

# KEEP CALM AND CARRY ON SAFELY



Suicidal crises are often short-lived, and can be avoided by putting time and distance between someone with suicidal intent and lethal methods. Lethal means safety is a way to strategically increase the time and distance between individuals and lethal means (such as firearms, knives, medications), which often results in decreased chance of a death by suicide.

## DID YOU KNOW

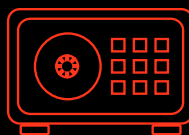
- Death by firearm is the most common and lethal method of suicide in the Marine Corps.
- Lethal means safety doesn't just involve putting a cable lock on firearms; other methods are removing firing pins from the firearm, giving the firearm to a close family friend, storing it in the armory, etc.
- Alcohol can trigger suicidal crises, increase the risk of using highly lethal methods, and effects can linger 24+ hours after intoxication.

### CABLE LOCKS



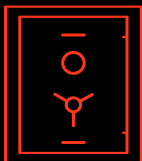
Prevents firearm from being loaded and fired

### LOCK BOX



Provides reliable protection for firearms

### FULL-SIZED GUN SAFE



Allows you to store multiple firearms safely in one place

### GUN CASE



Storage solution to secure, conceal, protect, and legally transport a firearm

## TIPS

- If anyone expresses suicidal feelings, escort them to assistance immediately or call 911.
- For non-crisis help, like for relationship or financial challenges, contact Military OneSource (Dial 800-342-9647).
- Service members, Veterans, and their family members can call the Military/Veterans Crisis Line, available 24/7, if they are in distress or experiencing a suicidal crisis (Dial 988, Press 1).
- Medications that are no longer needed or are outdated can be safely disposed at any military or nonmilitary pharmacy, or local law enforcement.
- Lethal means safety is not just for Marines, but for family members too. For more suicide prevention tools visit: [www.usmc-mccs.org/protect](http://www.usmc-mccs.org/protect).