

To GIVE help or GET help:

Call 911 if you or someone  
you know is in immediate danger.

Call the Suicide Prevention Lifeline:  
1-800-273-TALK (8255).

Chat online at  
[www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org).

Text START to 741741 to chat via text.

Visit [www.wernative.org](http://www.wernative.org).

Talk to trusted elders, healers, friends,  
family, clergy or health professionals.

(Placeholder for local resources sticker)

Northwest Portland Area  
Indian Health Board  
[www.npaihb.org](http://www.npaihb.org)



This marketing document was developed, in part, under grant number 1U72CE001780-03 from SAMHSA. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of SAMHSA, or HRSA, and should not be construed as such.

# WE ARE CONNECTED.

we need you here.



## **PROTECT YOURSELF AND YOUR FAMILY FROM SUICIDE.**

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- Connect those at-risk to mental health services.
- Improve problem-solving skills and relationships with friends, family, community, culture, and social institutions.
- Maintain good physical and emotional health.
- Seek spirituality.
- Avoid drugs and alcohol.
- Talk to others about hopes and dreams.

## **KNOW THE WARNING SIGNS.**

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If someone you know has experienced trauma—a loss or a big change in their life—or if their behavior or mood has changed, talk with them.

### **ASK HOW THEY'RE FEELING. BE A GOOD LISTENER.**

And if you or someone you know has been showing warning signs, please get help.

### **SUICIDE IS PREVENTABLE.**

**#WeNeedYouthere**

