

Dear Bristol Bay,

With recent news of the tragedy that has impacted our community I wanted to offer some resources that may be helpful to people as they grieve as well as information that may be helpful in the case of someone having suicidal ideation or struggling in general.

AFSP- American Foundation for Suicide Prevention has a lot of information that is suicide specific and can assist with accessing support networks for people who are having suicidal ideation or people who are grieving the loss due to suicide. <https://afsp.org/what-to-do-when-someone-is-at-risk>. This is a link to what to do when someone is thinking about suicide.

The Dougy Center – The Dougy Center is a grief and loss center based in Portland Oregon but has satellite organizations that offer grief groups, grief camps, and a plethora of information about how to talk about grief to children, different things to do to help someone who is grieving, and different materials that may be able to assist someone who is struggling with grief. <https://www.dougy.org/> This is a link for their main website, but in the grief support and resources tab you can find all of the information that you would need to know about grief and loss.

The Trevor Project – The Trevor Project is a website geared towards offering support towards people who identify as LGBTQ+. The Trevor Project has an online support system that offers 24/7 services for people who are having thoughts of suicide or self-harm. <https://www.thetrevorproject.org/.../talking-about-suicide/> This is a link to information specific for talking about suicide and warning signs for someone who may be suicidal.

QPR – Question, Persuade, and Refer. This is a gatekeeper program that helps people identify what to do if someone identifies suicidal ideation or self-harm behavior. <https://www.qprinstitute.com/individual-training> This is a 60-minute training that people can take to be a “gatekeeper” and learn ways in which they can respond to a person who is having suicidal ideation and assist them with getting to a trained professional who would be able to assist them with stabilization. QPR charges \$30 to take their gatekeeper training.

988 is the new suicide prevention lifeline number. You can call or text 988 to talk with a trained volunteer or professional who can assist with managing conflicts that you may be experiencing. This is identified as a suicide prevention lifeline, but you do not have to have suicidal ideation to access this service it may be utilized to assist people with feeling less suicidal, less depressed, less overwhelmed, and more hopeful.

Crisis text line – Text “home” to 741-741 to talk with someone 24/7 who is trained in crisis prevention and can assist with managing a multitude of different emotions and struggles that you may be experiencing.

Calmharm – This is a phone app that is geared towards people who have identified self-harm or suicidal ideation. This app has a plethora of ideas/information that people can utilize for managing their moods/emotions when you are experiencing difficult emotions to manage. This may be a suicide/self-harm specific app but it has a lot of great resources for people to utilize to manage their moods/emotions.

Counseling with AJ, LLC - <http://counselingwithaj.com/>