

A smiling woman with dark hair, wearing a patterned shirt, is holding a white sign. The sign contains the text of the pledge. The background is a solid yellow color.

Take the pledge

I pledge to live, honor and protect myself from any harm, to love my life, my family, my friends and my village.

Sign here.

Today we stand together to stop suicide in Alaska.



**Need help keeping your
pledge? Contact Careline.**

Call 1-877-266-HELP (4357) anytime, or
text *4help* to 839863 most evenings.



A person wearing a dark winter jacket and a red hat is sitting in a snowy field. In the background, there are several evergreen trees covered in snow. The entire image has a light blue tint.

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