

**OUR**

**TRADITIONS**

**STAY ALIVE**

**WHEN YOU DO.**

Help is here, 24/7.

For our tribe. For our people. For you.

**CALL  
OR  
TEXT**

**988**

**MENTAL  
HEALTH  
LIFELINE**

Suicidal Thoughts Depression & Anxiety Substance Abuse  
Domestic Violence Self Harm Paranoia & Psychosis Emotional Distress