

# We are connected. We need you here.

American Indian and Alaska Native communities have always represented unity and resilience. We must continue this tradition, and our connections can help our generations thrive. Each one of us is a gift, and our stories are shared across generations.

If you or someone you know has been showing signs of suicide, please get help. Contact a trusted adult, spiritual advisor, healer, elder, health professional, or the Suicide & Crisis Lifeline at **988**, or text **NATIVE** to **741741** for free 24/7 support.

To learn more, visit [www.wernative.org](http://www.wernative.org) or [988Lifeline.org](http://988Lifeline.org).



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