



It  
seems like it  
was yesterday when  
we learned to ride our  
bikes **together**,  
discovered that we both liked to  
dance and speak our language.  
It seems like we were  
**never apart**  
and everyone knew we were  
**best friends.**

When we decided to go to school,  
we made sure we  
were going to be roommates.

When you finally landed that first job  
after all your hard work, I was the first to say

**“congratulations.”** When you said

you wanted to help the youth on the reservation, I  
said, **“Let’s do it together.”** Then  
came a time when you told me that you have a

**mental health problem,**  
like **depression** and **anxiety.**

Now I know that anyone can  
experience mental health problems, even  
**Native People.** We thought we knew

everything, yet I really didn’t **understand** what a  
**difference** my support can make in your recovery.

Well, I am here for you. I **will** be here for you.  
And—as always—**we will recover together.**



Visit [www.whatadifference.samhsa.gov/native](http://www.whatadifference.samhsa.gov/native)  
to learn how you can help support a friend.