TWO SPIRIT
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TO GIVE HELP OR GET HELP:
• CALL THE TREVOR LIFELINE FOR LGBTQ YOUTH AT 1.866.488.7386
• DIAL 988 TO REACH THE SUICIDE & CRISIS LIFELINE
• Text “NATIVE” to 741741 FOR FREE 24/7 SUPPORT
• VISIT WWW.WERNATIVE.ORG TO LEARN ABOUT SUICIDE SIGNS
  AND PREVENTION RESOURCES
• TALK TO TRUSTED ELDERS, HEALERS, FRIENDS,
  FAMILY MEMBERS OR HEALTH PROFESSIONALS

PREVENT SUICIDE.
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This marketing document was developed, in part, under grant numbers S500Z180 and S5002106 from SAMHSA. The views, opinions and content of this publication are those of the authors and contribution, and do not necessarily reflect the views, opinions, or policies of SAMHSA, SAMHSA, or NIH, and should not be construed as such.