COMMUNITY IS THE HEALER
THAT BREAKS THE SILENCE
NATIVE AMERICAN communities have always represented unity and strength. Today, we must continue this tradition and come together to help those in need. Suicide has become a serious problem in Indian Country, but suicide can be prevented.
If someone you know has threatened suicide, talked about wanting to die, appears depressed, sad or withdrawn, or shows changes in behavior, appearance or mood… You can help!
To help: Remember to stay calm and listen • Take all threats of suicide seriously • Don't swear secrecy • Contact a local health professional, counselor, healer or clergy member, the suicide lifeline, or a trusted adult.
To learn more visit: www.suicidepreventionlifeline.org, us.reachout.com, or call 1.800.273.TALK (8255)
THRIVE