

SEEKING HELP WHEN SOMEONE MAY BE A DANGER TO THEMSELVES OR OTHERS

If you are concerned about someone who may be considering harming themselves or others and has or may have access to a firearm or ammunition, there are steps you can take. Some of your options depend on the specific situation so consider the following possibilities and seek help from those you think might be most able to assist. Most resources will provide you with other options and referrals if they cannot help.

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.

1. Contact 911 if it is an emergency.
2. Contact law enforcement in your jurisdiction to report your concerns or discuss the possibility of having them take action to address the situation. Law enforcement can conduct welfare checks, obtain emergency orders, including Gun Violence Restraining Orders and orders to prevent domestic violence, child abduction and abuse, or stalking.
3. Contact the National Domestic Violence Hotline, 24 hours/day, 365 days a year in 120 languages: 1-800-799-7233 or [online](#).
4. Contact the National Suicide Prevention Lifeline 24 hours/day, 365 days/year: 1-800-273-8255 or [online](#).
5. Contact an attorney or the [California State Bar for information](#) about how to find attorneys in your area.
6. Find information about options through your local court which you can find [here](#). [This website](#) will also provide you information about how to get free information about court procedures and filing forms from a self-help center.
7. Explore options for asking the court for a restraining order to prevent someone from doing harm and from having access to firearms. Restraining order options in California include: [Gun Violence Restraining Orders](#), [Domestic Violence Restraining Orders](#), [Elder Abuse Restraining Orders](#), [Civil Harassment Orders](#), [Workplace Violence Restraining Orders](#), and [School Violence Prevention Orders](#). Attorneys, self-help centers, and advocacy services (such as domestic violence services) can be helpful in working with you to figure out the most appropriate order request.
8. Consider whether mental health services, social service providers, or other community resources may be helpful to you. Dial or [contact](#) 211 for assistance with local resources and referrals.

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