

MSHT MISSION

The Maine Safer Home 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 a means of mental health and firearms safety education for our 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.

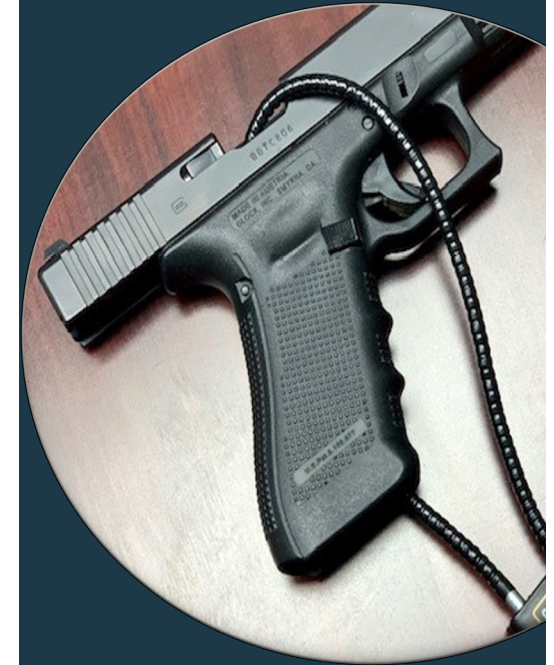
As a community, let us leave no one behind.

Maine Safer Home Taskforce

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Maine Safer Home Taskforce



GUN SAFETY IN MAINE



11 COMMANDMENTS OF GUN SAFETY

SHOOTING A GUN

1. Never use firearms while under the influence of alcohol or drugs.

Guns and impairment are never a good mix.

2. Seek proper instruction:

Attend a reputable firearms safety handling course or seek private instructions before attempting to use a firearm. Know how to safely operate and maintain your firearm before shooting. Learn the specifics of each gun before you handle, shoot or clean it.

3. Wear ear and eye protection as appropriate:

Shooting without protection is likely to cause long term injury.

4. Use only the correct ammunition for your gun:

Understand what ammunition your gun requires and use only the appropriate size and type.

5. Be sure of your target and what is beyond.

Understand the performance of the firearm and ammunition. Have a backstop adequate to stop your bullet. Don't shoot over hills or the unknown.

OWNING & HANDLING A GUN

6. Treat every firearm as if it

were loaded: Always verify that firearm is unloaded and only load in a safe area. While unloaded, verify muzzle is clear of obstruction and the gun is well maintained.

7. Always point the muzzle in a

safe direction: Be aware of the direction the firearm is pointed. Only point at things you intend to shoot.

8. Keep finger outside the

trigger guard until ready to shoot: Finger should never rest on the trigger unless in the deliberate act of shooting. Your trigger finger should be extended, pointing forward, pressed against the side of the gun and outside the trigger guard.

9. Be sure that your firearm is

safe to operate. While unloaded, verify that the muzzle is clear of obstruction and that the gun is well maintained.

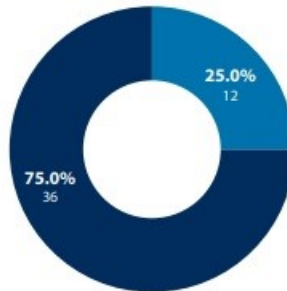


10. Store guns to prevent unauthorized access:

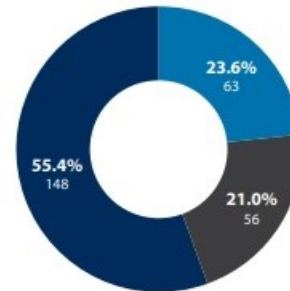
Store all firearms unloaded and locked when not in use. Lock ammunition in a separate location. Ensure that household members who shouldn't have unsupervised access (children and teens, adults at risk for suicide or other misuse) don't know the combination to the locks or where the keys are.

11. Consider additional safety precautions if a family

member may be suicidal: When someone is going through an emotional crisis (such as a breakup, job loss or legal issues) or a major change in someone's behavior (depression, violence, lack of selfcare, sleeplessness or heavy drinking or drug use) causes concern, temporarily storing guns and medications away from home for a while may save their life. Friends and family, gun shops, shooting ranges, or police departments may be able to provide safe storage until the situation improves.



Maine Veteran Suicides



Maine Total Suicides

