

SEPTEMBER 2022

Victims Services Program

SEPTEMBER

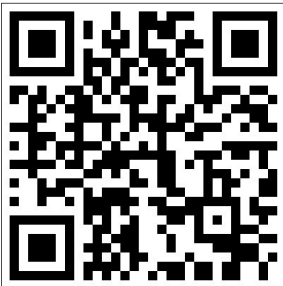
is Suicide Prevention Month

If you are worried about someone, follow these **5 steps**:

ASK
BE THERE
KEEP THEM SAFE
HELP THEM CONNECT
FOLLOW UP



Name The Shelter Competition



The VNT is seeking to find a Sugpiaq word or a name of a person to dedicate the shelter too. Please add your suggestion to the form by scanning the code to enter!

Winners will be selected by the Valdez Native Tribe staff, and **prizes** will be offered to the top winners. The deadline to enter is October 1, 2022.

Remember Me: A Day of Remembrance

On September 30th, Valdez Native Tribe remembers Indigenous children & families affected by the Indian Residential Schools and all Indigenous child apprehension programs.



Let's Talk, We'll Listen (907) 835 - 1144

Important Dates

Labor Day - VNT Offices Closed
SEPTEMBER 5

World Suicide Prevention Day
SEPTEMBER 10

Patriot Day
SEPTEMBER 11

Gathering Circle
SEPTEMBER 21

National Day of Remembrance:
US Boarding School Survivors
SEPTEMBER 30

Contact

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(907) 255 - 7172

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(907) 255 - 7413

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(907) 255 - 0375

Office Phone
(907) 835 - 8069

Email
victims_services@valdeztribe.org

Mailing Address
PO Box 1634 Valdez, AK 99686



Gathering Circle

Sept. 21 2022 | 6 - 8pm | VNT Community Hall

Join us **IN-PERSON** on Wednesday, September 21 from 6 - 8pm in the VNT Community Hall.

Diane Selanoff will be teaching how to make **Birch Bark Baskets**.

Please **call or text** 907-255-7172 to **reserve your spot**. There will only be 20 spots available.

Food Bank Dates

September 11 | 1-3pm

September 25 | 1-3pm



24/7 Crisis Hotline

(907) 835 - 1144

- You need someone to talk to
- You need information & resources
- You don't know what to do next
- You are a victim of a crime of trauma
- You are a family member of a victim

Scan the QR code for
more information



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Mental Health Services



ANNOUNCEMENTS

Alaska Native Foster Parents are Needed!

Call 907-461-7290 for additional information.

CONTACT

Dr. Tanya Bailey
Director of Social Services

907-461-7290

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We all know life can be **difficult**; our difficulties can become overwhelming and sometimes lead individuals to believe the best solution is to remove ourselves from this world. In times when individuals are battling **suicidal thoughts**, having someone to identify it and provide crucial support and save their life. Therefore, it's essential that we learn to recognize and be aware of suicidal ideations, behaviors, and contributing factors.

According to the American Foundation for Suicide Prevention, suicide is the **12th leading cause of death** in America today, and another 1.2 million attempt to die by suicide each year. There is no single cause of suicidal ideations and attempts, but factors such as mental or physical health illnesses, chronic pain, knowing someone who died by suicide, substance use, and social isolation are contributors that are recognized to increase someone's risk.

People facing **suicidal urges** often experience a sense of hopelessness. They may speak of hopelessness, killing themselves, being a burden on others, or feeling trapped. They may display concerning changes in behavior, like a lack of interest in their favorite things, giving away prized possessions and tying up loose ends, withdrawal, fatigue, and researching ways to end their life.

If you or someone you know is battling suicidal urges or thoughts, seek mental and or medical help immediately.

