We've got Your Back with Resources!

<table>
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<th>Resources</th>
<th>Local Resources</th>
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| National Suicide Prevention Lifeline:  
Call: 1-800-273-TALK  
Text: START to 741741 | We all need help at one point in time. Every single one of us! |
| StrongHearts Native Helpline  
Call (7am-10pm CST): 1-844-7NATIVE  
Chat: strongheartshelpline.org | Share - any concerns you have  
Talk - with someone you can trust  
Report - if you’re worried about someone |
| First Nations & Inuit Hope for Wellness Hotline  
Call: 1-855-242-3310 | Check out what’s available in your community by checking with your:  
- Tribal Clinic  
- School Counselor  
- Mental Health Clinic |
| RAINN - National Sexual Assault Hotline  
Call (24/7): 1-800-656-HOPE | |
| Love is Respect - National Domestic Violence Hotline  
Call (24/7): 1-866-331-9474  
Text: "loveis" to 22522 | |
| We R Native  
Ask Auntie & Ask Uncle | |

Text...  
Find Help Near You

For youth:  
"NATIVE" to 97779 for health & wellness tips  
"CARING" to 65664 to be reminded of just how awesome you are!  
"EMPOWER" to 97779 for tips on talking to your youth about sexual health

For adults:  
SAMSHA - Zip code locator for a treatment center closest to you  
Mental Health America - Zip code locator for a clinic closest to you

WWW.HEALTHYNATIVEYOUTH.ORG