

Crisis Support for IHS Community Members

# Hope and action can **restore balance** and **save lives.**



**If you or someone you know is struggling with an emotional or mental health crisis, contact any of these organizations for help.**

Each group provides **free, 24/7** confidential hotlines.

**Suicide and Crisis | Call, chat or text 988**

Reach out to this national network of crisis call centers to speak to a local crisis counselor.

**Crisis Text Line | Text 741741**

Connect with crisis counselors working with Native youth and communities.

**Trevor Project | Call 1-866-488-7386 or text START to 678678**

Talk with crisis counselors who understand LGBTQ2S needs.

**Trans Lifeline | Call 877-565-8860**

Speak with specialists offering support for the trans community.

**Protect yourself and your loved ones:**

Connect those at-risk to behavioral or mental health services

Engage with your loved ones and community

Talk to others about hopes and dreams

Maintain good physical and emotional health

Seek spirituality

Identify and participate in tribal culture

Take advantage of water, air, and light to help with healing

**You don't have to go through hard things alone. Reach out for support.**

For longer term support, make an appointment with a mental or behavioral health provider below.

