TEXT “MIND4HEALTH” TO 65664

A text messaging service for caring adults to help nurture convo’s with youth to build our mental health together.

Provides tips and tools to talk with Native youth about mental health and how you can model self-care and share mental health resources when needed.

#mind4health  #TalkingisPower  #HealthyNativeYouth
For Native Youth

Youth can scan the QR code using their phone for Support Resources

If you’re a Native youth and need a little support (because we all do from time to time 😊) check out some resources that were made just for you...

Follow We R Native on Instagram, Twitter, YouTube, and Facebook. @wernative

Text CARING to 65664

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