

# We've got Your Back with Resources!

## Resources



National Suicide Prevention Lifeline:  
Call: 1-800-273-TALK  
Text: START to 741741



StrongHearts Native Helpline  
Call (7am-10pm CST): 1-844-7NATIVE  
Chat: [strongheartshelpline.org](http://strongheartshelpline.org)



First Nations & Inuit Hope for Wellness  
Hotline  
Call: 1-855-242-3310



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

## Local Resources

**We all need help at one point in time. Every single one of us!**

**Share** - any concerns you have

**Talk** - with someone you can trust

**Report** - if you're worried about someone

Check out what's available in your community by checking with your:

- Tribal Clinic
- School Counselor
- Mental Health Clinic

## Text...

For youth:



"NATIVE" to 97779 for health & wellness tips

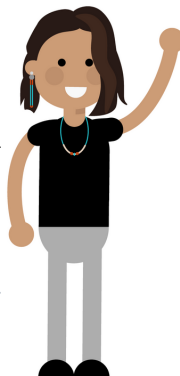


"CARING" to 65664 to be reminded of just how awesome you are!

For adults:



"EMPOWER" to 97779 for tips on talking to your youth about sexual health



## Find Help Near You



SAMSHA - Zip code locator for a treatment center closest to you



Mental Health America - Zip code locator for a clinic closest to you

