

# To GIVE help or GET help:

**Dial 988** if you are having a mental health emergency to reach the Suicide & Crisis Lifeline.

Text **NATIVE** to 741741 to receive free, 24/7 counseling support.

Talk to trusted elders, healers, friends, family, clergy or health professionals.

Visit  **WERNATIVE.ORG**

# WE ARE CONNECTED. We Need You Here.



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



THRIVE

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# Protect

yourself and your family  
from suicide.

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- Connect those at-risk to mental health services
- Seek spirituality
- Avoid drugs and alcohol
- Talk to others about hopes and dreams
- Improve problem-solving skills and relationships with friends, family, community, culture, and social institutions
- Maintain good physical and emotional health

# Know

the warning signs.

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If someone you know has experienced trauma—a loss or a big change in their life—or if their behavior or mood has changed, talk with them.

**Ask how they're feeling.  
Be a good listener.**

And if you or someone you know has been showing warning signs, please get help. To see a full list of warning signs, visit

[www.wernative.org/articles/suicide-warning-signs](http://www.wernative.org/articles/suicide-warning-signs).

## Suicide is preventable.

**#WeNeedYouHere**