

WARNING SIGNS OF SUICIDE



Talking About

- Wanting to die or to kill oneself
- Researching ways to kill oneself
- Feeling hopeless or having no reason to live
- Feeling trapped or in unbearable pain
- Feeling like a burden to others

Behavior Change

- Increasing the use of alcohol or drugs
- Losing interest in activities
- Acting anxious or agitated
- Behaving recklessly and irrationally
- Sleeping too little or too much
- Withdrawing or isolating from others
- Mood swings, including showing rage or talking about seeking revenge
- Sharp drop in academic performance
- Giving away possessions
- Deleting social media accounts

If you are ever in a conversation about suicide with a young person, remember your **ABCDEs**.

- A** Ask Directly about Suicide
- B** Be an Active Listener
- C** Continue to Keep Them Safe
- D** Discuss Options and Connect to Help
- E** Encourage, Support, and Follow Up

VOLUNTARY FIREARM STORAGE



If someone is feeling suicidal, has recently attempted suicide, or is experiencing a crisis, **remove firearms until the situation improves**. Consider storing firearms at a temporary, voluntary external safe storage site.

For more information, visit mdpgv.org/safestoragemap.

YOUTH MENTAL HEALTH RESOURCES



If you or a young person you know is feeling suicidal, has recently attempted suicide, or is experiencing a crisis, **reach out for help**.

For more resources, visit the **Office of Suicide Prevention's Youth Resource Page**.



MENTAL HEALTH OR SUBSTANCE USE CRISIS?

CALL OR TEXT 988



CONFIDENTIAL AND AVAILABLE 24/7



Maryland Department of Health

201 West Preston Street, Baltimore, MD 21201

Phone: 410-767-6500

1-877-463-3464

health.maryland.gov

Firearm Safe Storage & Youth Suicide Prevention

Informed communities can support young Marylanders at risk of suicide or violence



Maryland

DEPARTMENT OF HEALTH

health.maryland.gov



Save lives with Safe Storage

Today's youth are navigating social and emotional development, the complexities of the digital world, discrimination, and challenges from the COVID-19 pandemic. For many young people, these issues can contribute to mental and emotional distress. Access to unsecured firearms for youth at risk can result in suicide, serious injury, or violence towards others.

An unsecured firearm can put everyone in a household at risk, not just the firearm owner. The decision to harm oneself or others can happen in a matter of minutes. Young people often know how to access firearms, even if adults in a household are not aware. Troublingly, a 2021 study published by the Journal of the American Medical Association found that one-third of adolescents living in households with firearms reported being able to access a loaded firearm in less than 5 minutes. More than one-third of adolescents contradicted their parents who reported believing that their adolescents could not access household firearms.

Safe storage can save lives. Engage in conversations with young Marylanders about firearms, violence, and mental health. Review your firearm storage practices, learn signs of a crisis, and educate members of your household and community.

SAFELY STORE YOUR FIREARMS



- > Store and lock firearms **unloaded**.
- > Store and lock ammunition **separately from every firearm, every time**.
- > Make sure **keys and combinations are not accessible** to minors or anyone at risk of violence against self or others.
- > If someone is in crisis in the household, **temporarily remove firearms** from your home.
- > **Avoid storing firearms unattended in vehicles** to prevent theft.

It's the Law.

GUIDELINES FOR YOUNG PEOPLE



Adults should be aware that minors could discover a firearm when a parent or another adult is not present. Youth should know the following rules:

- 1 Stop**
If you find or see a firearm, stop what you are doing.
- 2 Don't Touch**
NEVER touch a firearm you may find or see. Resist curiosity and do not take the firearm to an adult.
- 3 Leave the Area**
Immediately leave the area, never taking a firearm or trying to stop someone from using a firearm.
- 4 Tell an Adult**
Tell an adult about encountering a firearm, including if other kids are shooting or playing with firearms.

SAFE STORAGE OPTIONS

There are many safe storage choices available. Explore options and find one that's right for you!

Locking Devices

Cable Lock (Free-\$50)

Device that blocks chamber to prevent firing. Typically requires key or combination to unlock, usable on most firearms. Good to prevent children from access.



Trigger Lock (\$5-\$50)

Two-piece lock, fits over trigger guard. Blocks trigger but does not prevent loading. Typically requires key or combination to unlock. Should not be used on loaded firearm (can still be fired). Not usable on lever-action firearms.

Locking Boxes

Lock Box (\$25-\$350)

Small safe to store handguns/small firearms. Typically requires key, combination, or fingerprint to unlock. Lock boxes can be permanently mounted to prevent theft.



Safe (\$100-\$2,500)

Stores variety of firearms/other valuables. Typically requires key, combination, or fingerprint to unlock. Most secure option for multiple firearms, and for theft prevention.



DID YOU KNOW?

22%

From 2021 to 2022, firearm sales in Maryland rose by 22%.

[NICS Firearm Checks \(2021-2022\)](#)

29%

In Maryland, from 2017 to 2021, firearms were used in 29% of suicides among youth ages 10-19.

[Centers for Disease Control and Prevention \(2023\)](#)

4x

The number of Marylanders under 18 wounded in nonfatal shootings quadrupled from 2013 to 2022.

[Maryland Department of Juvenile Services \(2023\)](#)

63%

According to the Gun Violence Archive, mass shootings increased from 2018 to 2022 by 63%.

[Gun Violence Archive \(2023\)](#)