



# Connection is Prevention

## Support for Native youth.

 **Spend time with family and friends.** When you feel supported, it's easier to get through tough times.

 **Your culture is strength** and it can guide you when things feel heavy. Land, language, and Elders can help you remember who you are.

 **Get involved** in community activities, like joining a youth council or a youth-led mental health campaign.

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.



**NATIVE & STRONG**  
Connection is Prevention

For more resources, visit [NativeAndStrong.org](https://NativeAndStrong.org)