



# CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

## ARE THEY SUICIDAL?

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

**SUICIDES IN NH**  
far outnumber homicides

**FIREARMS ARE THE  
LEADING METHOD**

**ATTEMPTS WITH A GUN  
ARE MORE DEADLY**  
than attempts with other methods



[www.nhfsc.org](http://www.nhfsc.org)

## HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.
- For other ways to help, call the National Suicide Prevention Lifeline: **1-800-273-TALK [8255]**.