



The Oregon Firearm Community

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# RESOURCE GUIDE

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*Leading the Way in Preventing Firearm Suicide*

# Together We Stand

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## OFSC Guiding Principals

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To support Oregon firearm owners in discussing and preventing firearm suicide respectfully, creating a space for suicide prevention engagement without fear of restricting Second Amendment Rights.

Let's Have Each Others' Backs  
and be Prepared to Help

### Suicide myths we NEED to bust

**Myth:** If you stop someone from killing themselves, they will only try again later. **Fact:** This is not the case. Often, feeling actively suicidal is temporary due to crisis that does pass.

**Myth:** If a person cannot use a firearm for suicide, they will just use something else. **Fact:** Firearms are more lethal than all other means for suicide combined. Limiting access to a lethal means during a suicidal

# Signs that a person might be at risk for suicide

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Suicide does not have a single cause, but here are some things to look out for:

- **Talking about:** Wanting to die, being a burden to others, or having no reason to live.
- **Expressing feelings of:** Emptiness, hopelessness, agitation, being in unbearable emotional or physical pain.
- **Changing behavior, such as:** Making a plan or researching ways to die, withdrawing from friends, calling or visiting to say goodbye or giving away important possessions.
- **Stressful life situations:** Relationship breakup or divorce, loss of a job, loss of a loved one, transitioning from the military to civilian life.
- **Mood:** Depression, anxiety, loss of interest.
- **Having a history of:** Previous suicide attempts, mental health conditions such as depression, bipolar disorder, or schizophrenia, substance use problems, a family history of suicide.

crisis is the best way to keep a person safe and make sure they get a second chance.

**Myth:** If I ask, it might give them the idea for suicide. **Fact:** We all struggle from time to time, it's okay to ask directly if a friend or family member is having thoughts of suicide, in fact – research has shown that asking directly can actually reduce the risk for suicide.

# Creating time and distance between a person experiencing a suicidal crisis and a firearm could save their life

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## In Times of Crisis:

- Temporarily store firearms at an offsite safe storage location or give firearms to a trusted friend or family member to temporarily hold.\*\*
- Lock firearms in a safe and put crisis line numbers and photos of loved ones on the outside of the safe.
- Store firearm, clip, and ammunition in three separate locations.
- Use a cable lock and give someone you trust the key to hold temporarily.
- Lock firearm in safe and have someone you trust change the combination.
- Give your ammunition to a friend or family member to temporarily keep safe.
- Disassemble the firearm and give a non-registered part to a friend or family member.
- Any strategy that builds time and distance between a person and a firearm during a suicidal crisis will keep everyone safer.

\*\*As per ORS 166.435 Firearm transfer by unlicensed persons: Section (F) For the purpose of preventing imminent death or serious physical injury, and the provision lasts only as long as is necessary to prevent the death or serious physical injury.

## Did you know

- 80% of all firearm deaths in Oregon are suicides
- At least 50% of all suicides in Oregon involve firearms – in some rural areas that statistic can go up to over 80%.
- Oregon has one of the highest rate of suicide in the nation – Suicide is the 8th leading cause of death for adults, and is a leading cause of death for Oregon Youth







