

DO'S AND DON'T AFTER SOMEONE DIES BY SUICIDE

When supporting someone who has lost a family member, friend or loved one to suicide, there are some things that you can do to help and some things you should avoid.

DO'S

- Be there for them, whether they need someone to talk to or sit in silence
- Help the direct family during their time of grieving of a loved one who died by suicide.
- Remind them that their feelings are valid
- Talk with first responders and community leaders through talking circles

DON'TS

- Do not keep asking about details about the persons death
- Place blame or give reasons for the suicide
- Memorializing the persons death through community events or memorial gifts.

AVAILABLE RESOURCES

Please consider reaching out to these resources for information, help, chats, inspiration and to know that you are not alone.

Professional Sources of Help:

- Community mental health agency
- Private therapist or counselor
- Member of the clergy or an Elder
- Family physician
- Suicide prevention or crisis center

Additional Resources:

Alaska Careline

Toll-free: 1-877-266-4357
Available 24/7

Text "4HELP" to 839863
Available 3-11 p.m. Tuesday-Saturday

National Suicide Prevention Lifeline

Toll-free: 1-800-273-8255
Available 24/7

Crisis Text Line

Text "HOME" to 74174
Available 24/7



SUICIDE PREVENTION AND POSTVENTION



Call (907) 222-9764 or 1-844-375-2742 to speak with a Behavioral Health Registration and Scheduling Technician. Telehealth services are available.



www.apiai.org



American Indian and Alaska Native (AI/AN) people have the highest rates of suicide of any racial/ethnic group in the US and suicide is the second leading cause of death for AI/AN youth ages 15-24--more than two times the national average. In the US, between 1 in 9 and 1 in 5 AI/AN youth report attempting suicide each year.

KNOW THE SIGNS OF SOMEONE AT RISK

Watch and listen for warning signs:

- Threatening to hurt or kill oneself
- Looking to hurt or kill oneself
- Talking or writing about death
- Feeling Hopeless
- Feeling rage or uncontrolled anger
- Acting reckless
- Feeling trapped
- Increased alcohol or drug use
- Withdrawing from friends and family
- Feeling anxious
- Experiencing dramatic mood changes
- Seeing no reason to live

QUESTIONS TO ASK SOMEONE WHO MAY BE SUICIDAL

There are common signs to look out for, but it is not always obvious that someone is at risk. The best way to know for sure is to ask questions:

1. Have you wished you were dead or wished you could go to sleep and not wake up?
2. Have you actually had any thoughts about killing yourself?

If they answer “yes” to question 2, ask questions 3, 4, 5 and 6. If the person answers “no” to question 2, go directly to question 6.

3. Have you thought about how you might do this?
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?
6. Always ask question 6: In the past three months, have you done anything, started to do anything, or prepared to do anything to end your life?

TALK AND LISTEN

If someone you know is at risk of suicide, or if they tell you they have had suicidal thoughts, there are a number of things you can do to help support them during this difficult time.

- Assume you are the only one to reach out (don't wait for someone else to reach out)
- Take them seriously
- Stay with them and listen to what they have to say
- Remind them you care about them
- Help keep them away from lethal means
- Encourage them to seek help from a trusted resource or professional

REDUCE THE RISK

There are things you can do to limit access to lethal means and help reduce the risk of death by suicide including:

- Locking up firearms
- Making it harder to access knives or other sharp objects
- Keeping track of keys to vehicles
- Keeping medications in a safe place and properly disposing of medications you no longer need
- Making it harder to access drugs and alcohol