

*Note: We began our project by interviewing people in our village who had been touched by suicide or who had mental health expertise. We videotaped our interviews to create our educational video.*

### **Interview Questions**

HOPE stands for hearing, options, planning and encouragement that we see as 4 critical steps in helping prevent suicide. Please take a moment to answer these questions reflecting on your own experiences to help us help others.

1. Have you ever Heard someone out who was considering suicide? What did that feel like for you to listen?
2. What kind of Options would you offer someone who was feeling depressed or suicidal? What options are there in our village?
3. If someone came to you for help, how would you help him or her make a Plan to feel better after hearing him or her out? What would you include in the plan?
4. How would you continue to Encourage and show support for your friend/family after they tell you how they are hurting. What would encouraging them to get and continue with help look like?

### **WARNING SIGNS**

What kind of warning signs have you seen in suicidal people?

What kinds of warning signs did you feel you were giving that people did/did not notice?

### **AFTERMATH**

What reaction have you had to suicide(s)?

How do you help yourself/others feel better?

What are some of the hazards of helping troubled people?

*Note: When we show our video, we are interested in knowing how much people learn from it. We ask viewers to fill out this survey before and after watching the video.*

### H.O.P.E. SURVEY

1. If someone says they want to die, they are only seeking attention. T F

2. Alaska has the highest rate of suicide in the USA. T F

3. List 3 warning signs that indicate someone might commit suicide.

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4. List 3 things you can do if someone tells you they are suicidal.

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5. Native teenagers take their own lives at a rate of \_\_\_\_\_ times that of other Alaska teenagers. (number)

6. Which region in Alaska has the highest rate of suicide?  
Anchorage                  Southwest                  Northern

7. Who do you tell if someone tells you they are suicidal?

8. \_\_\_\_\_% of all suicide victims give warning signs?

9. Many people who commit suicide have tried it before. T F

10. More Alaska Native women attempt suicide than men, but Alaska Native men are more likely to complete. T F

11. Most people who attempt suicide don't want to die, they just want the pain to stop. T F

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