

Warning Signs

- Talks about suicide, self harm or being a burden to others
- Sleeps too little or too much
- Experiences major changes in behavior/personality
- Withdraws from activities with friends and family
- Loses interest in hobbies, work, school, and social life
- Prepares for death by making out a will/final arrangements
- Gives away prized possessions
- Has attempted suicide in the past
- Knows someone who has died by suicide
- Has had a recent, severe loss or might be in chronic pain
- Is preoccupied with death and dying
- Is or might be a victim of bullying
- Neglects personal appearance/self-care
- Increases their use of alcohol or other substances
- Acts anxious, agitated or behaves recklessly

*Our Mission
is to provide
health care
with competence
and sensitivity*



**Bristol Bay Area
Health Corporation**

P.O. Box 130
6000 Kanakanak Road
Dillingham, AK 99576
907-842-5201
www.bbahc.org



Call For Help!

Kanakanak Hospital

**842-5201 or
800-478-5201**

**Alaska Careline
800-273-8255**