



### Suicide Prevention and Crisis Support Services

- 24/7 Statewide Crisis Line
- Crisis Texting Program for High Schools
- Suicide Survivor Grief Services
- Suicide Prevention Trainings

As part of the National Suicide Prevention Lifeline network of crisis centers, the Helpline Center provides a connecting point for people 24/7 who are in suicidal crisis, know someone in a suicidal crisis, or have lost a loved one to suicide. The Helpline Center can be reached by dialing **1-800-273-8255**.

[helplinecenter.org](http://helplinecenter.org)  
[sdsuicideprevention.org](http://sdsuicideprevention.org)

There is **HELP**...There is **HOPE**



**GUN**

**SAFETY**

**RULES**

11 ~~10~~ COMMANDMENTS  
OF GUN SAFETY

Look inside to see what's new!

## 11 Commandments of Gun Safety

### 1. Treat every firearm as if it were loaded.

It might be, even if you think it isn't

### 2. Always point the muzzle in a safe direction.

Keep control of the direction of the muzzle at all times.

### 3. Be sure of your target and beyond.

Be aware of the target and what surrounds it. Know the identifying features of the game you hunt. Make sure you have an adequate backstop—don't shoot at a flat, hard surface or water.

### 4. Keep your finger outside the trigger guard until you're ready to shoot.

This is the best way to prevent an accidental discharge.

### 5. Check your barrel and ammunition.

Make sure the barrel and action are clear of obstructions, and carry only the proper ammunition for your firearm.

### 6. Unload firearm when it is not in use.

Leave action open; carry firearm in a case and unloaded to and from the shooting area.

### 7. Point a firearm only at something you intend to shoot.

Avoid all horseplay with a gun.

### 8. Don't run, jump, or climb with a loaded firearm.

Unload a firearm before you climb a fence or tree, or jump a ditch. Pull a firearm toward you by the butt, not the muzzle.

### 9. Store firearms and ammunition separately and safely when not in use.

Store each in secured locations beyond the reach of children and others.

### 10. Don't drink alcoholic beverages before or during shooting.

Also do not use mind- or behavior-altering medicines or drugs.

### 11. Consider additional safety precautions if a family member may be suicidal.

When an emotional crisis (such as a breakup, job loss, legal trouble) or a major change in someone's behavior (depression, violence or heavy drinking) causes concern, storing guns outside the home for a while may save a life. Friends as well as some shooting clubs, police departments or gun shops may be able to store them until the situation improves.

## SAFETY ISSUE

South Dakota has a tragically high number of suicide deaths using firearms. In over 50% of the suicide deaths in South Dakota, a firearm was the method used.

The first step to reduce this number is to follow the 11 commandments of gun safety. The latest addition to this list addresses suicide prevention. Suicides far outnumber homicides in South Dakota and by following these gun safety commandments, lives can be saved.

If a family member or friend is going through a rough time, make sure he or she can't get to your guns. To learn ways to get help for your loved one, call the **National Suicide Prevention Lifeline: 1-800-273-8255**