



As good relatives, we watch out for friends and family.

Suicide warning signs to look for.

Talk to your friend or relative if they're:

- Talking, joking or researching about death.
- Feeling hopeless, depressed, anxious, angry or humiliated.
- Experiencing changes in their personality or in their performance at school or work.
- Sleeping a lot more or less.
- Isolating themselves.
- Using more alcohol or drugs, especially if they talk about hurting themselves while under the influence.
- Behaving recklessly.
- Giving away possessions.

Call **988** and **press 4**
for the Native and Strong
Lifeline, available **24/7**.

NativeAndStrong.org

 We all
make us
all strong.