



The Impact of Firearms on Self-Harm and Violence



To protect your loved ones and community, it is important to recognize and understand the risks associated with self-harm, violence toward others, and the critical role firearms play in these contexts.

Use this resource to identify warning signs and better understand the scope of these.



Key Statistics

Self-Harm and Suicide



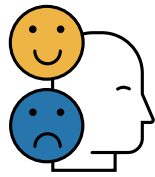
- ➔ Colorado has one of the highest suicide rates in the country.
- ➔ In 2021, there were **850** firearm-related deaths in Colorado, **75%** of which were suicides.
- ➔ Men are four times more likely to die by suicide than women.

Violence Toward Others

- ➔ Firearms are used in nearly 50% of mass attacks.
- ➔ Research shows that 77% of mass shooters share their intent of violence with someone beforehand.
- ➔ All mass shootings analyzed by the U.S. Secret Service showed identifiable warning signs.



Warning Signs



Recognizing **behavioral changes** is essential to **preventing harm**.

1

Warning Signs of Self-Harm

- ➔ Talking about feeling hopeless, being a burden, or experiencing unbearable pain
- ➔ Withdrawing from activities or isolating from friends and family
- ➔ Experiencing sudden changes in sleep patterns, either sleeping too much or too little
- ➔ Experiencing harassment, bullying, or other stressful life events
- ➔ Being preoccupied with death or giving away prized possessions
- ➔ Increasingly using substances, especially alcohol or drugs
- ➔ Exhibiting sudden changes in mood, including extreme fatigue or unexpected high spirits

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Warning Signs of Violence Toward Others

- ➔ Sudden withdrawal or irritability
- ➔ Obsession with weapons, violent content, or prior shootings
- ➔ Bullying or targeted harassment based on identity differences like race, gender, or religion
- ➔ Substance abuse or escalating risky behaviors
- ➔ Direct threats to harm others, either verbally, in writing, or online
- ➔ History of cruelty to animals or previous incidents of harassment and aggression
- ➔ History of child abuse, neglect, or trauma
- ➔ Behavioral patterns like being withdrawn, socially isolated, or antisocial

Firearms and Risk Amplification



Firearms **dramatically increase** the **lethality** and **likelihood** of both self-harm and violence toward others.

1

Self-Harm

- ➔ Firearms are the most lethal method of suicide, leading to fatalities 90% of the time, compared to 4% with other methods.
- ➔ Easy firearm access significantly escalates the risk of suicide, especially among youth.
- ➔ Suicide accounts for the majority of firearm-related deaths in the United States, with over 23,000 firearm suicides occurring annually (64 every day).

2

Violence Toward Others

- ➔ Firearms play a significant role in mass shootings, with 173 targeted attacks between 2016 and 2020 involving three or more victims.
- ➔ Research shows that 64% of attackers exhibited behaviors that warranted an immediate response, but intervention often did not occur.
- ➔ Abusers in domestic violent relationships with access to guns are five to eight times more likely to kill their partners than those without firearms.
- ➔ Half of all mass shootings had a connection to domestic violence. The shooter either had a history of domestic violence or killed a partner partner or family member during the attack.

Reducing Risks with Extreme Risk Protection Orders (ERPOs)



Extreme risk protection orders can **prevent violence and save lives.**

1

Extreme Risk Protection Orders

- ➔ ERPOs are legal tools that allow firearms to be temporarily removed from individuals at risk of harming themselves or others.
- ➔ In Colorado, about half of ERPO petitions are for threats against others while the other half of petitions address suicide.

2

Benefits of ERPOs

- ➔ Studies show that ERPOs reduce firearm suicides by about 13%.
- ➔ For every 10-20 ERPOs issued, at least one life is saved.
- ➔ ERPOs can prevent acts of violence before they escalate.

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More on Gun Violence Prevention

Select the QR code to know more about how to prevent gun violence.





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