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For more information contact Mary Rucker, program manager 274-7232.

Young People Are the Future of Our Communities.

(907) 277-5541

Fax 277-3108

## SUICIDE: Is a Young Person You Know in Danger?

The future of our communities is being threatened by the growing number of young people attempting suicide. Over half of all children say they have considered suicide before they graduate from high school. Young people who have attempted suicide say they couldn't tell anyone. But eight out of ten young people who try suicide do let someone know. Their behavior says something is very wrong. Warning signs include sudden changes in eating or sleeping habits, talk about death, extreme sadness, changes in personality, giving away possessions, and concerns over the recent death of a friend or family member.

Help young people realize the promise of their future by stopping the spread of suicide. For more information how to help young people who may be in danger, call us. We can help.

## Call: 258-7575 or 1-800-478-7575



Charter North Behavioral Health System

2530 DeBarr Road Anchorage, Alaska 99508 The Divition to plant to activities Any nonas a school A one-to services Arbor Da application or from: Division Urban & 3601 C S Anchora 762-228

## Arbor Day Grants

The Division of Forestry is accepting applications for grants to plant trees or sponsor other educational or informational activities related to Arbor Day or urban/community forestry.

Any nonprofit organization or local government body, such as a school, may apply for grants of between \$250 and \$2,000. A one-to-one match is required and may be cash, in-kind services or donated materials.

Arbor Day will be celebrated on May 15 this year. Grant applications are due Fri., February 24. Information and applications are available at all Division of Forestry Offices or from:

Division of Forestry Urban & Community Forestry 3601 C St., Suite 1034 Anchorage, AK 99503-5937 762-2289 or 762-2125

