

## WHAT DO YOU KNOW ABOUT SUICIDE?

1. IF SOMEONE SAYS THAT THEY WANT TO DIE, THEY ARE ONLY SEEKING ATTENTION.

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2. ALASKA HAS THE HIGHEST RTE OF SUICIDE IN THE U.S.

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3. \_\_\_ % OF ALL SUICIDE VICTIMS GIVE WARNING SIGNS.

4. MANY PEOPLE WHO COMMIT SUICIDE HAVE TRIED IT BEFORE.

T F

5. MOST PEOPLE WHO COMMIT SUICIDE DON'T WANT OT DIE, THEY JUST WANT THE PAIN TO STOP.

T F

6. LIST THREE OPTIONS YOU MIGHT GIVE TO A PERSON WHO IS FEELING SUICIDAL.

- 1.
- 2.
- 3.

## RESOURCES

**LOCAL:** FRIENDS AND FAMILY, HEALTH AIDES, COUNSELORS, PASTOR, VPSO, SCHOOL STAFF

**REGIONAL:** NORTON SOUND HEALTH CORPORATION BEHAVIORAL HEALTH SERVICES 1-800-443-3344

**STATE:** NORTH STAR BEHAVIORAL HEALTH 1-800-478-7575  
COMMUNITY BASED SUICIDE PREVENTION PROGRAM 1-800-478-3790  
CHARTER NORTH HOSPITAL CRISIS HOTLINE 1-800-458-7578

**NATIONAL:** NATIONAL SUICIDE HOTLINE 1-800-SUICIDE

**WEBSITES:**  
[WWW.NORTHSTARBEHAVIORAL.COM](http://WWW.NORTHSTARBEHAVIORAL.COM)  
[WWW.AFSP.ORG](http://WWW.AFSP.ORG) (AMERICAN FOUNDATION FOR SUICIDE PREVENTION)

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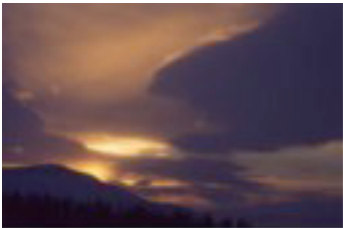
## THE H.O.P.E PROJECT FOR PREVENTING SUICIDE IN OUR VILLAGES



*A loving relationship is essential to the human spirit. We already have what we need. We have each other.*

## WARNING SIGNS

- LOSS OF ENERGY
- CHANGE IN SLEEP
- CHANGE IN EATING PATTERNS
- UNCONTROLLABLE OUTBURSTS
- STAYING HOME
- GIVING AWAY VALUABLES
- SOMEONE SAYS “I DON’T WANT TO LIVE ANYMORE”
- AVOIDING PEOPLE



**TAKE ANY WARNING SIGNS SERIOUSLY**



## H.O.P.E. STRATEGIES

**H** HEAR PEOPLE OUT

**O** OFFER OPTIONS

**P** PLAN WHAT COMES NEXT

**E** ENCOURAGE THEM TO KEEP LIVING

## AFTERMATH THE CYCLE OF HEALING

TRAUMA  
SHOCK  
ANGER  
DENIAL  
RAGE  
VIOLENCE  
ILLNESS  
AWARENESS  
ANGER  
OWNERSHIP  
RELEASE  
HEALING

