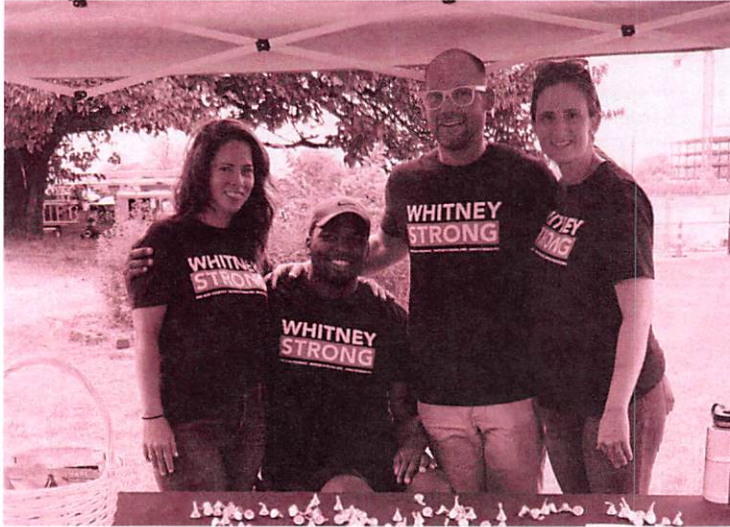




W/S
WHITNEY/STRONG



1N5



Whitney/Strong's mission is to realize fewer lives impacted by gun violence through advocating and executing responsible gun ownership. We are proud to partner with Christ Emmanuel Christian Fellowship, 1N5, Project ChildSafe, and the Cincinnati Police Department to provide training and resources to help reduce firearm death and injury.

You can learn more about our organization and the miraculous survival story behind it by visiting WhitneyStrong.org or by following on social media:



Firearm Suicide Statistics

- Suicide is the 10th leading cause of death in the United States*
- On average, there are 132 suicides per day in the United States*
- In 2018, 1,555 people died of gun violence in Ohio**
 - 962 died to firearm suicide
 - 48 of those were 18 and younger

*American Foundation of Suicide Prevention (AFSP)

**WISQARS, Centers for Disease Control and Prevention, National Center for Injury Prevention and Control

What can you do?



Learn the warning signs/risk factors

- Lost interest in things they once enjoyed
- Low energy/sleeping too much/too little
- Isolated socially/avoids social interactions
- Engages in self-harm behaviors or researching ways to harm themselves
- Increase in drug/alcohol use
- Difficulty concentrating
- Decreased academic performance
- Acting irritable, anxious or reckless, or displaying mood swings

- Talking about:
 - Wanting to die or kill oneself – thoughts of suicide
 - Feeling hopeless or having no reason to live
 - Feeling trapped or in unbearable pain
 - Being a burden to others, saying goodbye
 - Fears weight gain and/or diets and exercises obsessively

Do not wait for symptoms to appear to begin conversations about mental wellness. Encourage strategies for healthy living.



Start The Conversation – How To:

1. Set up a time & place — Pick a comfortable, relaxed time to talk
2. Be direct — Let them know you've been noticing a change in their behavior, be honest
3. Listen — Listen carefully to their response and look for any warning signs, let the person explain how they are feeling without passing judgement
4. Respond empathetically — Emphasize that you want to support the person, let them know you recognize and respect their feelings



Protective Factors Can Help

- Caring relationship with a trusted adult
- Sense of connection or participation in school
- Positive self-esteem and good coping skills
- Access to care for emotional & physical problems or for substance abuse disorders



Safely Store Firearms

Studies have shown a decreased risk for self-inflicted injury among adolescents when guns are stored safely.***

What do we mean by safe storage?

Safe storage means all guns are stored in a locked gun safe, cabinet or case, locked in a gun rack or stored with a cable lock (like the one provided in this kit). Ammunition should be locked in a separate location.



Know Your Resources

Visit:

- Your Primary Care Provider or Pediatrician
- Mental Health Professional
- Walk-in Clinic
- Emergency Department
- Urgent Care Center

Find a Mental Health Provider:

- findtreatment.samhsa.gov
- Mentalhealthamerica.net/finding-help

Access the National Suicide Prevention Lifeline:

1-800-273-TALK (8255)
Suicidepreventionlifeline.org

Text HELLO to 741741

(Free, 24/7, confidential crisis support by text.)

Call 911 for emergencies

Local Ohio Resources

Psychiatric Intake Response Center:
(PIRC) at Children's Hospital
(513) 636-4124

Find a mental health professional:
www.mindpeacecincinnati.org

Mental Health Access Point (MHAP):
www.mentalhealthaccesspoint.org
(513) 558-8888

***Council on Injury, Violence, and Poison Prevention Executive Committee. Firearm-related Injuries Affected the Pediatric Population, American Academy of Pediatrics 2012.