



Alex



Chris



Benny

Text

BRAVE

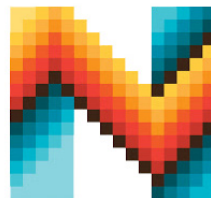
to 94449

BRAVE is a text message series that provides helpful information on healthy relationships, intimate partner violence, mental health and wellness skills, while promoting cultural pride and resilience.

Text BRAVE to 94449 to sign up

The videos and text messages will give you the tools you need to get support for yourself or a friend, if they're going through a tough time.

You will receive 3 text messages per week for 8 weeks.



WERNATIVE

**Stand Up.
Stand Strong.
Don't just Stand by.**

National Suicide Prevention
Lifeline: 1-800-273-TALK (8255)

National Domestic Violence
Hotline: 1-800-799-SAFE (7233)