

Social media graphics and captions

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Caption:

As good relatives, we all make us all strong. That includes looking out for each other, talking about mental health and suicide, and getting support when we need it for ourselves and our loved ones. Visit NativeAndStrong.org to learn what to watch for and what to do to help prevent suicide.

Download video here <https://vimeo.com/553104983/5a5f69b194>



Caption:

While you can't always tell, most people thinking about suicide show warning signs. As good relatives, we can help by knowing and noticing the signs when a friend is struggling and connecting them with support. To learn more, visit NativeAndStrong.org.



Caption:

If a loved one seems hopeless or depressed, talk with them. Listen with compassion and without judgment. And connect them with support. To learn more about signs to watch for and what to do to help prevent suicide, visit NativeAndStrong.org.





Caption:

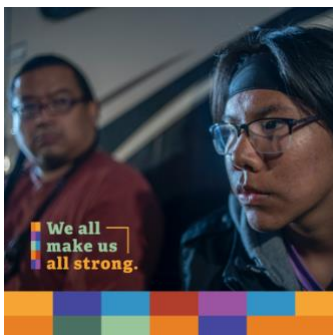
Our connection to our culture makes us strong. If you or a loved one is struggling with mental health or thinking about suicide, get support. That's a sign of the strength we share. Visit NativeAndStrong.org to learn about what to watch for and what to do to help prevent suicide.

Download video here <https://vimeo.com/553436564/e22e70c53a>



Caption:

We all struggle sometimes. Knowing somebody cares can help a loved one feel less alone. As good relatives, we can listen with compassion and without judgment. And we can help our friend get the support they need. Visit NativeAndStrong.org to learn what to watch for and what to do to help prevent suicide.



Caption:

When we know the signs of suicide, we can help our family and friends get the support they need. If someone is talking, joking or researching about dying; feeling hopeless, depressed or anxious; or isolating themselves, talk with them about it. Learn more at NativeAndStrong.org.





Caption:

When someone is struggling emotionally, good relatives can make a real difference by connecting them with the support they need. To learn how to get 24/7, confidential support for you or someone else, visit NativeAndStrong.org.



Caption:

What makes us strong? Our family, our community, our tribe. Our connection is our strength. If you or someone else is struggling with mental health or thinking about suicide, get support. Learn more at NativeAndStrong.org.



Caption:

When good relatives help one person feel healthy and strong, we help keep our people whole. That includes talking about mental health and suicide. It also includes getting support for ourselves and others when we need it. To learn about warning signs to watch for and what to do to help prevent suicide, visit NativeAndStrong.org.





Caption:

Someone who's thinking about suicide might seem hopeless or moody. Maybe they're avoiding doing things they enjoy, or avoiding people. Maybe they're sleeping a lot, or very little. They might talk about hurting themselves or dying. When we can recognize the signs, we can help. Learn more at NativeAndStrong.org.



Caption:

If someone you know might be thinking about suicide, talking with them about it can make a big difference. It might be hard to start the conversation, but you could start by saying, "I'm worried about you." To learn about warning signs of suicide and how to help someone who's struggling, visit NativeAndStrong.org.



Caption:

As Native people, we use our strength to support each other. If you or someone else is struggling with mental health or thinking about suicide, call or text for help. That's a sign of the strength we share. To learn more, go to NativeAndStrong.org.



Caption:

When someone is struggling emotionally, good relatives can make a real difference by connecting them with support. To learn how to get 24/7, confidential support for you or someone else, visit NativeAndStrong.org.

