

A photograph of two men in a gym. The man in the foreground is shirtless, has a tattoo on his left arm, and is wearing blue boxing gloves. He is smiling and embracing another man from behind. The man being embraced has curly hair and is also shirtless. In the background, another man wearing a hat is visible. The scene is lit with warm, indoor lighting.

# Good relatives keep us healthy and safe.

If you think someone may  
be thinking about suicide,  
help them get support.

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

[NativeAndStrong.org](https://NativeAndStrong.org)

 We all  
make us  
all strong.