

# Many Paths

The NIWHRC *Many Paths* project shall define the need for services, the gaps between needed and available services, barriers to care, and other problems related to the need to implement trauma-informed suicide and substance abuse prevention and early intervention activities for American Indian youth and emerging adults at risk of or currently experiencing issues that may lead to suicide.

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## Native Connections

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“Alone on a wide wide sea;  
So lonely ‘twas, that God Himself  
scarce seemed there to be.”

*Samuel Taylor Coleridge*

1798

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Did you know:

- ◆ Suicide attempts only became a reportable condition in Oklahoma in 2001.
- ◆ It is well known that many suicides are **not reported as suicides**, but instead as accidents.
- ◆ Legal agencies in some small rural towns (high American Indian populations) often neglect to report deaths as suicides to spare the family's feelings or to avoid the lasting stigma associated with suicide.
- ◆ Despite the ongoing data collection and reporting irregularities, tribal and other area public health professionals confirm that:
  - ◇ Suicides are under-reported
  - ◇ American Indian suicides are significantly under-reported
  - ◇ Awareness of issues surrounding suicide is low
  - ◇ Suicidal behaviors and prevention strategies are not well known in area communities

## EDUCATE YOURSELF

Oklahoma ranks 12th nationally in completed suicides.

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Table shows the percentage of weapon type used by suicide victims (ages 12-24), Oklahoma 215

Weapon Type	%
Firearm	48.5
Hanging/Strangulation	35.6
Poisoning	8.9
Other	6.9

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National Suicide Prevention

Lifeline

1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## Warning Signs:

- ⇒ Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- ⇒ Looking for ways to kill oneself by seeking access to firearms available, pills, or other means
- ⇒ Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- ⇒ Feeling Hopeless
- ⇒ Feeling rage or uncontrolled anger or seeking revenge
- ⇒ Acting reckless or engaging in risky activities—seemingly without thinking
- ⇒ Feeling trapped—like there's no way out
- ⇒ Increasing alcohol or drug use
- ⇒ Withdrawing from friends, family, and society
- ⇒ Feeling anxious, agitated, or unable to sleep or sleeping all the time
- ⇒ Experiencing dramatic mood changes
- ⇒ Seeing no reason for living or having no sense of purpose in life