In crisis? **Text NATIVE** to 741741 for free, 24/7 support. #WeNeedYouHere

Suicide & Crisis Lifeline Dial 988 for mental health emergencies.







This document was developed lin part by funding from the Indian Health Service (IHS) and grant number SM082 106 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (IHHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA, IHIS, or IHS.