

Suicide Awareness, Prevention, & Postvention



“Suicide Prevention Is Everyone's Business”

Suicide is a tragic and preventable loss for families and communities. This website is designed to help Alaskans promote a culture that restores hope, encourages distressed people to seek help, and builds resilience and connectedness among families and communities.



Alaskans do not need to feel hopeless and suffer in silence. All of us can play a role in preventing suicide. Learn what you can do.

Warning Signs

- Talking about wanting to die or committing suicide
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Increasing use of drugs or alcohol
- Acting anxious or agitated
- Behaving recklessly
- Change in sleeping habits
- Withdrawing or feeling isolated
- Extreme mood swings

Suicide Awareness & Prevention Staff Training AS 14.30.362 (formerly SB137) **NEW July 1, 2016

- Training is no longer required annually (Follow district/school rotation schedule)
- Starting July 1, 2017 required for certification
- HB44 removed the two hour requirement for staff suicide awareness and prevention training.
 - In response to that EED reorganized our current eLearning modules.
 - The first 3 courses are now shorter (1.5 hours long).
- The “Alaska Safe Children's Act” task force reviewed & updated the current recommended staff training list.
 - All trainings not on the list need to be approved by EED
 - Please see the EED website for training criteria

Staff approved Trainings:

eLearning
Youth Mental Health First Aid
GateKeeper QPR
safeTALK
ASIST
Kognito

eLearning Courses:

<https://education.alaska.gov/ELearning/courses.html>
Part A: Suicide Awareness:
Part B: Suicide Prevention
Part C: Suicide Intervention
Part D: Responding to Suicide-Postvention

Student Programs/ Curricula:

Signs of Suicide
Sources of Strength
Youth Leaders
Reconnecting Youth
Gatekeeper QPR (youth version)
PBIS
safeTALK

Websites Available:

Suicide Awareness, Prevention & Postvention:
<http://education.alaska.gov/tls/suicide/>
Stop Suicide Alaska <http://www.stopsuicidealaska.org/>

For More information:

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Suicide Prevention Week Sept. 5-11

Wall of Hope Project 2016
- Create a space for students & staff to write messages of “Hope”

Statewide priority!

