

Alaska Careline Crisis Intervention Line at 1-877-266-4357
or
National Suicide Prevention Lifeline at 1-800-273-8255.

Your conversation with the operator will be **CONFIDENTIAL**. The operator will attempt to support you in any way they can. They will ask you if you need them to call the Police for you or if you need to go to the Emergency room. They are more than willing to make calls for you or may decide they need to call the police if you are telling them that you are in imminent danger of hurting yourself.

~ If **suicide** does not appear imminent they will ask if you, **or the person you are concerned about**, have a plan or means of **self-harm** and ask you to please remove those means, preferably with the support of someone there. These might be medications or weapons.

~ If you are having suicidal thoughts they will ask you why and provide recommendations to support you with the problems you are experiencing.

~ They will encourage you to get support from others and can assist you with different mental health resources in the Juneau Community.

~ The crisis lines are there to support you for immediate help and support.