

The Elkhart Truth  
People's forum  
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### **Weapons and depression can be a deadly mixture**

When people experience depression, they sometimes consider death by suicide as the only way to end the emotional pain they are feeling.

If you know someone who is experiencing strong emotional pain, maybe even depression, please find out if they have access to firearms. They may have a firearm in their home or have a relative who has one.

Sometimes, people experiencing depression may have irrational thoughts. Some of these thinking patterns may lead people to see no value in continuing to live. Irrational thoughts can lead to irrational acts.

In some cases, people may contemplate ending their lives by suicide. This is when you can help.

Removing lethal weapons from people's homes can reduce the risk of death by suicide.

Asking people who may be experiencing depression if there are firearms in their home or homes of relatives or friends and removing them from these homes could save lives.

With a firearm, once the trigger is pulled, it is too late to change your mind. There are other methods to end

a life by suicide, but using a firearm is most often fatal.

Removing firearms from the homes of persons with possible thoughts of suicide increases the chances that people will get help for their depression (depression is treatable) and decide that life is indeed worth living.

**JIM STARKEY**

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