

Protection Orders Help Prevent Suicide



You Can Help Save a Life

If you are in immediate danger, please call 911.

In California, one person dies by firearm suicide every five hours. A Gun Violence Restraining Order (GVRO) is a court order that temporarily removes guns from people in crisis. GVROs can stop suicides and save lives. When someone is in crisis, a GVRO temporarily takes away their guns and ammunition. While the GVRO is active, they also cannot buy new guns. This pause gives the person time to get help.

A GVRO is a lifesaving tool. It helps protect people without giving them a criminal record.

Key Facts

- Firearm suicides make up nearly half of all gun deaths in California.
- Women who own a handgun are 35 times more likely to die by firearm suicide than women who don't.
- Men who own a handgun are 8 times more likely to die by firearm suicide than men who don't.
- About 40% of GVROs are used when someone is at risk of suicide. In these cases, no suicides occurred while the GVRO was active.

You have the power to help prevent firearm suicides.

If you or a loved one are experiencing thoughts of self-harm, there is help.

1. **Look for Warning Signs.** Family and friends often notice warning signs first. Common warning signs include:
 - Talking about self-harm or harming others
 - Increasing their use of alcohol or drugs
 - Showing intense anger or acting out of control
 - Suddenly cutting ties with friends and family
2. **Connect People to Help.**
 - Call or text 988 for the **Suicide & Crisis Lifeline**
 - Call 1-800-950-NAMI (6264) or text NAMI (62640) for the **National Alliance** on Mental Illness
 - Youth can text **Hey Sam** at **439-726**
3. **Know When to Use a GVRO.**

If further intervention is needed to remove guns from someone who's at risk of harming themselves or others, law enforcement can help you take the next steps. Ask your local law enforcement about a GVRO and if it is the right tool for your situation.

You can help save a life. Learn more at ReducetheRisk.ca.gov

