

# WE ARE CONNECTED.

we need you here.

American Indian and Alaska Native communities have always shown unity and resilience. Each of us is a gift, and our stories are shared across generations. Together, we can get through anything.

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## WE NEED YOU HERE.

In the Pacific Northwest (Idaho, Oregon, and Washington), suicide was the 2<sup>nd</sup> leading cause of death for AI/ANs 15-44 years old.<sup>1</sup> Nationally, suicide was the 2<sup>nd</sup> leading cause of death for AI/ANs 10-34 years old.<sup>2</sup> Suicide rates are typically higher among males than among females. Young men 15-24 years old are at highest risk.<sup>3</sup>

- Connect those at-risk to mental health services
- Seek spirituality
- Avoid drugs and alcohol
- Talk to others about hopes and dreams
- Improve problem-solving skills and relationships with friends, family, community, culture, and social institutions
- Maintain good physical and emotional health

## PROTECT YOURSELF AND YOUR FAMILY FROM SUICIDE.

## KNOW THE WARNING SIGNS

If someone you know has experienced trauma—a loss or a big change in their life—or if their behavior or mood has changed, talk with them. **Suicide is preventable.**

# #WeNeedYouthere

Impulsive, reckless behavior

Extreme behavior changes

Decreased interest in appearance

Loneliness

Feeling sad or hopeless

Feeling helpless

Saying things like, "All of my problems will end soon" or "I just can't take it any more"

A mental health condition

Giving away possessions

Withdrawal from others

Loss of interest in sports and leisure

Misuse of drugs or alcohol

## SUICIDE WARNING SIGNS CAN ALSO INCLUDE

**Firearms** are the most common means of suicide.

Use gun locks and gun safes, and limit the number of people who know where the key is or what the combination is.

Ask your police department to store your firearms.

**Prescription drug overdoses** can be prevented.

Store medications in locked cabinets.

Return unused medication to the pharmacy.

Know how many pills should be in each medicine bottle (to prevent someone from taking pills slowly).

Report lost or stolen prescriptions to the prescribing physician or law enforcement.

## RESTRICTING ACCESS TO LETHAL MEANS CAN GREATLY REDUCE SUICIDE RATES.

To GIVE help or GET help:

Call 911 if you or someone you know is in immediate danger.

Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).

Chat online at [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org).

Text START to 741741 to chat via text.

Visit [www.wernative.org](http://www.wernative.org).

Talk to trusted elders, healers, friends, family, clergy or health professionals.

(Placeholder for local resources sticker)

Northwest Portland Area  
Indian Health Board  
[www.npaihb.org](http://www.npaihb.org)

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