

When was the last time you asked,
"So how are you really doing?"



A little communication can save a life. Tragically, people considering suicide often feel like they can't talk to the people they love.

Take time to connect with the ones you love to show them you care. Know the signs. Be ready to help prevent suicide.

Call Alaska's Careline 24-hour hotline at 877-266-HELP (4357) or visit carelinealaska.com

Statewide Suicide
Prevention Council

www.hss.state.ak.us/suicideprevention



The TRUST

The Alaska Mental Health
Trust Authority

www.mhtrust.org