

COMMUNITY IS THE HEALER

— THAT —
BREAKS THE SILENCE

SUICIDE IS THE
2ND LEADING CAUSE OF DEATH
FOR AI/AN YOUTH 15-24 YRS OLD

3X'S MORE WOMEN
ATTEMPT SUICIDE THAN MEN

AI/AN MALES 15-24 YRS OLD HAVE THE
HIGHEST SUICIDE RATE
THEIR WHITE COUNTERPARTS' RATE IS 17.54

IF SOMEONE YOU KNOW... Threatens suicide, talks about wanting to die, shows changes in behavior, appearance or mood, abuses drugs or alcohol, deliberately injures themselves, appears depressed, sad or withdrawn...

YOU CAN HELP! Stay calm and listen, let them talk about their feelings, be accepting and do not judge, ask if they have suicidal thoughts, take threats seriously, and don't swear secrecy—*tell someone!*

**PROTECT
YOURSELF AND
LOVED ONES**

- BUILD SPIRITUAL & CULTURAL ROOTS IN NATIVE TRADITIONS
- INCLUDE TEENS IN FAMILY DECISION-MAKING
- EAT BREAKFAST 5-7 TIMES A WEEK
- REACH OUT, AND MENTOR SOMEONE YOUNGER
- MAINTAIN GOOD PHYSICAL AND EMOTIONAL HEALTH
- LET OTHERS KNOW YOU CARE ABOUT THEM
- AVOID DRUGS AND ALCOHOL
- TALK ABOUT YOUR HOPES AND DREAMS

To learn more visit:
www.suicidepreventionlifeline.org • us.reachout.com
Or call 1.800.273.TALK (8255)

Provided by THRIVE, a project of the Northwest Portland Area Indian Health Board, and by NARA NW.

