

# **We ask questions.** **We listen. We connect** **people with support.**

**Good relatives can help prevent suicide.**

- Learn about suicide warning signs at [NativeAndStrong.org](https://NativeAndStrong.org).
- If you think someone may be thinking about suicide, ask them. You could start by saying, “I’m worried about you.”
- Listen with compassion and without judgment. Stay calm.
- Remove dangerous objects from places where they spend time.

**Connect them with  
the support they need.**

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.**