

# Be There for Your Two-Spirit Relatives



**NATIVE & STRONG**  
Connection is Prevention



**Provide safe spaces for  
Two-Spirit people:**

Advocate for diverse spaces in education and seek out health care providers trained in gender diversity.

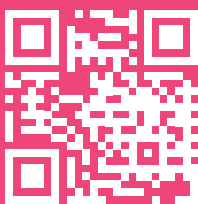
**Learn about Two-Spirit traditions, beliefs and practices:**

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)

