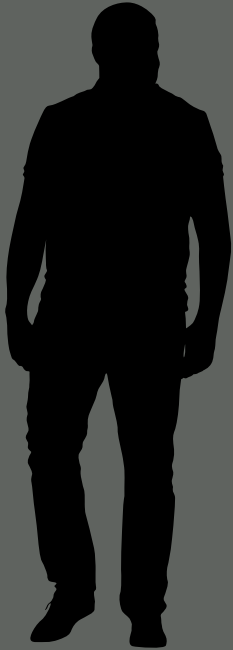


Act now to prevent suicide long before a crisis occurs



My buddy asked me,
"Are you thinking about
suicide?"

I think he saved
my life that day.

988
SUICIDE
& CRISIS
LIFELINE

There is hope

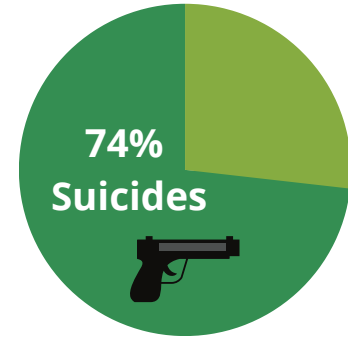


Talk with us. If you or someone you know
needs support now,
call or text 988
or
chat [988lifeline.org](https://www.988lifeline.org)



PEP20-06-02-054

There were 216 firearm deaths in Humboldt County, CA between 2010-2020*



LOCK AND LIMIT ACCESS TO ALL YOUR FIREARMS

**Veterans 988 +1
Para Español 988+2
Crisis Text Line 741-741**



*Statistic from CDPH Epidemiology Center



LOCK UP

Choose safe and secure storage devices for all firearms to prevent unauthorized firearm access.



LIMIT ACCESS

Only firearm owners or their specified designee should have access to firearm safety device keys and combinations.



TRANSFER

It is legal under California State Bill 172 to temporarily transfer a firearm to a family member or trusted friend in order to avoid a suicide attempt.

SUICIDE PREVENTION & LETHAL MEANS SAFETY RESOURCES

Suicide Prevention Lifeline: 988

Veterans: 988+1

En Español: 988 +2

California Youth Crisis Line: 1-800-843-5200

Trevor Project (For LGBTQ Youth): 1-866-488-7386

Crisis Text Line: text HOME to 741-741

Free lethal means safety tools and trainings:

lock2live.org

zerosuicidetraining.edc.org

firearmlifeplan.org

To sign up for free QPR suicide prevention training,
email: publichealthsvp@co.humboldt.ca.us.