

**SUICIDE  
HURTS**

It doesn't have to happen

Your throat hurts, you tell someone.  
Your knee hurts, you tell someone.

**Your life hurts.  
Tell someone!**

**CALL**  
**Alaska's Careline**  
1 877 266-Help (4357)  
[www.carelinealaska.com](http://www.carelinealaska.com)

*National Suicide Prevention Week September 6 - 12*

In October, join National Alliance For Mental Illness (NAMI)  
for Remembrance Tree Event. (Oct. 6, information at 272-0227)

A message from the Alaska Mental Health Trust and  
Alaska Statewide Suicide Prevention Council.

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