TO GIVE HELP OR GET HELP:

- CALL THE TREVOR LIFELINE FOR LGBTQ YOUTH AT 1.866.488.7386
- CALL THE SUICIDE PREVENTION LIFELINE AT 1.800.273.8255
- TEXT “START” TO 741741 TO CHAT VIA TEXT MESSAGE
- VISIT WWW.WERNATIVE.ORG TO LEARN ABOUT SUICIDE SIGNS AND PREVENTION RESOURCES
- TALK TO TRUSTED ELDERS, HEALERS, FRIENDS, FAMILY MEMBERS OR HEALTH PROFESSIONALS

(TAKEHOLDER FOR LOCAL RESOURCES LABEL)

www.npaihb.org

THRIVE

PREVENT SUICIDE.

This marketing document was developed, in part, under grant number 1U79SM061780-01 from SAMHSA. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS, and should not be construed as such.
Protect yourself and your family from suicide. Statistics show the risk of suicide is higher for those who identify as lesbian, gay, bisexual, transgender, or Two Spirit (LGBT2S). Know the warning signs just in case you need to help a friend or family member. Most importantly, show support, love, and acceptance to someone thinking about suicide. Remember, suicide can be prevented.

**KNOW THE WARNING SIGNS:**

- Experienced trauma or loss
- Giving away possessions
- Withdrawal from family, friends, school, or work
- Feeling sad, hopeless, helpless or rejected
- Concerning posts on social media
- Sleeping too little or too much