American Indian and Alaska Native communities have always shown unity and resilience. Each of us is a gift, and our stories are shared across generations. Together, we can get through anything.

Protect yourself and your family from suicide.

In the Pacific Northwest (Idaho, Oregon, and Washington), suicide was the 2nd leading cause of death for AI/ANs 15-44 years old.¹ Nationally, suicide was the 2nd leading cause of death for AI/ANs 10-34 years old.² Suicide rates are typically higher among males than among females. Young men 15-24 years old are at highest risk.³

We need you here.

Connect those at-risk to mental health services
Seek spirituality
Avoid drugs and alcohol
Talk to others about hopes and dreams
Improve problem-solving skills and relationships with friends, family, community, culture, and social institutions
Maintain good physical and emotional health

Protect yourself and your family from suicide.

If someone you know has experienced trauma—a loss or a big change in their life—or if their behavior or mood has changed, talk with them. Suicide is preventable.

Know the warning signs

¹ GLS Fact Sheet
² CDC, WISQARS
³ 2014 IHS Trends

We are connected.
Restricting access to lethal means can greatly reduce suicide rates.

Firearms are the most common means of suicide.

Use gun locks and gun safes, and limit the number of people who know where the key is or what the combination is.

Ask your police department to store your firearms.

Prescription drug overdoses can be prevented.

Store medications in locked cabinets.

Return unused medication to the pharmacy.

Know how many pills should be in each medicine bottle (to prevent someone from taking pills slowly).

Report lost or stolen prescriptions to the prescribing physician or law enforcement.

To GIVE help or GET help:

Call 911 if you or someone you know is in immediate danger.
Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).
Chat online at www.SuicidePreventionLifeline.org.
Text START to 741741 to chat via text.
Talk to trusted elders, healers, friends, family, clergy or health professionals.

SUICIDE WARNING SIGNS CAN ALSO INCLUDE

Impulsive, reckless behavior
Extreme behavior changes
Decreased interest in appearance
Loneliness
Feeling sad or hopeless
Feeling helpless
Saying things like, “All of my problems will end soon” or “I just can’t take it any more”
A mental health condition
Giving away possessions
Withdrawal from others
Loss of interest in sports and leisure
Misuse of drugs or alcohol

Northwest Portland Area Indian Health Board
www.npaihb.org

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