



Take A Few Minutes to **CALM** Counseling on Access to Lethal Means

Suicide is the **second leading** cause of death for people ages 15 to 34 in New Hampshire and Vermont. It's the **eighth or ninth** leading cause of death for those of all ages.

We know that many attempters are as ambivalent about suicide as they are about life.

Preventing these suicides is a very complex puzzle that requires all of us to work collaboratively to complete the picture.

One piece of that puzzle that has proven to be effective is to reduce access to lethal means – particularly firearms and medications.

This workshop addresses why and how to do this, focusing on the steps at right. The workshop includes: a Power Point presentation regarding why CALM is effective, a discussion on how to have a collaborative conversation about reducing access and increasing safety plus time for case studies and/or role plays.

Four specific CALM steps:

1. **Determine whether the individual or a family member may be at risk for suicide**
2. **Explain that they can reduce the risk by reducing access to lethal means**
3. **Discuss specific steps they can take to reduce access to firearms, medications and other lethal means**
4. **Make this part of a more comprehensive suicide prevention strategy**

Please join us for a CALM Workshop

Wednesday, September 30, 2015

6:30 to 8:00 pm

Mayer Room, Howe Library, 13 South Street, Hanover

**There is no cost for this workshop,
but pre-registration is encouraged.**

**To register or for more information contact:
Alice Ely, 603-523-7100, alice.ely@mvhi.org**

Presented by:

Elaine Frank, Dartmouth Injury Prevention Center

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**NH Department of Health and Human Services;
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