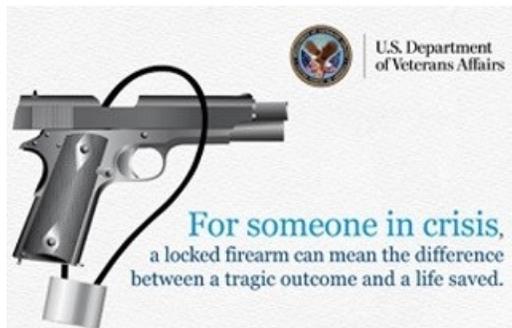


## MSHT MISSION

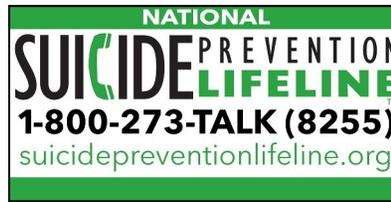
The Maine Safer Homes Taskforce (MSHT) was formed to endorse a public health approach to combat the issue of Maine's suicide rate, which is the highest in the northeast.

Members include: Maine CDC, Maine Bureau of Veterans' Services, VA Maine Healthcare System, the Sportsman's Alliance of Maine, Maine Vet Centers, Veterans of Foreign Wars, and other Veteran centric organizations throughout the state.

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.



## WHERE TO GET HELP



This brochure is intended as educational, bringing more community awareness to mental health and firearm safety for communities.

If you notice warning signs such as a break up, alcohol or substance misuse, or other life stressors, pursue a strategy that allows for support and space away from firearms and medication.

As a community, let us leave no one behind.

## Maine Safer Homes Taskforce

POC: Sarah Sherman  
Email: Sarah.Sherman@maine.gov  
Phone: 207-430-5816

# Maine Safer Homes Taskforce



## Community Education & Awareness

## FAMILY SAFETY PLANS

### WHAT IS A SAFETY PLAN?

A safety plan is a **prioritized written list** of coping strategies, actions to take, and sources of support. The plan is effective for dealing with suicidal thoughts. The plan is **brief, easy to read**, and in their **own words**.

### WHO SHOULD HAVE A PLAN?

Anyone struggling with suicidal thoughts, or who has had a suicidal crisis should have a comprehensive risk assessment, and develop a safety plan.

### HOW DO I MAKE A PLAN?

**Step 1:** List your warning signs. Ask yourself - "How will you know when the safety plan should be used?"

**Step 2:** Think about your coping strategies. Ask yourself - "What can I do to prevent myself from acting on my urges?"

**Step 3:** Who are your social contacts that could help distract you from the crisis? Ask yourself - "What social settings take your mind off your problems?"

**Step 4:** Who are your family members or friends that may offer help? Ask yourself - "Who can I talk to when I am under stress?"

**Step 5:** List the professionals and agencies you can contact for help.

**Step 6:** Make the environment safe.

## MAKING MY HOME SAFE

### WHAT ARE MY OPTIONS?



#### Gun Lock

Contact us for a **FREE** lock!



#### Gun Case

\$10 - \$150



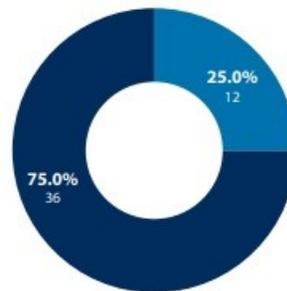
#### Lock Box

\$25 - \$350

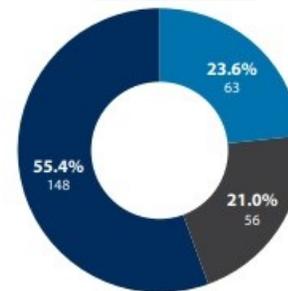


#### Gun Safe

\$200 - \$2500



Maine Veteran Suicides



Maine Total Suicides



## KNOW THE SIGNS

It's vital to learn the signs and symptoms of crisis. While some may not show signs of crisis, there are certainly behaviors that indicate risk.

### The following are potential warning signs:

- Appearing sad, depressed, or hopeless
- Anxiety, sleeplessness, or mood swings
  - Rage, anger, or showing violent behavior
  - Engaging in risky behavior
  - Drug or alcohol abuse
  - Losing interest in hobbies
  - Neglecting personal hygiene
- Withdrawing from family and friends

**Please consider utilizing out-of-home storage or increased firearms and medication security when a loved one is experiencing the above signs and symptoms.**

## Time and Space Saves Lives!