

**We all
make us
all strong.**

Our Native identities and cultures, the values and traditions we share, make us who we are. Our connection makes us strong.

Our connection protects us, too. As good relatives, we all help keep us healthy and safe. That includes talking about mental health and suicide — and getting support when we or others need it.



Good relatives watch out for friends and family.

Suicide warning signs.

While you can't always tell, most people give some warning signs when they're thinking about suicide.

Talk to your friend or relative if you notice them:

- Talking, joking or researching about death.
- Feeling hopeless, depressed, anxious, angry or humiliated, or saying they are a burden to others.
- Experiencing changes in their personality or in their performance at school or work.
- Sleeping way more than usual, or hardly ever.
- Isolating themselves from others or avoiding activities they used to love.
- Using more alcohol or drugs, especially if they're talking about suicide or self-harm while they're under the influence.
- Behaving recklessly or dangerously or giving away possessions.

What to do.

When someone may be struggling with their mental health or thinking about suicide, we can make a difference.

Ask. It can feel uncomfortable to start a conversation about suicide. You could start by saying, "I'm worried about you" or "I want to help."

Listen as they talk, with compassion and without judgment. React calmly if they say they're thinking about suicide or have a plan to harm themselves.

Keep them safe. Remove dangerous objects and substances from the places where they spend time. Ask if they've thought about how they would attempt suicide, and get them away from anything they could use to hurt themselves.

Help them get support. Confidential support is available 24/7, whether it's an urgent situation or you're looking for emotional support or guidance to help a friend.

Call 988 and press 4 for the Native and Strong Lifeline, available 24/7.

NativeAndStrong.org