



*Connecting Alaskans,
Inspiring Hope,
and Saving Lives.*

988
SUICIDE & CRISIS
LIFELINE

IF YOU ARE HAVING THOUGHTS OF SUICIDE, PLEASE REACH OUT

It's okay to ask for help. Talk with someone you trust, someone who can help you explore different options.

Give yourself some distance. Say to yourself, "I can wait before I do anything." Suicide is a permanent solution to what often are temporary situations.

Careline is available 24 hours a day, 7 days a week. Calls are caring and confidential.

WHAT TO EXPECT WHEN YOU CALL OR TEXT 988

- 1** You'll be connected with a trained crisis counselor.
- 2** The crisis counselor will work with you to explore what is feeling challenging or hurting the most.
- 3** The counselor will work with you to address safety concerns, if needed.
- 4** You will be offered support to explore options and to discover solutions for a path CARELINE forward.

NEED TO TALK? CALL OR TEXT 988 OR CALL 1-877-266-4357

WHO SHOULD CALL CARELINE?

- Anyone experiencing emotional distress.
- Anyone having thoughts of suicide or wanting to die.
- Anyone navigating grief or loss.
- Anyone dealing with substance misuse.
- Anyone worried about a friend or loved one.
- Anyone feeling isolated or intensely alone.
- Anyone who needs someone to talk to.

MENTAL HEALTH MATTERS EVERYDAY

Careline is for Alaskans by Alaskans.

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To Learn More: www.carelinealaska.com

Careline is accredited by the American Association of Suicidology and is a member of the 988 Suicide and Crisis Lifeline Network