

CONFRONTING THE INEVITABILITY MYTH

HOW DATA-DRIVEN GUN POLICIES SAVE LIVES FROM SUICIDE

Suicide affects a large and growing number of American families. But these tragedies are preventable. Most people who attempt suicide without a gun survive in both the short and long term—**90% of survivors do not die by suicide**. But those who reach for a gun rarely have a second chance.

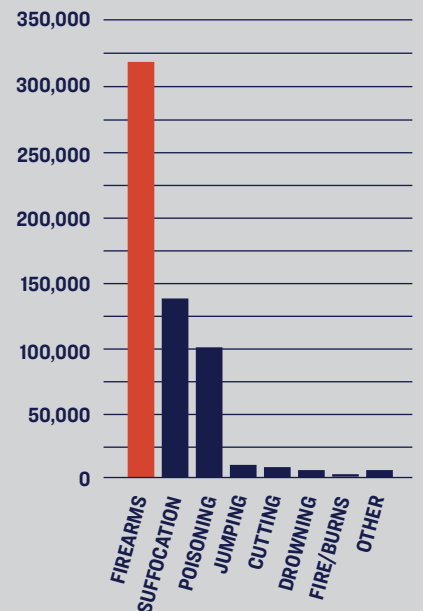
THE DIFFERENCE A GUN MAKES

Though most people who attempt suicide are struggling with mental illness, suicide attempts are usually impulsive responses to acute crisis. People who reach for guns in these moments of crisis are unlikely to survive. **Guns are used in only 5% of suicide attempts, but because guns are uniquely lethal, they are responsible for over 50% of suicide deaths.** This is why states with immediate, unrestricted access to guns have much higher suicide rates. And it's why gun safety reform must be part of a comprehensive policy response.

FIREARMS ARE MORE DEADLY THAN OTHER MEANS

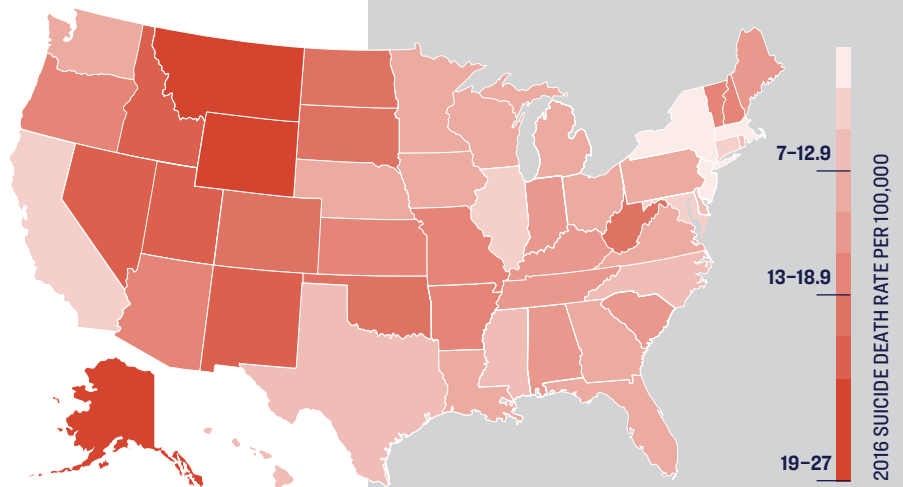
Guns are used in just 5% of US suicide attempts, but they are responsible for more suicide deaths than all other methods combined.

NUMBER OF SUICIDE DEATHS 2000-16



SUICIDE RATES BY STATE

Suicide rates are much higher in states with weak gun laws and broad access to firearms, like Alaska, Montana, New Mexico, and Wyoming.



READ THE FULL REPORT

giffordslawcenter.org/suicide

FACEBOOK /Giffords

TWITTER @GiffordsCourage

EFFECTIVE GUN POLICY CAN PREVENT SUICIDES

Several states have enacted effective suicide prevention policies to limit at-risk individuals' access to guns during periods of suicidal crisis.

UNIVERSAL BACKGROUND CHECKS help to keep severely suicidal people from acquiring guns after they have been involuntary committed for their own safety.

EXTREME RISK PROTECTION ORDER LAWS empower family members to proactively protect their loved ones by petitioning a court to temporarily remove guns during a severe suicidal crisis.

VOLUNTARY GUN RELINQUISHMENT LAWS could help empower people to promote their own health and safety by limiting their own access to guns during mental crises.

WAITING PERIODS provide a brief but crucial cooling off period to guard against impulsive, suicidal gun purchases.

SMART GUNS, SAFETY TRAINING, AND SAFE STORAGE LAWS help keep children and teens from gaining unsupervised access to guns can meaningfully reduce youth suicide.

HEALTHCARE-BASED SUICIDE PREVENTION PROGRAMS have shown that medical professionals make a remarkable difference in their patients' risk of suicide if they have the training, freedom, and support to effectively counsel their patients about suicide and gun safety.

YOU ARE NOT ALONE If you or a loved one are contemplating suicide, please call the free and confidential National Suicide Prevention Lifeline at 1-800-273-8255.

WE'RE ON A MISSION TO SAVE LIVES

For 25 years, the legal experts at Giffords Law Center to Prevent Gun Violence have been fighting for a safer America by researching, drafting, and defending the laws, policies, and programs proven to save lives from gun violence. Founded in the wake of a 1993 mass shooting in San Francisco, in 2016 the Law Center joined with former Congresswoman Gabrielle Giffords to form a courageous new force for gun safety that stretches coast to coast.

CONTACT US

media@giffords.org

READ THE FULL REPORT

giffordslawcenter.org/suicide

FACEBOOK /Giffords

TWITTER @GiffordsCourage

SUICIDE DEATH RATE PERCENT INCREASE 2000-16

Suicide rates have increased in all 50 states over the last 17 years.

