

TEXT
"MIND4HEALTH"
TO
65664



A text messaging service for caring adults to help nurture convo's with youth to build our mental health together.

Provides tips and tools to talk with Native youth about mental health and how you can model self-care and share mental health resources when needed.

#mind4health **#TalkingisPower**
#HealthyNativeYouth



Let youth know you are a trusted adult they can turn to. Look inside for resources you can share with Native youth when they need it...



FOR NATIVE YOUTH

Youth can Scan the QR code using their phone for Support Resources

If you're a Native youth and need a little support (because we all do from time to time 😊) check out some resources that were made just for you...



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@wernative



These materials were developed, in part, under grant number SM082106 from SAMHSA. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS, and should not be construed as such.