

IF YOU ARE HAVING THOUGHTS OF SUICIDE:

Help is available.

- Careline is available 24-hours a day, 7 days a week. Calls are caring and confidential.
- 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 are often temporary situations.
- You may be suffering from a physical condition which leads to depression.
- People with severe depression often respond rapidly and consistently to medication. Medication can provide stability while you learn new healthy coping skills.
- Reach out. Talk to someone.
- **We can help. Really.**

Careline is accredited by the American Association of Suicidology and is a member of the National Suicide Prevention Lifeline Network.



CARELINE:

- Offers free, immediate, and confidential help.
- Is available 24/7, 365 days a year.
- Treats callers with respect.
- Listens, without judging.
- Helps callers discover their own solutions and offers support along the way.
- Provides intervention to those who are considering suicide.
- Provides information to those who are concerned about someone else.
- Cares!

Careline's vision is a community free from suicide.
Careline provides crisis intervention for individuals considering suicide or experiencing crisis, isolation, or depression.
Careline supports survivors of suicide by providing crisis intervention, education, and referral.

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CARELINE CRISIS INTERVENTION

**"ALASKA'S SUICIDE PREVENTION AND
SOMEONE-TO-TALK TO LINE"**



**CALL:
1-877-266-4357
TEXT:
4help to 839863**

LOSS AND HEALING

WWW.CARELINEALASKA.COM

THE PHASES OF GRIEF

There is no right or wrong way to grieve. It is normal to experience a variety of emotions or feelings. It can be helpful to know that things may never again be “normal”. It is up to you to define a new normal.

- **Shock:** often occurs immediately. It can be accompanied by denial, disbelief and numbness.
- **Denial:** thinking "I don't believe it," or "It didn't happen."
- **Bargaining:** thinking "If I do all the right things then life will be like before..."
- **Guilt:** thinking “If only...” or “I should have...”. If you find yourself “stuck” in the guilt phase talk to someone who can help you through it.
- **Anger:** you may be angry about your loss, with your loved ones, with yourself, with God or some other entity.
- **Depression:** a phase of grief that comes and goes. Give yourself time to heal and don't be surprised if you repeat some of the phases of grief, perhaps even later on in your life.
- **Acceptance:** acknowledging the loss and readjusting to a new life, *a new normal*.

KNOW THE SYMPTOMS OF DEPRESSION:

- Persistent sad, anxious, or "empty" mood.
- Loss of interest or pleasure in activities.
- Restlessness, irritability, or excessive crying.
- Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism.
- Sleeping too much or too little.
- Appetite or weight changes.
- Decreased energy, fatigue, feeling “slowed down.”
- Difficulty concentrating, remembering, or making decisions.
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.
- Thoughts of death or suicide, suicide attempts, unexplained accidents, or serious recklessness.

Healing doesn't mean you'll never be sad again. But, there is an important difference between sadness and depression.

WHAT NEXT?

- Accept your feelings. Admit you are shocked, hurt, angry, or depressed, and that it's okay to have these feelings.
- Examine what you've been taught about grief. What were your family rules about grieving? Is it okay to be angry about the loss? To keep reminders around you? Are these rules helping you now, or do you need to define your own rules?
- Ask for and accept help in defining what your loss means in your life—who are you now in the context of what has happened? How will you go on?
- Face the loss. Ask "What will I do now?"
- Recognize that a bad day does not mean that all is lost.
- Rest, exercise, eat, drink water, set goals and accomplish tasks. Cultivate a healthy lifestyle.
- Accept having a good day. It's normal to feel guilty for having happy moments, but it's healthy to have them!
- Welcome pleasant surprises!
- Postpone major decisions for a while until you've given yourself time to thoroughly think them through.
- Recognize that using alcohol or abusing drugs masks the pain only temporarily, and then may drastically take control over your life.
- **Ask for help.** Asking for help is a strong, courageous step for you to take.