



You Don't Have to Face Challenges Alone

You're not alone. Reach out—it's okay to ask for help.

The **Native & Strong** Lifeline is a safe space where you can connect with someone who listens without judgment.

Connection is Prevention.

Get free, confidential support from trained Native counselors available 24/7.



Call 988 and press 4

Text N8V to 988

Chat Scan QR code and select "All Native American/Indigenous people in Washington" in the pre-chat survey.

For more resources, visit NativeAndStrong.org



NATIVE & STRONG
Connection is Prevention