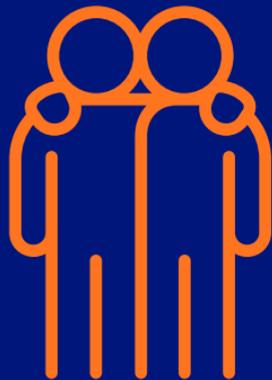


# YOU CAN SAVE A LIFE



Suicide Prevention Resource Guide



## WARNING SIGNS

- Talking about wanting to die or kill oneself
- Writing notes or poems about death
- Researching ways to kill oneself
- Isolating oneself from others
- Talking about feelings of hopelessness or no reason to live
- Talking about trapped feelings or unbearable pain
- Talking about being a burden to others
- Increasing use of alcohol or drugs
- Deterioration of performance at school or work
- Acting anxious or agitated; behaving recklessly
- Sleeping too much or too little
- Showing rage or talking about seeking revenge
- Extreme mood swings or sudden change in personality
- Overt signs of depression (neglect of appearance, cutting, crying, giving away special items, visiting or calling people to say goodbye)
- Obsession with death or violence

***Risk is greater if a behavior is new or has increased and it seems related to a painful event, loss, or change.***

## HOW TO HELP



### Myself:

- Talk to a trusted friend or family member
- Practice healthy coping skills like journaling, taking a walk, talking to a friend, and breathing exercises
- Meet with a mental health counselor for help
- Ask a friend or family member to remove possible means to harm myself
- Reach out to 988 or another resource on this card

### Someone else:

- Ask, "Are you thinking about suicide or killing yourself?"
- Listen without judging or interrupting
- Respond with kindness and care
- Offer to call 988, see a counselor or friend together
- Remove any possible means of harm (pills, guns, rope, knives, etc.)
- Follow up within 24-48 hours to offer continued support

## OFFER SUPPORT



***Show that you care by listening and offering words of encouragement.***

### Examples of Encouraging Words

*"I love you and I care."*

*"You're not alone in this."*

*"I'm sorry you're in so much pain."*

*"I'm always willing to listen."*

*"I'll be your friend no matter what."*

*"We'll get through this together."*

*"You are important to me."*

*"Your life matters to me."*

*"I care about you."*

***Call 988 anytime to talk together with a counselor.***



## COPING SKILLS

***Coping skills are tools we use to handle stress, tough emotions, or challenging situations in a healthy way.***

- Take deep breaths to calm your body and mind
- Talk to a trusted elder, family member, or friend
- Spend time outdoors – go for a walk, fish, pick berries, ride your ATV, or enjoy nature
- Listen to traditional music or drum songs
- Do something creative like drawing, beadwork, or wood carving
- Tell or listen to cultural stories
- Write or draw in a journal
- Practice gratitude – think of things you are thankful for
- Pray or seek spiritual advisors
- Use positive self-talk (say kind things to yourself)
- Use meditation apps like CALM or Headspace
- Help others in your community
- Remember and follow your cultural values and teachings
- Exercise – ride a bike, lift weights, play b-ball
- Get enough sleep and eat healthy foods
- Solve problems one step at a time

## RESOURCES



- Alaska 988 Careline:** Call or Text 988, anytime 24/7  
**AN Crisis Text Line:** Text “NATIVE” to 741741  
**Fairbanks Mobile Crisis Team:** 911 and request services  
**Tanana Chiefs Behavioral Health:** 907.459.3800  
**Fairbanks Native Association:** 907.452.6251  
**My Grandma’s House:** Youth suicide help, 907.750.9123  
**Alaska Behavioral Health:** 907.371.1300  
**Military Crisis Line:** Call or Text 988, then press 1  
**Child Help National Hotline:** 800.422.4453  
**National Domestic Violence Hotline:** 800.799.7233  
**Deaf Crisis Line:** TTY users dial the preferred relay service or dial 711, then 988  
**Refine Detox Center:** 907.328.1566  
**Housing First:** Housing Assistance, 907.452.8251  
**The Door:** Providing safe shelter 24/7 for youth 6-18  
 907.374.5678  
**American Red Cross:** Disaster Services, 907.456.7329  
**National Eating Disorder Association:** 800.931.2237  
**The Trevor Project:** Gender Identity Line, 212.695.8650

***For more suicide prevention resources, visit  
Suicide Prevention Resource Center  
<https://sprc.org/>***

## YOUR SAFETY PLAN



I know I need extra support when...

My helpful coping tools are...

People I can contact are...

Safe places I can go...



*If you or a person you know needs to talk to someone right now,  
**call or text 988,**  
**or chat at [988lifeline.org](https://988lifeline.org)**  
for 24/7, free and confidential support.*

