

## 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

(PLACE HOLDER FOR LOCAL RESOURCES LABEL)

# TWO SPIRIT LOVED & ACCEPTED

#WENEEDYOUHERE



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



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## PREVENT SUICIDE.

# LGBTQ LOVED & ACCEPTED

**#WENEEDYOUHERE**

Protect yourself and your family from suicide. Statistics show the risk of suicide is higher for those who identify as lesbian, gay, bisexual, transgender, or Two Spirit (LGBT2S). Know the warning signs just in case you need to help a friend or family member. Most importantly, show support, love, and acceptance to someone thinking about suicide.

**Remember, suicide can be prevented.**

## **KNOW THE 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