culture is prevention

Opioid misuse is preventable
We all play a part

Connecting to our culture and each other makes us stronger, especially when times are challenging. Build strength and resilience:

- ✓ Participate in cultural activities that bring you joy and connection
- ✓ Make time to connect with your friends, relatives and elders
- ✓ Find healthy ways to manage stress like carving, beading, dancing, singing
- ✓ If you are worried about a friend, ask them how they are doing
- ✓ If you are worried about yourself, reach out for help

Learn more at
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Washington State Health Care Authority