

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



RAINN - National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE
www.rainn.org



We R Native
Q&A Service: Ask Auntie & Ask Uncle
www.weRnative.org



Love is Respect
Call (24/7): 1-866-331-9474
Text: "loveis" to 22522
www.loveisrespect.org



Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233733
www.humantraffickinghotline.org



The Trevor Project
Call (24/7): 1-866-488-7386
Text: "START" to 678-678
Chat: thetrevorproject.org



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

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



WWW.HEALTHYNATIVEYOUTH.ORG

Local Resources

We all need help at one point in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone

Here are some local resources that are here to help you...

School Counselor/ Mental Health Professional

Name:

Location:

Phone:

Email:

Tribal Clinic

Hours:

Location:

Phone:

Email:

Emergency Services

EMS:

Police:

Fire:

Hospital/ Urgent Care

Location:

Phone:

Email: