

## Know the Signs

The warning signs of emotional pain or suicidal thoughts aren't always obvious. Here's what to look for:

### Verbal Clues

- "I just want out."
- "I won't be around much longer."

### Physical Clues

- Changes in sleep
- Chronic headaches
- Stomach problems

### Behavioral Clues

- Giving away possessions
- Reckless behavior
- Putting affairs in order
- Feeling hopeless, desperate, trapped
- Increased drug or alcohol use
- Withdrawal
- Anxiety or agitation
- Sudden mood changes
- No sense of purpose

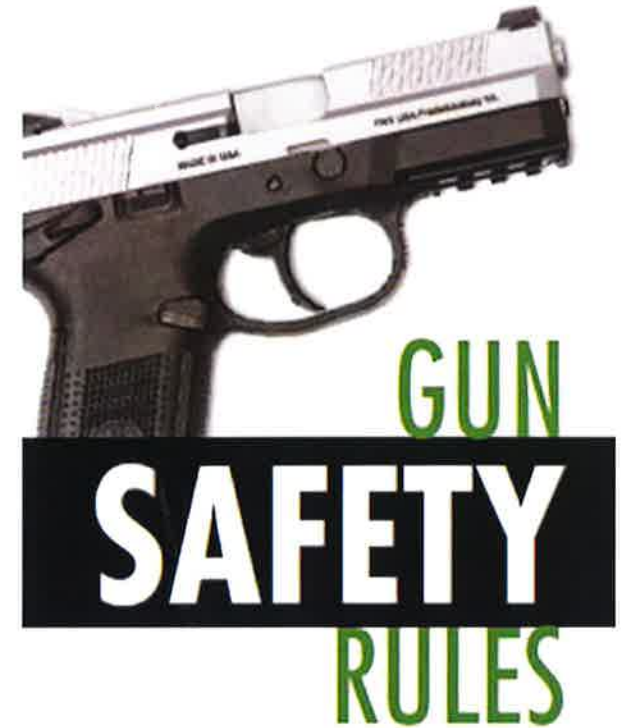
### Situational clues

- Exposure to trauma (abuse, bullying)
- Financial stress
- Diagnosis of a terminal illness
- Death of a loved one

If you sense something is wrong, trust your instincts and get more information at [suicideispreventable.org](http://suicideispreventable.org).

## Santa Clara County Resources

<b>Emergency 24/7</b> (Police/Fire)	911
Ask for a C.I.T. officer trained in mental health issues	
<b>Information and Referrals 24/7</b>	211
<b>Police (Non-emergency) 24/7</b>	311
<b>Suicide and Crisis Hotline 24/7</b>	1-855-278-4204
<b>Suicide Prevention Lifeline (National)</b>	800-273-TALK (8255) Veterans: Press 1
<b>Teen Hotline 24/7</b>	888-247-7717
<b>Rape Crisis Hotline 24/7</b>	408-287-3000
<b>Contact Cares</b>	408-850-6125
Crisis and parental stress hotline	
<b>Mental Health Urgent Care</b>	408-885-7855
<b>Mental Health Services Call Center</b>	800-704-0900
24/7 assistance in accessing County mental health services, referrals to community services, and assistance during a mental health crisis	
<b>National Alliance on Mental Illness</b>	800-950-NAMI
<b>GATEWAY</b>	800-488-9919
Drug/alcohol linkage services	
<b>Uplift Mobile Crisis Unit</b>	408-379-9085
Children under 18	
<b>Child Protective Services</b>	408-299-2071
<b>Friendship Line</b>	800-971-0016
Senior citizens	
<b>Golden Gateway</b>	408-295-5288
Adults 60+	
<b>Adult Protective Services</b>	800-414-2002
<b>Shelter Referrals 24/7</b>	800-774-3583
<b>Next Door</b>	408-279-2962
Domestic violence support services	



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COUNTY OF SANTA CLARA  
**Suicide Prevention**

## Shooting a Gun

**1. Seek proper instruction.** Attend a reputable firearms safety handling course or seek private instruction before attempting to use a firearm. Before handling a new gun, learn how it operates. This includes knowing its basic parts, how to safely open and close the action, and how to safely remove any ammunition if loaded. Remember: A firearm's mechanical safety device is never foolproof.

**2. Wear eye and ear protection as appropriate.** Firearms are loud. They can also emit debris and hot gases that can cause injury. Safety glasses and ear protectors are recommended.

**3. Be sure your gun and ammunition are compatible.** Only cartridges or shells designed for a particular gun can be safely fired by that gun. Most guns have their cartridge or shell type stamped on the barrel. Ammunition can be identified by information printed on the box and stamped on each cartridge.

**4. Carry only one gauge/caliber of ammunition when shooting.** Smaller ammunition can be accidentally placed in a gun chamber designed for larger ammunition, creating an obstruction and a very hazardous situation.

**5. Be sure of your target—and what's beyond.** Be absolutely sure you have identified your target, without any doubt. Equally important is to be aware of the area that is beyond your target. This means observing your prospective area of fire before you shoot. Never fire in a direction where there are people or any other potential for mishap.

**6. Don't mix alcohol or drugs with shooting.** Alcohol—in addition to any other substance likely to impair mental or physical functions of the body—should not be used before or while handling firearms.

## Owning and Handling a Gun

**7. Keep your finger off the trigger until you are ready to shoot.** There's a natural tendency to place your finger on the trigger when holding a gun. Avoid it! Your trigger finger should be extended, pointing forward, pressed against the side of the firearm, above the trigger area.

**8. Keep the action open and the gun unloaded until ready to use.** Whenever you pick up any gun, immediately check the action and check to see that the chamber is unloaded. If the gun has a magazine, make sure it is empty. Even if the magazine is empty or removed, a cartridge may still remain in the firing chamber.

**9. Always point the muzzle in a safe direction.** Whether you are shooting or simply handling your gun, never point the muzzle at yourself or at others. Common sense should dictate which direction is safest depending on your location and various other conditions. Generally speaking, it is safest to have the gun pointed upward or towards the ground.

**10. Store your guns safely and securely when not in use.** Hiding guns where you think children or others will not find them is not enough. Always store your guns unloaded and locked in a case or gun safe when not in use, with ammunition locked and stored in a separate location.

## The 11<sup>th</sup> Commandment of Gun Safety Rules

**11. Consider temporary off-site storage if someone you know is having thoughts of harming themselves or others.** When an emotional crisis (like a break-up, job loss, legal trouble) or a major change in someone's behavior causes concern, storing guns outside the home for a while may save lives. If someone you know is showing the warning signs of suicide, immediately follow safety measures.

### What you can do:

- ✓ Lock the unloaded firearms in a gun safe or tamper-proof storage box, with ammunition locked in a separate location.
- ✓ Store firearms outside of the house, with an individual who can legally hold a gun.
- ✓ Inquire with local gun shops and shooting ranges, who may rent storage lockers for a fee.
- ✓ Family members can ask law enforcement officers to seek a Gun Violence Restraining Order (GVRO) against people who pose a threat to themselves or others.
- ✓ To find out more about GVRO visit: <https://speakforsafety.org/>