

# CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?



## ARE THEY SHOWING SIGNS OF SUICIDALITY?

- Depressed, angry, impulsive?
- Losing hope?
- Going through a relationship break-up, legal trouble, or other setback?
- Talking about being better off dead?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Acting reckless?
- Feeling trapped?

Two-thirds of suicides in Louisiana are by firearm.

The firearm suicide rate for Louisiana veterans is more than double that of the general population.

Almost half of all Louisiana firearm deaths are suicides.

## HOLD ON TO THEIR FIREARMS

Show them that you care, and give them more time to think about staying alive.

For other ways to help, call the National Suicide Prevention Lifeline by dialing 988.

Learn more and get involved  
[www.ArmoryProject.org](http://www.ArmoryProject.org)

