word "HOW?". At the bottom, there is a section titled "MEANS MATTER" with a subtitle "Suicide, Guns, and Public Health".

HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH

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ABOUT | FACULTY & RESEARCH | ADMISSIONS & AID | ACADEMICS | EXECUTIVE/CONTINUING ED | NEWS

Means Matter

WHY?	WHY?	WHY?	WHY?	WHY?	WHY?
WHY?	WHY?	WHY?	HOW?	WHY?	WHY?
WHY?	WHY?	WHY?	WHY?	WHY?	WHY?

MEANS MATTER

Suicide, Guns, and Public Health

Means Safety: Striving to Keep a Loved one Safe from Suicide

Welcome. This website is designed to support you to increase safety for yourself or a loved one, friend, colleague, or client when suicide risk is elevated. Limiting a person's access to means by which they may cause themselves harm is called *lethal means safety*, and here you'll find information about a range of strategies to promote safety in times of crisis or in anticipation of crisis.

Adding time between thoughts of suicide and a person's ability to obtain lethal means for an attempt represents a practical, lifesaving approach to prevent suicide.

Thank You!
Questions?

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