

# KEEP CALM AND CARRY ON SAFELY



In the Marine Corps, firearms are used in more than 70 percent of deaths by suicide. Lethal means safety is important because the time period between thinking about suicide to acting on it is short; moving from thought to action can last only a few minutes. Increasing the time and distance between someone with suicidal intent and firearms can reduce the risk of death by suicide.

## DID YOU KNOW

- More than 90 percent of Marines who survive a suicide attempt do not go on to die by suicide.
- Lethal means safety is the process of ensuring that lethal means, such as firearms and medications, are removed during times of increased stress, when risk of suicide is heightened.
- Unused prescriptions can be turned in to your local aid station or military treatment facility, as well as your local community VA clinic.

### CABLE LOCKS



Prevents firearm from being loaded and fired

### GUN CASE



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

### LOCK BOX



Provides reliable protection for firearms

### FULL-SIZED GUN SAFE



Allows you to store multiple firearms safely in one place

## TIPS

- If a peer or family member talks about suicidal feelings, ask about lethal means the individual has considered. If the person expresses a suicidal ideation, escort them to assistance immediately or call 911.
- Encourage the peer or family member to seek help from a chaplain, [Community Counseling Center](#), [Military OneSource](#) (800-342-9647), or [Military Crisis Line](#) (800-273-8255, press 1) to manage a crisis.
- Be mindful of the Marine Corps culture and how this affects lethal means safety. What Marines learn in the Marine Corps influences their values and beliefs and may become part of their identity and how they view themselves. Thus, decreasing access to firearm(s) may be more complex than we think. Discussing what the firearm(s) mean to the Marine may assist the individual in developing a more concrete and acceptable lethal means safety plan.
- Set healthy boundaries or assist the Marine in setting healthy boundaries with lethal means like we would in relationships.
- Take the free Counseling on Lethal Means (CALM) Training and receive a certificate of completion at <https://zerosuicidetraining.edc.org/enrol/index.php?id=20>.