



Your Service is Part of Your Story and Your Story Matters

Support for Native Veterans.

 **Staying connected**
with other Veterans online or in
person can be a source of strength
and healing.

 **Engaging with
traditions, ceremonies,
and community** reduces
isolation and builds wellness.

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