

Removing access to lethal means from someone in suicidal crisis greatly reduces the likelihood of that person dying by suicide. Measures as simple as turning over the keys to a locking device, changing the combination to a gun safe, or temporarily storing firearms offsite are options that may save a life. There are state-mandated procedures for how a firearm owner can temporarily give the firearm to another person. Know and understand Connecticut state law to avoid violations when temporarily transferring firearms. Contact CT Special Licensing and Firearms Unit (860.685.8400) for details.



As a means of last resort, if an individual shows warning signs of suicide and won't voluntarily agree to prevent access to his or her firearms, Connecticut has an Extreme Risk Protection Order (ERPO) process that allows for the temporary removal of firearms when a person poses a risk of imminent danger to themselves or others. Contact your local police if there is no other means to keep the individual safe.

(Laws are subject to change, check with local law enforcement, legal consult or other experts for more information.)

ASK THE QUESTION – Have a Brave Conversation

Be direct and nonjudgmental. Ask “Are you thinking about suicide?” Research shows this does not give the person the idea. It opens communication and may provide relief. Stay with the person and get them help. If you would like training or more information, go to the resources listed below.

MAKE A CALL (24 Hours a day, 7 days a week)

988 Suicide & Crisis Lifeline Call 988 or chat online at 988lifeline.org	24/7, free and confidential support for people in distress, prevention and crisis resources for the person in crisis or anyone supporting that person (for veteran-specific services dial 988 then Press 1)
Crisis Text Line Text CT to 741741	Crisis Text Line provides free, confidential 24/7 mental health support via text messaging.

LEARN MORE ABOUT SUICIDE PREVENTION

preventsuicidect.org	Connecticut Suicide Advisory Board: the single state-level advisory board addressing suicide prevention, intervention and response across the lifespan.
nssf.org/safety	National Shooting Sports Foundation: Suicide Prevention Program for Retailers and Ranges including videos and a toolkit.
afsp.org	American Foundation for Suicide Prevention.
keepitsecure.net	US Department of Veteran Affairs videos and information on suicide prevention and safe storage.
211ct.org Call 211 or chat online at 211ct.org	A free, confidential information and referral service that connects people to essential health and human services 24/7.
ctclearinghouse.org	A statewide library and resource center for information on suicide, mental health disorders, substance misuse, prevention and health promotion, wellness and other related topics.