

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.

ASK



CARELINE 877-266-HELP (4357)

Call 24/7, 365 days a year

Text *4help* to 839863

3-11 p.m. Tuesday-Saturday

Statewide • Confidential
Alaskans helping Alaskans

Watch for...

Warning signs

- Talks about wanting to die
- Gives away valued things
- Withdraws from friends, family
- Seeks access to guns, pills, etc.
- Big changes in mood, looks, and actions, including drug or alcohol use

Risk factors

- Past suicide attempts
- Isolated
- Access to guns, pills, etc.
- Loss of a loved one to suicide

Learn more: CarelineAlaska.com

**Not sure how to ASK?
Call Careline.**