

Caring is an Athabascan Cultural Value

Worried About a Family Member or Friend?

Are they Suicidal?

These signs could be an indicator if they are...

- » Depressed, angry or impulsive
- » Going through a relationship break up, legal trouble, or another set back.
- » Increasing their use of drugs and alcohol.
- » Talking about being better off dead.
- » Losing hope.
- » Withdrawing from things they used to enjoy.
- » Acting reckless.

HOLD ON TO THEIR GUNS.

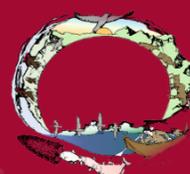
Putting time and distance between a suicidal person and their firearms may save a life.

For more information Contact:

Department of Wellness and Prevention
suicideprevention@tananachiefs.org
907-452-8251 ext.3400

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT



Tanana
Chiefs
Conference