



Connection is Prevention

Support for Native youth.



NATIVE & STRONG
Connection is Prevention

Spend time with family and friends.

Feeling supported makes it easier to get
through tough times.

Lean on culture.

Land, language, and Elders can guide you and
help you remember who you are.

The **Native & Strong Lifeline** is
also 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