

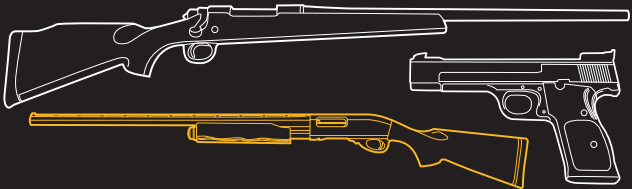
Alaska Mental Health
Trust Authority
Trust



Call 911 for emergencies
Alaska Careline
1-877-266-HELP (4357)
National Suicide Prevention
Lifetime
1-800-273-TALK (8255)
Veterans: Press 1

Keep Them Safe

Alaska is number one in the US in gun deaths



Suicide Warning Signs

These are common warning signs that someone is at risk of suicide:

- Threatening to hurt or kill him or herself, or talking about wanting to hurt or kill him or herself.
- Looking for ways to kill himself or herself by seeking access to firearms, pills or medications, 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.
- Expressing feelings of purposeless or seeing no reason for living.

Firearms Safety Checklist

- Properly storing your firearm and ammunition can reduce the risk of suicide and unintentional injury.
- Keep firearms unloaded and ammunition in a place that cannot be accessed by children and unauthorized adults.
- Store ammunition separate from firearms.
- Regularly reassess to ensure safe storage of firearms, especially during periods of increased stress or emotional crisis.
- When someone feels overwhelmed in a crisis, safely and securely storing firearms can provide critical life-saving moments between impulse and action.

Information is from the American Association of Suicidology