

CALM—North Carolina

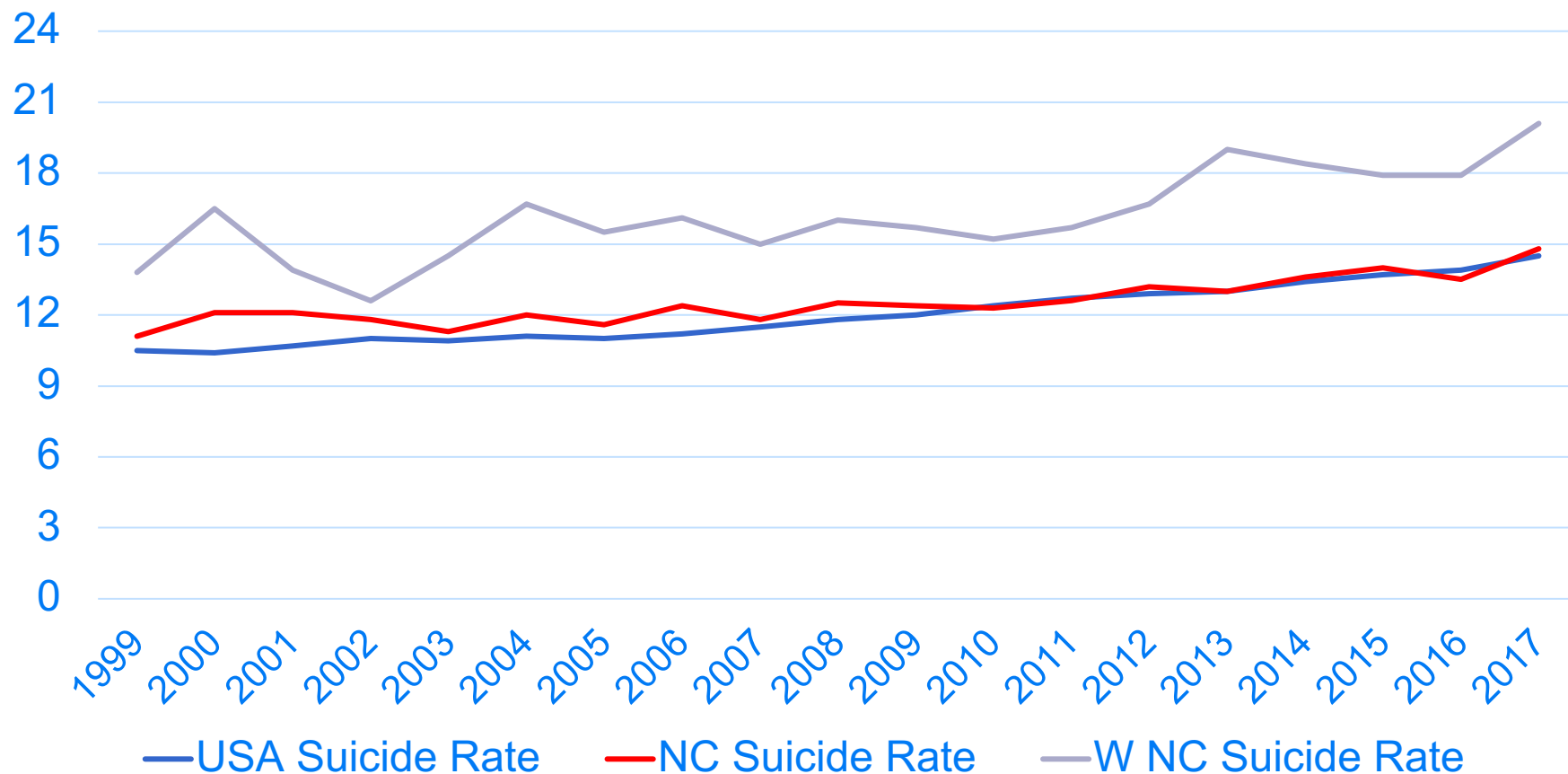
Counseling on Access to Lethal Means

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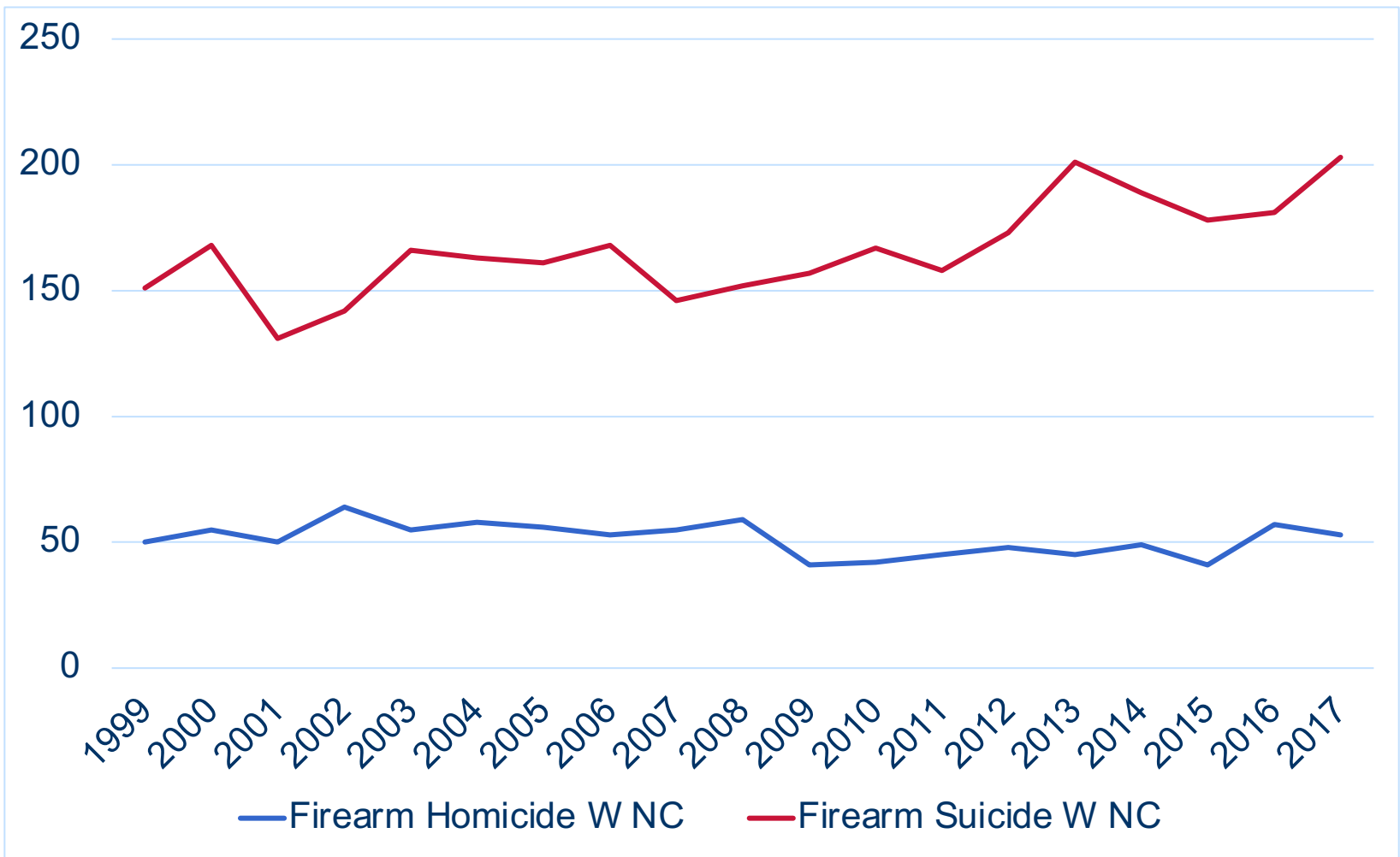


US vs. State vs. Regional Suicide Rates

US vs. NC vs. Western NC Suicide Rates



Firearm Deaths in Western NC





*Though why is relevant, how a person attempts plays a crucial role in whether they live or die.
CALM covers “how to address the how” through lethal means counseling*

Why Do Means Matter?

Not everyone who *becomes* suicidal *remains* suicidal.



Four Primary Reasons *Why Means Matter*

1. Suicidal crises are often brief.
2. Some methods, especially guns, are far more lethal than others.
3. >90% of those who attempt and survive do not go on to die by suicide.
4. Many people who are suicidal are ambivalent.

Putting time and distance between a suicidal person and a highly lethal means—especially a gun—can save a life.