DO’S

• Take all suicidal threats seriously
• Let the person know that you care and want to help
• Be willing to listen and talk openly
• Be non-judgmental
• Offer hope that it can be solved by other means
• Call 911 if there is an immediate risk

DON’TS

• Don’t try to minimize the person’s feelings or situation
• Don’t try to tell the person that everything will be okay
• Don’t encourage guilt or lecture on the value of life
• Don’t agree to keep the person’s suicidal thoughts a secret
• Don’t leave the person alone until you can arrange for support

If you suspect that a friend or family member is thinking about suicide, you can call a staff member at Careline Alaska 24 hours a day, 7 days a week at 1-877-266-4357 or text the 24 hours a day Crisis Text Line with “HOME” to 741741.

AVAILABLE RESOURCES

When a person is in crisis it can be difficult to identify people or organizations who can provide assistance and support. 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 Sources
Careline Alaska
24-hour hotline, 1-877-266-4357 or text “4help” to 839863 Tuesday-Saturday from 3-11 p.m.

Crisis Text Line
For immediate help, text “HOME” to 741741 Available 24 hours a day, 7 days a week

Suicide Hotline
For immediate help, call 1-800-273-8255

Teen Line
If you have a problem or just want to talk with another teen who understands. For immediate help, text “TEEN” to 839863

For More Information
American Foundation for Suicide Prevention
afsp.org

Suicide Awareness Voices of Education (SAVE)
save.org

Suicide Prevention Resource Center (SPRC)
sprc.org

STRENGTHENING OUR NETS
Youth Suicide Prevention & Awareness

Chimika’x (Eastern) / Saxagux’ (Western)
WHOLE, ENTIRE, INTACT, SAFE.
We are here to support your journey.

To Make an Appointment Call
1-907-222-9764 or 1-844-375-2742
To Speak With a Registration & Scheduling Technician
PROTECTIVE FACTORS

A protective factor is a characteristic or attributing factor that reduces the chances someone will attempt or complete suicide.

- Strong connections to friends, family and supportive significant others
- Participating in the community, school activities or cultural activities
- Opportunity to talk about problems with family or friends
- Hope for the future
- Positive emotional health
- Coping skills such as healthy ways of handling stress
- Resiliency
- Reasons for living
- A safe and stable home
- Spiritual and cultural health

WARNING SIGNS OF SUICIDE

To prevent suicide attempts, we must recognize common “warning signs” that may precipitate a suicide attempt. We can reach out to engage those who may be at risk.

Warning Signs Include:

- Talking about suicide
- Preoccupation with death
- Signs of depression
- Feeling hopeless or having no reason to live
- Giving away special possessions and making arrangements to take care of unfinished business
- Difficulty with appetite and sleep
- Extreme mood swings; sudden changes in personality
- Increased drug or alcohol use
- Loss of interest in usual activities; withdrawing or isolating themselves
- Acting anxious or agitated; behaving recklessly

RISK FACTORS

Risk factors are issues in a young person’s life that increase the likelihood (risk) of them acting on suicidal thoughts. They are often longer-term challenges that a young person may deal with over a period of time.

- Previous suicide attempt(s)
- Close family member or friend who has died by suicide
- Feelings of hopelessness or isolation
- Recent losses: this may include the death of a relative, a family divorce or a breakup with a girlfriend/boyfriend
- Drug or alcohol misuse or abuse
- Exposure to violence in the home or the social environment, family disruption or abuse
- Mental disorders, particularly a mood disorder like depression or a trauma, or a stress-related disorder
- Handguns in the home, especially if loaded
- Cultural distress

BULLYING

Being a victim of bullying is a risk factor, but there’s also some evidence that kids who are bullies may be at increased risk of suicidal behavior.

CULTURE

When youth have a secure sense of the past, present, and future of their culture, it is easier for them to develop and maintain a sense of connectedness to their own future.

SOCIAL MEDIA

Facebook users can report a suicidal comment they see posted by a friend on Facebook using the “Report Suicidal Content” link or other report links found on the site. Learn more at: facebook.com/help/contact/305410456169423