






Keep Our Native Veterans Connected

 **With other veterans:** Sharing experiences—online or in person—with other people who have served can be a source of strength and healing.

 **Connection with their tribe and community:** Engaging with culture and tradition is a proven way to reduce isolation and improve mental health. Get them involved with elders and youth to learn and pass on knowledge.

 **With resources that can help them:** Talking with veterans about counseling can help destigmatize care. Remind them that asking for help is a sign of strength, not weakness.

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



NATIVE & STRONG
Connection is Prevention