



Contact the 988 Suicide & Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support.

- **Call or text 988**
- **Chat at 988lifeline.org**

Connect with a trained crisis counselor.
988 is confidential, free and available 24/7/365.

VA Alaska health care operates a comprehensive behavioral health program. They are a regional center of excellence for Veteran-focused mental health care.

Contact: 907-273-4011 about in-person and telehealth treatment options suited to your unique needs.

To assist in understanding and coping with personal or family difficulties, APIA offers behavioral health outpatient services in Anchorage, Unalaska, St. George, Atka and Nikolski. Services can also be accessed via telehealth. Such services are available for adults, children and youth in an individual, group or family setting and may include a variety of mental health options to choose from.

If you are in living in a regional community and need support, please contact your local VPSO, health or behavioral health service provider or a loved one via telephone or VHF.

To make an appointment or consult with our case management staff, please call (907) 222-9764 or (844) 375-2742.

To speak with a Registration & Scheduling Technician, behavioral health clinics are open from 8 a.m. to 4:30 p.m. Monday - Friday.



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**Aleutian Pribilof
Islands Association**

***Owning Firearms and
Community Safety***

Aleutian Pribilof Islands Association
Phone: (907) 276-2700
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To promote self-sufficiency and independence of the Unangan/Unangas (Aleut) people by advocacy, training, technical assistance and economic enhancement.

BY THE NUMBERS

1. In Alaska, suicides make up two-thirds of all firearm deaths.
2. In 2019, there were 117 firearm suicide deaths in Alaska, including 17 children and teens.
3. During the same timeframe, Alaska had the second highest firearm suicide rate in the country.
4. Around 25,000 Americans die by firearm suicide every year.

Suicide and firearms are difficult topics to discuss. They can make people in our communities feel uncomfortable, and sometimes community members aren't sure what to say. APIA stands committed to serving those who are in need and can help provide resources on this difficult subject.

FACTS

Firearm suicide accounts for half of all suicide deaths and two-thirds of all firearms death.

- 85% - 95% suicide attempts with firearms result in death.
- 70% of those who survive a suicide won't attempt again.
- The majority of veteran suicides are gun suicides. Sixty-nine percent of veteran suicides involve a gun, which means an estimated 12 veterans a day die by gun suicide.
- 4.6 million children live in homes with access to an unlocked or unsupervised gun.

When a firearm is stored in a home, the risk for suicide increases by three to five times for each individual in the home. That risk is even higher when the firearm is stored unsafely.

Risk for suicide death increases drastically after the first year of purchase.

SIMPLE STEPS FOR SAFETY

Here are a few steps you can take to protect you and your loved ones from unsafe access to firearms in your home.

1. Store the firearm unloaded.
2. Store the firearm in a lock box that is accessible by a key, combination or fingerprint.
3. Store ammunition separately from the firearm.
4. Utilize a trigger locking device only accessible by the owner.

Not every method is perfect, but adopting safety measures that work best for you can increase safety in your home.

Putting space between ourselves and firearms while we or someone we know is feeling down is okay, and many law enforcement agencies offer temporary firearm storage.

