

# 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.

## Protect yourself and your family from suicide.

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

Identify and participate in tribal culture

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.

## Know the warning signs.

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

Family or friend's suicide attempt or death

Misuse of drugs or alcohol

# #WeNeedYouHere

## Restricting

access to lethal means can greatly reduce suicide rates.

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.

## Caring Messages



Caring messages are a suicide prevention intervention that involves sending a brief caring message to those who may be at risk of suicide.

This brief connection can help save lives. It reminds the person that someone is thinking of them and cares about them. It can be a powerful message during a difficult time. Caring messages have been shown to reduce rates of suicide and can communicate empathy and concern without demanding anything in return.

Send a text, email, or social media post to someone you care about today.

## To GIVE help or GET help:

- **Dial 988** if you are having a mental health emergency to reach the Suicide & Crisis Lifeline.
- Text **NATIVE** to 741741 to receive free, 24/7 counseling support.
- Visit [www.wernative.org](http://www.wernative.org).
- Talk to trusted elders, healer, friends, family, clergy or health professionals.

