



The Oregon Firearm Community

RESOURCE GUIDE

Leading the Way in Preventing Firearm Suicide

Together We Stand

OFSC Guiding Principals

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

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

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

- 78% 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

Asking about suicide

The American Foundation for Suicide Prevention advises the following when asking about suicide:

If you are concerned about someone assume you're the only one who will reach out – and reaching out can save a life. Listen to their story and let them know you care. Ask directly about suicide, calmly and without judgement. Show understanding and take their concerns seriously. Let them know their life matters to you. That one conversation could save a life.

Have an honest conversation

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask directly if they are thinking about suicide
- Encourage them to seek treatment or contact their doctor or therapist
- Avoid debating the value of life, minimizing their problems or giving advice

If a person says they are considering suicide

- Take the person seriously
- Stay with them
- Help them remove lethal means – such as firearm and medication
- Call the National Suicide Prevention Lifeline: **988**
- Or **988lifeline.org** to chat with a trained crisis counselor
- Escort them to mental health services or an emergency room

50% of Oregon youth suicides involve firearms – normally from the youths home.

70% of people that survive their first suicide attempt NEVER have a second attempt

90% of people that survive a suicide attempt to not go on to die by suicide

Second chances REALLY matter – and they almost never come if a firearm is used.

Seek Support

Anyone can experience a crisis that can lead to thoughts of suicide. You are not alone. Support is available and with HELP comes HOPE.

If you or a loved one is struggling:

- Visit your Primary Care Provider
- Connect with a Mental Health Care professional
- Go to a Walk-in Clinic or Urgent Care Center
- Talk to someone, **988 answers calls 24/7**

National Crisis Lines

National Suicide Prevention Lifeline: Call or text 988, or chat online at www.988lifeline.org/chat988

En Español: 988

Youth Line: Call 1-977-968-8491 or Text teen2teen to 839863

Veterans Crisis Line: 988 and Press 1 or Text to 838255

The Trevor Project – LGBTQ young people: 1-866-488-7386

Mental Health Treatment Locators

Substance Abuse: www.samhsa.gov

Psychology Today: www.psychologytoday.com

Mental Health America: www.mhanational.org

NAMI: www.nami.org

In a life threatening emergency, please call 911.

Suicide Prevention/Postvention Resources

Lines for Life: www.linesforlife.org

American Foundation for Suicide Prevention: www.afsp.org

Substance use disorder: Alcohol and Drug Helpline 800-923-4357 or
Text RecoveryNow to 839863

Suicide Prevention Training: www.gettrainedtohelp.com

Friends For Survival: support for survivors of suicide: 1-916-392-0664

Suicide Bereavement Support: www.sbsnw.org / 503-200-0382

Other Resources

Oregon State Shooting Association: <https://www.ossa.org>

Oregon Association of Shooting Ranges: <https://oasr.org>

National Shooting Sports Foundation: <https://www.nssf.org>

Oregon Hunting Association: <https://oregonhunters.org>

Walk The Talk America: <https://walkthetalkamerica.org>

Forward Assist: <https://www.forwardassistnw.org>

Returning Veterans Project: <https://returningveterans.org>

Healing Waters - fly fishing: <https://projectthehealingwaters.org>



Working Together— Firearm Owner to Firearm Owner

MISSION STATEMENT

The Oregon Firearm Safety Coalition (OFSC) mission is to prevent firearm suicides in Oregon through voluntary community-led strategies. OFSC will remain a nonpartisan, mission-driven coalition that does not seek to mandate behaviors or restrict the Second Amendment right to bear arms. Rather, we seek to give Oregon firearm owners the resources, information, and skills to support themselves and their loved ones in preventing suicide.

Website: [OFSC.US](https://www.ofsc.us)