

## IF YOU ARE WORRIED ABOUT SOMEONE WHO MAY BE SUICIDAL:

- **Take them seriously.** Studies have found that 75% of individuals who completed suicide did or said things in the few weeks or months prior to their deaths to indicate to others that they were in deep despair.
- **Listen.** Give the person every opportunity to unburden and vent. You don't need to say much and there are no magic words. Just listen.
- **Ask:** "Are you having thoughts of suicide?" A suicidal person already has the idea; you won't "plant" the thought by asking. Just ask.
- **DO NOT LEAVE A SUICIDAL PERSON ALONE!** Get help by calling someone else to help you: 911, Careline, a safety officer, a trusted neighbor or family member, a health aide, mental health clinic, a respected Elder or friend.
- **No Secrets.** It is the part of the person that is afraid of more pain that says "Don't tell anyone". It is the part of the person who wants to stay alive that tells you about it. Respond and seek help.
- **From Crisis to Recovery.** While many people have suicidal thoughts or feelings at some point in their lives, nearly all suicidal people suffer from conditions that will pass with time and with help.

## CARELINE:

- Offers free, immediate and confidential help, 24-hours per day, 365 days per year.
- Treats callers with respect.
- Listens without judging.
- Helps callers discover their own solutions and offers support along the way.
- Provides intervention to those who are considering suicide.
- Provides information to those who are concerned about someone else.
- Cares!

Careline's vision is a community free from suicide.

Careline provides crisis intervention for individuals considering suicide or experiencing crisis, isolation, or depression.

Careline supports survivors of suicide by providing crisis intervention, education, and referral.

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## CARELINE CRISIS INTERVENTION



"ALASKA'S SUICIDE PREVENTION AND SOMEONE-TO-TALK TO LINE"

[WWW.CARELINEALASKA.COM](http://WWW.CARELINEALASKA.COM)

## WHO IS AFFECTED?

86

people will die by suicide today; 11 will be youth. This is the equivalent of a passenger airplane falling out of the sky every day, 365 days a year, and killing everyone on board.

- Alaska currently suffers one of the highest suicide rates in the United States.
- In Alaska, our *youth* are the most likely to die by suicide.
- Youth who are exposed to suicide or suicidal behaviors may be more at-risk for attempting suicide.
- Each suicide intimately affects at least six other people. Suicide in a rural community often impacts the entire community.
- The suicide rate among Alaska Natives is three times that of non-Native Alaska residents and five times the national rate.
- Suicide deaths consistently outnumber homicide deaths by a margin of three to two.
- More than 90 percent of people who die by suicide have depression or another diagnosable, treatable mental or substance abuse disorder.

## WHO IS AT RISK?

### THE PEOPLE WHO ARE MOST AT RISK FOR SUICIDE ARE THOSE WHO:

- Feel hopeless, helpless, worthless, trapped or intolerably alone.
- Have a firearm in the home.
- Have increased their use of alcohol or are binge drinkers.
- Have attempted suicide in the past.
- Have been exposed to the suicide of another person.
- Have a history of violence.
- Have become isolated from friends, family, society and support systems.
- Are not receiving the mental health care they need.

### WARNING SIGNS:

- Threatening to hurt or kill oneself, or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means.
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person.
- Acting recklessly or engaging in risky activities—seemingly without thinking.
- Experiencing dramatic mood changes.
- Seeing no reason for living or having no sense of purpose in life.

## IF YOU ARE HAVING THOUGHTS OF SUICIDE:

# Help is available.

- Careline is available 24-hours a day, 7 days a week. Calls are caring and confidential.
- It's okay to ask for help! Talk with someone you trust; someone who can help you explore different options.
- You may be suffering from a physical condition which leads to depression.
- People with severe depression often respond rapidly and consistently to medication. Medication can provide stability while you learn new healthy coping skills.
- Give yourself some distance. Say to yourself, "I can wait before I do anything". Suicide is a permanent solution to what often are temporary situations.
- We can help. *Really.*



Careline is accredited by the American Association of Suicidology and is a member of the National Suicide Prevention Lifeline Network.

