

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



A little communication can save a life. Tragically, people who are having a rough time or are at the point of 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.

Help is available at [carelinealaska.com](http://carelinealaska.com), the Careline 24-hour hotline at 877-266-HELP (4357) and by texting 907-2-LISTEN (254-7836).

Statewide Suicide  
Prevention Council

[www.hss.state.ak.us/suicideprevention](http://www.hss.state.ak.us/suicideprevention)



*The* TRUST

The Alaska Mental Health  
Trust Authority

[www.mhtrust.org](http://www.mhtrust.org)