**Suicide Prevention Video Script for Youth**

Hello, my name is Jack Herne. As a Native American and proud member of the St. Regis Mohawk Tribe, I want to talk to you today about youth suicide in our communities. Suicide is a critical issue affecting Native American youth and needs to be addressed.

As young people, we all face challenges and hardships in our everyday lives. We deal with pressures from society, school, family, and friends. We encounter problems like arguments with family, breakups with boyfriends or girlfriends, being teased and bullied at school, or being tempted to use drugs or alcohol.

As Native people, these challenges can be much worse. We might be treated differently because of the way we look or talk, where we live, or the way we’re portrayed in the movies or on TV, as sports mascots or even cartoons.

For these and other reasons, life can be difficult to deal with on a daily basis; sometimes it might feel like it’s just too much to handle. This can lead to feeling hopeless, wanting to give up, and thinking that there’s no way your life could ever get better. An important thing to remember is that these problems don’t last forever and you don’t have to face these issues alone. There is help.

If you or someone you know:

Says they feel hopeless or helpless,

Shows drastic changes in their mood or appearance,

Seems depressed or sad most of the time,

Withdraws from family or friends,

Displays a loss of interest in activities they use to enjoy,

Acts impulsively,

Abuses drugs or alcohol,

Or intentionally hurts themselves,

Reach out to a trusted adult or family member, school counselor, spiritual leader, or your local behavioral health center.

Or Call the National Suicide Prevention Lifeline at 1-800-273-TALK and speak with someone who can help. Someone is available anytime day or night; the call is free; and the service is completely confidential. Call from anywhere in the country and you’ll be connected to a caring person who will listen and can help.

As Native Americans, we should be proud of who we are. Our communities have been here for thousands of years, we have endured much hardship, and yet we are still here. Our collective history represents unity, strength, and perseverance.

We must continue this tradition and come together to help those in need. Remember, we have the ability to help each other live long, healthy, and happy lives.

Call the National Suicide Prevention Lifeline at 1-800-273-TALK. That’s 1-800-273-8255 for more information.