

# WE ARE CONNECTED.

*we need you here.*

*We know you are in pain.  
We can heal together.*

**#WeNeedYouthere**

*I've been there.  
We will get  
through this  
together.*

**#WeNeedYouthere**

American Indian and Alaska Native communities have always represented unity and resilience. We must continue this tradition, and our connections can help our generations thrive. Each one of us is a gift, and our stories are shared across generations.

If someone you know is thinking about suicide... you can help. Stay calm, ask directly about suicide, listen non-judgmentally, and contact a local mental or behavioral health professional if possible.

If you or someone you know has been showing signs of suicide, please get help. Contact a trusted adult, clergy member, spiritual advisor, healer, elder, health professional or the national prevention crisis line at 1-800-273-TALK (8255) or text START to 741741 to chat via text.

To learn more, visit [www.wernative.org](http://www.wernative.org) or [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)

**THRIVE**  
[www.npaih.org](http://www.npaih.org)

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