




# Be There for Your Two-Spirit Relatives

 **Provide safe spaces for Two-Spirit people:** Advocate for diverse spaces in education and seek out health care providers trained in gender diversity.

 **Learn about Two-Spirit traditions, beliefs and practices:** Get involved with these practices alongside your Two-Spirit relatives. Educate others about traditional roles Two-Spirit people hold in Native cultures.

 **Listen well and honor their identity:** Resilience starts with acceptance. Talk with them about who they are in a supportive environment.

Call 988 and press 4 talk with a Native counselor on the **Native and Strong** Lifeline, available 24/7.



**Learn the signs** of suicide and how to support your relatives at [NativeAndStrong.org](https://NativeAndStrong.org)



**NATIVE & STRONG**  
Connection is Prevention