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**Like too many Alaskans,  
I lost a son to suicide.**

**YOU  
KNOW  
me...**



*The* **TRUST**  
The Alaska Mental Health Trust Authority  
[www.mhtrust.org](http://www.mhtrust.org)

Because I don't want others to hurt the way I hurt inside, suicide prevention has become my passion.

On my mother's tribal blanket, the courageous Coho salmon fights dangerous waters. Its message empowers me. I no longer stay quietly in the background. I speak out and watch for those who are hurting.

Tragically, people considering suicide often feel incapable of talking to those they love the most. That's why we must all learn to recognize the signs of suicide risk and be ready to prevent it.

Find out more on the Statewide Suicide Prevention Council website  
[www.hss.state.ak.us/suicideprevention](http://www.hss.state.ak.us/suicideprevention)

or call Alaska's Careline  
24-hour hotline  
1-877-266-HELP (4357)