

# TWO SPIRIT LOVED & ACCEPTED

#WENEEDYOUHERE



## PREVENT SUICIDE.

LESBIAN | GAY | BISEXUAL | TRANSGENDER | QUEER

Two Spirit is a contemporary term that refers to current and historical LGBTQ people, whose individual spirit blends male and female identities. Most tribes have unique terms in their language and roles for Two Spirit people.

### Honor LGBTQ2S People:

- Respect the names and pronouns that people use to identify themselves.
- Know that family love, support, and acceptance helps protect all people from suicide.
- Let the person know indirectly, or directly, that you are open to hearing about their lives and identity.
- Help connect people to their tribal culture and history around gender and identity.
- Respect the person's desired level of privacy.
- Adopt a no tolerance response to bullying and harassment.

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### SUICIDE WARNING SIGNS

- Experienced trauma or loss
- Giving away possessions
- Withdrawal from family, friends, school, or work
- Feeling sad, hopeless, helpless or rejected
- Concerning posts on social media
- Sleeping too little or too much

### PROTECTING FRIENDS AND FAMILY:

Restricting access to lethal means can significantly reduce suicide rates. Firearms are the most common cause of suicide. Communities can reduce access to firearms by using gun locks, gun safes, and by limiting the number of people who know where the key is or what the combination is to open the lock. Some police departments will even store firearms for community members, if needed.

Prescription drug overdoses can be prevented by storing medications in locked cabinets, returning unused medication to the pharmacy, and knowing how many pills should be in each medicine bottle (to prevent pills from being stolen slowly over time). Lost or stolen prescriptions should be reported to the prescribing physician or law enforcement. Other strategies to prevent access to lethal means can be found at [www.yspp.org/about\\_suicide?means\\_restriction](http://www.yspp.org/about_suicide?means_restriction).

### 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](http://www.wernative.org) to learn about suicide signs and prevention resources
- Ask directly about suicide
- Stay calm and listen nonjudgmentally
- Talk to trusted elders, healers, friends, family members or health professionals



[www.npaihb.org](http://www.npaihb.org)



(place holder for local resources label)