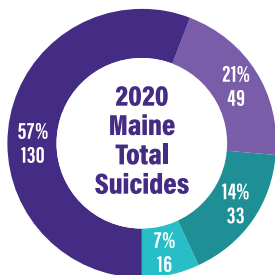


MAINE SAFER HOMES TASKFORCE

The Maine Safer Home Taskforce (MSHT) was formed, to endorse a public health approach to combat the issue of Maine's veterans' suicide rate, which is the highest in the northeast.

Members include: Maine Bureau of Veterans' Services, Department of Public Safety, Sportsman's Alliance of Maine, Wabanaki Public Health and Wellness, Veteran of Foreign Wars, Veterans Benefits Administration, American Legion, VA Maine Healthcare System, Maine Vet Centers, Maine Center for Disease Control, and the Maine Army National Guard Behavioral Health and Suicide Prevention Team.

By utilizing the strong safety culture that already exists within the firearms community in Maine, the MSHT seeks to promote gun safety education, mental health resources, and practical off-site firearms and medication storage solutions with family, friends, other veterans, or law enforcement.



- Firearms
- Suffocation
- Poisoning
- Other

WHERE TO FIND SUPPORT

If a family member or friend is going through a rough time, such as alcohol or substance misuse, divorce or break-up, or major stress, make sure they are safe from guns and medications.

As a community, let us **LEAVE NO ONE BEHIND.**



Maine Bureau of Veterans' Services
207-287-7020 | mainebvs@maine.gov



GUN SAFETY & YOUR HEALTH

PROTECT YOU & THOSE AROUND YOU

Promote firearm safety in the home, safe storage and temporary removal of access to firearms as part of suicide prevention efforts. Learn common warning signs of suicide and what you can do to take action.



KEEP CHILDREN & FAMILY SAFE



Make a SAFETY PLAN

A safety plan is a tool to help someone when they have suicidal feelings or thoughts of suicide. It is a way for you and the person you're supporting to plan how to communicate and check in with each other going forwards.

Step ONE List your warning signs (thoughts, images, mood, situations)

Step TWO List things that can take your mind off the problem(s) without contacting another person

Step THREE List people and places that can take your mind off the problem

Step FOUR List family members or friends who you can ask for help

Step FIVE List the professionals or agencies you can contact during a crisis

Step SIX Make your environment safe



Know the WARNING SIGNS

Having a gun in the home increases the chances someone could get hurt. While some people may not seem in crisis, there are behaviors that can be a sign of risk:

Be extra careful with guns when someone is showing the following warning signs:

- Depressed, sad, hopeless, or suicidal
- Shows risky/violent behavior or mood swings
- Neglects personal hygiene and/or hobbies
- Misuses drugs or alcohol to cope
- Withdrawn from family and friends

Please consider using out-of-home storage or increased firearms and medication security when a loved one is experiencing any of the above warning signs.



Store Your FIREARMS SAFELY

The safest way to store a gun in your home is unloaded and securely locked, with the bullets locked in a different case. Safe gun storage makes it difficult for children, teens, and other family members to hurt themselves with a gun. Only people who will safely use a gun should have access to it.

Easy ways to store a gun safely include:

- GUN CASES OR SAFES
- GUN CABINETS
- LOCK BOXES
- GUN LOCKS



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