



# Mental Health Plan

## Questions To Answer

Most gun owners diligently prepare for potential threats, such as home invasions, with detailed plans and training. However, we often overlook a far more probable and impactful issue: our mental health. Statistically, over half of all firearm-related deaths are due to suicide. At Walk the Talk America, we urge you to consider the following questions before they are ever needed.

### How do I plan to stay mentally healthy?

💡 Example: Take a free & anonymous mental health screening on WTTA's website every four months.

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### Who can I rely on to tell me I'm starting to depart from the ordinary?

💡 Example: My roommate can offer to do one of the things I wrote down to stay mentally healthy with me and check in on me during that time.

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### Who can be involved in pointing out I'm in a temporary crisis?

💡 Example: My wife can be the one who can suggest temporarily changing the gun safe combination.

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### What is my plan to temporarily remove my access to firearms when I'm trying a new medication that might alter my mental state?

💡 Example: My son can take my firearms to the local gun range to get them cleaned.

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**How do I plan to temporarily remove access to my firearm if I'm in a mental health crisis?**

💡 Example: My sister can remove the barrel of my firearm and keep it with her.

This is not legal advice. Please check your local laws to determine the best route for you and the person or store taking your firearms or critical firing components.

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**What is my plan if someone who lives with me and has access to the firearms in the home is in crisis?**

💡 Example: You change the code on the safe or locking device.

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**What is the plan if a medical or other incident changes my long-term mental health outlook?**

**Who can help execute my plan if I'm unable to?**

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**What is my plan for my firearm(s) if I pass away?**

💡 Example: Pass down my handguns to my brother and hunting rifle to my cousin.

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Scan me for free and anonymous mental health screenings at [WTTA.org/LOVE](https://WTTA.org/LOVE)