# COMMUNITY IS THE HEALER THAT BREAKS THE SILENCE

SUICIDE IS THE
**2ND** LEADING CAUSE OF DEATH
FOR AI/AN YOUTH 15-24 YRS OLD

**3X'S** MORE WOMEN
ATTEMPT SUICIDE THAN MEN

AI/AN MALES 15-24 YRS OLD HAVE THE
**HIGHEST SUICIDE RATE**
THEIR WHITE COUNTERPARTS' RATE IS 17.54

***IF SOMEONE YOU KNOW...*** Threatens suicide, talks about wanting to die, shows changes in behavior, appearance or mood, abuses drugs or alcohol, deliberately injures themselves, appears depressed, said or withdrawn...

***YOU CAN HELP!*** Stay calm and listen, let them talk about their feelings, be accepting and do not judge, ask if they have suicidal thoughts, take threats seriously, and don't swear secrecy–***tell someone!***

**PROTECT YOURSELF AND LOVED ONES**

- BUILD SPIRITUAL & CULTURAL ROOTS IN NATIVE TRADITIONS
- INCLUDE TEENS IN FAMILY DECISION-MAKING
- EAT BREAKFAST 5-7 TIMES A WEEK
- REACH OUT AND MENTOR SOMEONE YOUNGER
- MAINTAIN GOOD PHYSICAL AND EMOTIONAL HEALTH
- LET OTHERS KNOW YOU CARE ABOUT THEM
- AVOID DRUGS AND ALCHOHOL
- TALK ABOUT YOUR HOPES AND DREAMS

***To learn more visit:***
***www.wernative.org • us.reachout.com***
***www.suicidepreventionlifeline.org Or call 1.800.273.TALK (8255)***

***Provided by THRIVE, a project of the Northwest Portland Area Indian Health Board.***

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www.npaihb.org