






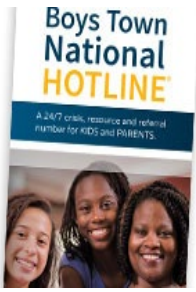




Suicide Prevention Resources

Below are materials and educational resources available from other resources.





Wallet Cards	Description	Ordering Information
 <p>CARELINE 877-266-HELP or text 4help to 833863 www.carelinealaska.com</p>	<p>Alaska Careline Crisis Hotline</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
 <p>Not sure if someone needs help? ASK. Ask if they are thinking about ending their life. Share that you care. Keep them company & connect them to Careline.</p>	<p>Alaska Careline Crisis Hotline</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
 <p>Front</p>	<p>Alaska Careline Crisis Hotline</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
	<p>Alaska Careline You're Cared About</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
	<p>This wallet card lists signs for suicide risk. It urges those showing any of the signs to contact a mental health professional or to call the National Suicide Prevention Lifeline.</p>	<p>https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Suicide-Prevention-Learn-the-Warning-Signs/SVP13-0126</p>
	<p>This wallet card lists signs of depression. It urges people to call the National Suicide Prevention Lifeline if they or someone is having trouble coping after a traumatic event.</p>	<p>https://www.store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Having-Trouble-Coping-With-Help-Comes-Hope-/SVP13-0155R</p>

<p>Assessing Suicide Risk: Initial Tips for Counselors</p> 	<p>This wallet card helps counselors identify people at risk for suicide. It presents information on what to do if someone is having suicidal thoughts, and lists warning signs of suicidal behavior. The card also gives the number to the National Suicide Prevention Lifeline.</p>	<p>https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-Wallet-Card-Assessing-Suicide-Risk-Initial-Tips-for-Counselors/SVP13-0153</p>
<p>Having Trouble Coping After a Disaster?</p> <p>Talk With Us.</p>	<p>This wallet-size card includes the national Disaster Distress Helpline and lists warning signs of distress. It encourages those experiencing signs of psychological stress to call or text the helpline for support.</p>	<p>https://store.samhsa.gov/product/Having-Trouble-Coping-After-a-Disaster-Talk-With-Us-PEP12-DDHCARD</p>
	<p>Your Life Your Voice wallet-sized cards</p> <p>For kids, teens and young adults.</p> <p>Boys Town National Hotline can help with family, relationships, feelings, suicide, abuse, addiction, bullying and school</p>	<p>https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx</p>
	<p>Your Life Your Voice Hotline wallet-sized cards</p> <p>Crisis and counseling materials for KIDS and PARENTS.</p>	<p>https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx</p>
	<p>We Are Worthy Card</p> <p>Information on healthy relationships, numbers for the National Domestic Violence Hotline and Sexual Assault Hotline, aimed toward women</p>	<p>https://www.iknowmine.org/provider-materials/handouts/business-cards-more/we-are-worthy-card</p>
	<p>Teen Safety Card</p> <p>Domestic Violence & Sexual Assault: Information about healthy relationships for teens/young adults, has numbers for the Alaska Careline and National Teen Dating Abuse Helpline</p>	<p>https://www.iknowmine.org/provider-materials/handouts/business-cards-more/teen-safety-card</p>

Magnets	Description	Ordering Information
 <p>NATIONAL SUICIDE PREVENTION LIFELINE™ 1-800-273-TALK 1-800-273-8255 www.suicidepreventionlifeline.org</p> <p><small>U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration www.samhsa.gov Printed 2007 • Reprinted 2009 • © 2009 SAMHSA 0127</small></p>	<p>This magnet features the number and web address for the National Suicide Prevention Lifeline in easy-to-read bold letters.</p>	<p>https://store.samhsa.gov/product/National-Suicide-Prevention-Lifeline-magnet/SVP05-0125</p>
 <p>YOUR Life YOUR Voice</p> <p>IT'S OKAY TO ASK FOR HELP. YLYV.ORG</p>	<p>Your Life Your Voice magnet</p> <p>For kids, teens and young adults.</p>	<p>https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx</p>
 <p>Boys Town National HOTLINE™ A 24/7 crisis, resource and referral number for KIDS and PARENTS. 1-800-448-3000 boystown.org/hotline yourlifeyourvoice.org</p> <p><small>National Sponsor: BOYS TOWN International Institute</small></p>	<p>Your Life Your Voice Hotline magnet</p> <p>Crisis and counseling materials for KIDS and PARENTS.</p>	<p>https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx</p>
Brochures	Description	Ordering Information
 <p>CARELINE CRISIS INTERVENTION</p> <p>CARELINE 877-266-HELP 1-800-448-3000</p> <p><small>www.carelinealaska.com</small></p>	<p>Alaska Careline Suicide Prevention (download or order from State of Alaska)</p> <p>Warning signs, how to support someone, and information on Careline and suicide in Alaska.</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
 <p>CARELINE CRISIS INTERVENTION</p> <p>CARELINE 877-266-HELP 1-800-448-3000</p> <p>Loss and Healing</p> <p><small>www.carelinealaska.com</small></p>	<p>Alaska Careline Loss and Healing (download or order from State of Alaska)</p> <p>Information on grieving and Careline.</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>

	<p align="center">Boys Town National Hotline Information Brochure</p> <p align="center">Crisis and counseling materials for KIDS and PARENTS.</p>	<p align="center">https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx</p>
	<p>Coping with Losing Someone to Suicide (download or order from State of Alaska)</p> <p align="center">Has contact information for support resources, general information on coping and some things to keep in mind.</p>	<p align="center">http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
	<p>Recovering from self-harm or a suicide attempt (download or order from State of Alaska)</p> <p align="center">Has resources and helpful information that aids with support or recovery of a self-harm or suicide attempt.</p>	<p align="center">http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
	<p>Supporting someone after self-harm or a suicide (download or order from State of Alaska)</p> <p align="center">Has resources and helpful information that aids with support or recovery of a self-harm or suicide attempt.</p>	<p align="center">http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
	<p>Coping with Sudden Traumatic Loss (Anchorage) (download or order from State of Alaska)</p> <p align="center">For any sudden loss, such as a death to an accident, violence or self-harm. Has contact information for grief support resources, and general information.</p>	<p align="center">http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>

	<p>Coping with Sudden Traumatic Loss (Statewide) (download or order from State of Alaska)</p> <p>For any sudden loss, such as a death to an accident, violence or self-harm. Has contact information for grief support resources, and general information.</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
	<p>A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department (download from SAMHSA)</p> <p>This brochure helps people recovering from a suicide attempt. It discusses how to find healing, hope, and help after emergency room treatment, including how to cope with future thoughts of suicide. The brochure also offers ways to connect with other suicide attempt survivors and lists free apps and other resources to help you move forward.</p>	<p>https://store.samhsa.gov/product/A-Guide-for-Taking-Care-of-Yourself-After-Your-Treatment-in-the-Emergency-Department/sma18-4355eng</p>
	<p>A Guide for Taking Care of Your Family Member after Treatment in the Emergency Department (download from SAMHSA)</p> <p>This brochure was developed by and for family members whose loved one attempted suicide. It provides information about what to expect in the emergency room, and how to take care of yourself and your family member following the attempt. It also offers resources to help you move forward.</p>	<p>https://store.samhsa.gov/product/A-Guide-for-Taking-Care-of-Your-Family-Member-After-Treatment-in-the-Emergency-Department/sma18-4357eng</p>
	<p>Disaster Distress Helpline Brochure (download from SAMHSA)</p> <p>This brochure features the national Disaster Distress Helpline, which supports people who are coping with the after effects of a disaster. Learn about a disasters' potential to cause psychological stress, warning signs of distress, and tips for coping.</p>	<p>https://store.samhsa.gov/product/Disaster-Distress-Helpline-Brochure/PEP12-DDHBRO</p>

	<p>Society for the Prevention of Teen Suicide</p> <p>Brochure for teens providing ways to reach out for help.</p>	<p>http://www.sptsusa.org/store/#spts-materials</p>
	<p>Society for the Prevention of Teen Suicide</p> <p>What Every Parent Should Know, brochure for parents.</p>	<p>http://www.sptsusa.org/store/#spts-materials</p>
<p>Planning Guide</p>	<p>Description</p>	<p>Ordering Information</p>
	<p>Alaska Postvention Guide: Preparing to Heal (download or order from State of Alaska)</p> <p>Step-by-step help for communities on how to be ready to respond in case of a suicide. Postvention minimizes the risk of additional attempts, and supports healing. Sections for schools, families, funeral speakers, clergy on how to speak safely about suicide and more.</p>	<p>http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/Alaska-Suicide-Prevention-Materials.aspx</p>
<p>Posters</p>	<p>Description</p>	<p>Ordering Information</p>
	<p>Teen Suicide Prevention: We Can Help Us (download or order from SAMHSA)</p> <p>Part of a suicide prevention campaign, this poster reminds teens that others have had similar feelings and that there are ways to get through it. Urges teens to visit the reachout.com website to hear stories from others. The poster comes flat and is 23.5 inches x 17 inches.</p>	<p>https://store.samhsa.gov/product/Teen-Suicide-Prevention-We-Can-Help-Us/ADC10-SUICIDEP</p>



**Boys Town National Hotline
Your Life Your Voice Character poster**

SIZE 17x11 | 11x8.5

For kids, teens and young adults.

<https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx>



**Boys Town National Hotline
Your Life Your Voice Mood poster**

SIZE 17x11 | 11x8.5

For kids, teens and young adults.

<https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx>



Boys Town National Hotline poster

SIZE 17x11 | 11x8.5

Crisis and counseling materials for KIDS and PARENTS.

<https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx>



The Trevor Project Saving Young LGBTQ Lives

poster size 18" x 24"

Trevor Posters are available to teachers, school counselors, social workers, adults who work with youth as well as organizations where youth may seek information.

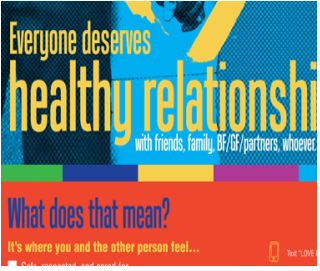

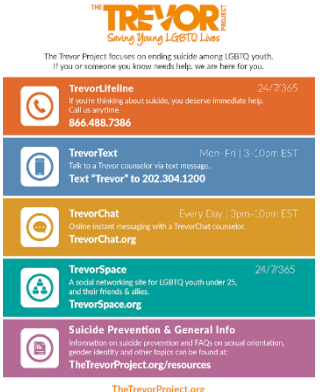

https://docs.google.com/forms/d/e/1FAIpQLSettLr-hluYjXmp4jAO-P_CHV0IPoNL3adFzIN0laYrOdTQ/viewform



We Are Worthy Poster

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

<https://www.iknowmine.org/provider-materials/Poster/we-are-worthy-posters>

	<p align="center">Teen Safety Poster</p> <p>Domestic Violence & Sexual Assault: Information about healthy relationships for teens/young adults, has numbers for the Alaska Careline and National Teen Dating Abuse Helpline.</p>	<p align="center">https://www.iknowmine.org/provider-materials/Poster/getting-together-poster</p>
<p align="center">Fact Sheet/Handout</p>	<p align="center">Description</p>	<p align="center">Ordering Information</p>
	<p align="center">Boys Town National Hotline Factsheet</p> <p>Crisis and counseling materials for KIDS and PARENTS.</p>	<p align="center">https://www.boystown.org/hotline/Pages/hotline-materials-order.aspx</p>
	<p align="center">The Trevor Project Saving Young LGBTQ Lives</p> <p>The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.</p>	<p align="center">https://docs.google.com/forms/d/e/1FAIpQLSettLr-hluYjXmp4jA0-PP_CHVOIPoNL3adFizlNOlaYrOdTQ/viewform</p>
<p align="center">Medication Disposal</p>	<p align="center">Description</p>	<p align="center">Ordering Information</p>
	<p align="center">Detera Deactivation System (Bags)</p> <p>Safe medication disposal.</p>	<p align="center">https://www.iknowmine.org/provider-materials/safe-medicine/deactivation-bag</p>



Deterra Deactivation System (Bucket)

Safe medication disposal.

<https://www.iknowmine.org/provider-materials/safe-medicine/deactivation-buckets>



Medication Mail Back Bag

Safe medication disposal.

<https://www.iknowmine.org/provider-materials/safe-medicine/medication-mail-back-bag>