



CARELINE
877-266-HELP
or text *4help* to 839863

www.carelinealaska.com

*Text hours are Tues-Sat, 3:00pm-11:00pm
(Standard rates may apply)

Suicide Warning Signs

Verbal:

I'm thinking of ending it all
I might as well shoot myself
I can't go on; it's hopeless
life is not worth living
Nothing matters anymore

Behavioral:

Withdrawal; isolation
Impulsiveness; recklessness
Putting affairs in order
Increased use of drugs or alcohol
Expressed hopelessness

Worried about a friend? Worried about yourself?
Talk to someone or call us.

With Help Comes Hope.