


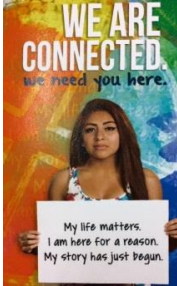


# Resource Store

Suicide Prevention & Substance Abuse Prevention

Thank you for your interest in our services! Below are the materials and educational resources our department has to offer your community or agency. Please write the quantity of each item in the box, and fill out your contact information at the bottom. We are here to support you, if you have any questions contact Janie Ferguson, 907-729-4499, [jferguson@anthc.org](mailto:jferguson@anthc.org).

Hotline Cards	Description Cards are 3.5" x 2", indicate quantity of boxes	Ordering Information
	Alaska Careline Crisis Hotline- sled dog graphic	<input data-bbox="1305 726 1370 810" type="text"/> Qty
	Alaska Careline Crisis Hotline- "Tell Your Heart Story" graphic	<input data-bbox="1305 1047 1370 1131" type="text"/> Qty
	Information on the warning signs of suicide and contact information for the Suicide Prevention Lifeline	<input data-bbox="1305 1262 1370 1346" type="text"/> Qty
	Information on protecting yourself and others from suicide, warning signs, and how to help, has Suicide Prevention Lifeline number	<input data-bbox="1305 1619 1370 1703" type="text"/> Qty

**Description**

**Ordering Information**



Information on healthy relationships, numbers for the National Domestic Violence Hotline and Sexual Assault Hotline, aimed toward women

Qty



Domestic Violence & Sexual Assault: Information about healthy relationships for teens/young adults, has numbers for the Alaska Careline and National Teen Dating Abuse Helpline

Qty

## Posters



“Tell your Heart Story” graphics and Careline Crisis hotline number

Poster Qty

Poster  
18” x 24”

Magnet  
5.5” x 4.5”

Magnet Qty


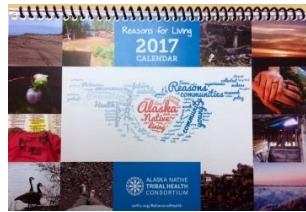




Suicide awareness information, with Suicide Prevention Lifeline number

Qty

17.5” x 11”

# Promotional Materials

	Description	Ordering Information
	Ink Pen, with Alaska Careline number	<input type="text"/> Qty
	"Reasons for Living" 2017 calendar. Each month shows a picture and reason for living from different Alaska Native people around the state.  9" x 11.5" when open	<input type="text"/> Qty
	"Reasons for Living" – a set of 14 postcards showing a photograph and reason for living from Alaska Native people around the state.	<input type="text"/> Qty
	Black backpack with the "Tell Your Heart Story" logo. Has two zippered compartments and an outer mesh side-pocket.	<input type="text"/> Qty

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**Description****Ordering Information**

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“Tell your Heart Story” notebook with lined paper, and Alaska Careline number.

7.5” x 5”

Qty



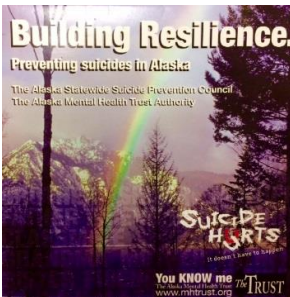
Dark blue stainless steel water bottle with the “Tell Your Heart Story” logo

- 40 oz.
- BPA free
- Vacuum seal lid
- Hand wash only
- 

*Recommended use: incentives or door prizes*

Qty  
*Limit 2 per order.*

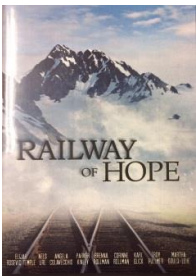
## Education & Training



Building Resilience. Preventing Suicides in Alaska (2007)  
DVD  
Run time 15 min

*Five Alaskans passionately dedicated to suicide prevention share their personal insights, hope, and practical ideas to achieve resilience in our communities, particularly among Alaska Native young people. Participants include: Barbara Franks, Bill Martin, Ramy Brooks, Desi King, and Stefanie Armstrong.*

Qty



Railway Of Hope (2013)  
DVD  
Runtime 27 min

*Landon Adams had the perfect life, the perfect girlfriend, and the perfect season. On one tragic night though, his life is shattered. With his perfect life falling apart, Landon must decide whether he will try to rebuild it, or just give up.*

*Comes with Discussion Guide and information on how to create a “Wall of Hope” with youths.*

Qty

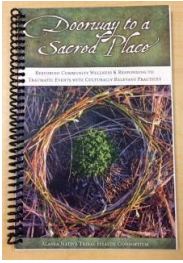
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**Description**

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**Ordering Information**

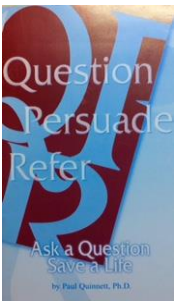
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Doorway to a Sacred Place Training

I want training

Restoring Community Wellness & Responding to Traumatic Events with Culturally Relevant Practices



QPR Training: recognize warning signs & help a person considering suicide using 3 steps:

I want training

Question....a person about suicide  
Persuade...the person to get help and,  
Refer ... the person to the appropriate resource

**BECOME SUICIDE-ALERT**

safeTalk Training

I want training

*safeTALK* is a 3.5-4 hour suicide alertness workshop created by LivingWorks for anyone ages 15 and older. The workshop teaches participants to recognize basic suicide warning signs and connect at-risk individuals to intervention resources in their community.



ASIST Training

I want training

*Applied Suicide Intervention Skills Training (ASIST)* is a two-day intensive workshop created by LivingWorks that teaches participants effective suicide intervention skills.

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**Description**

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**Ordering Information**

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**Mental Health First Aid Training**

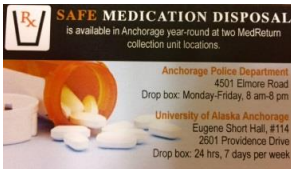
Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.

I want training

**Youth Mental Health First Aid Training**

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

I want training

**Other Services****Safe Medication Disposal**

Information how to safely dispose of medications. Please inquire for more details.

I want information

**Tobacco Survey for Tribal Health Organizations**

An individualized behavioral health departmental assessment to illuminate the strengths, needs, and opportunities related to nicotine and health for your organization. Please inquire for more details.

I want information

## Ordering Information

When your ordering information is complete, scan and email to [jferguson@anthc.org](mailto:jferguson@anthc.org);

subject line: Order Form OR fax to 907-729-2924

Full Name	
Agency (if applicable)	
Mailing Address	
Telephone Number	
Email	

*Thank you for reaching out to us! Please let us know if you have not received your items, or if you requested training and you have not heard back within 2 weeks.*