

How California's Protection Orders Help Keep Veterans Safe



Each day in 2022, an average of 17 veterans died by suicide in the United States.

If you are in immediate danger, please call 911.

Veterans face a risk of firearm suicide that is three times higher than that of non-veterans.

Veteran suicide remains a serious public health crisis, and many veterans are not aware of the resources available to help them.

A Gun Violence Restraining Order (GVRO) is a court order that temporarily removes firearms and ammunition from someone in crisis and prevents them from purchasing new ones. GVROs have been proven to prevent suicide and save lives by creating a vital pause during moments of crisis.

Too often, veterans don't know that GVROs are an option to protect themselves or others when someone is at risk. Increasing awareness of this life-saving tool can help connect veterans with the support they need before tragedy occurs.



You have the power to file a GVRO and help prevent firearm suicides.

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

Look for Warning Signs.

Family and friends often notice warning signs first. Common warning signs include:

- Talking about self-harm or harming others
- Planning to attempt suicide
- Showing intense anger or acting out of control
- Suddenly cutting ties with friends and family

Connect People to Help.

- Call or text **988** and press 1 for the **Veteran Crisis Lifeline**.
- Call **1-800-950-NAMI (6264)** or text **NAMI (62640)** for the National Alliance on Mental Illness.
- Call **1-855-838-8255** for the Vets 4 Warriors 24/7 Confidential Peer Support Network

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 if a GVRO is the best tool for your situation.

Key Facts

- In 2021 there were 559 deaths among California veterans and the number rose to 570 in 2023.
- In 2023, 68% of veteran suicides in California involved firearms, 96% of which were male veteran suicides.
- In 2022, suicide was the second leading cause of death for veterans under the age of 45 in the U.S.

You can help save a life.

Learn more at ReducetheRisk.ca.gov

