



# Support Native Youth with the challenges they face




## Keep their networks strong:

Connected Native families are inherently resilient. Give youth time and space to build relationships with family and their Native peers.



## Connect them to land, culture and elders:

Connection to place and culture builds identity, and youth with a strong sense of self are more resilient and more likely to ask for help. Connecting youth with tribal elders shows them wellness ways unique to their people.



## Empower them:

Make asking for help normal. Encourage youth to get involved with community activities like tribal youth councils and youth-led mental health campaigns.

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