

WE ARE CONNECTED. we need you here.

We know you are in pain.
We can heal together.
#WeNeedYouthere

I've been there.
We will get
through this
together.
#WeNeedYouthere

American Indian and Alaska Native communities have always represented unity and resilience. We must continue this tradition, and our connections can help our generations thrive. Each one of us is a gift, and our stories are shared across generations.

If someone you know is thinking about suicide... you can help. Stay calm, ask directly about suicide, listen non-judgmentally, and contact a local mental or behavioral health professional if possible.

If you or someone you know has been showing signs of suicide, please get help. Contact a trusted adult, clergy member, spiritual advisor, healer, elder, health professional or the national prevention crisis line at 1-800-273-TALK (8255) or text START to 741741 to chat via text.

To learn more, visit www.wernative.org or www.SuicidePreventionLifeline.org.

THRIVE
www.npaih.org

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