

You Don't Have to Face Challenges Alone



NATIVE & STRONG
Connection is Prevention

**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.

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

Call 988 and press 4

Text N8V to 988

Chat online (scan QR code and select
“All Native American/Indigenous people
in Washington” in the pre-chat survey.)



For more resources, visit
NativeAndStrong.org