



# STAY

# ALIVE.

# STAY NATIVE.

For your tribe. For your family. For our future. Get free confidential help, 24/7/365.

**CALL  
OR  
TEXT**

**988**

**MENTAL  
HEALTH  
LIFELINE**

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

[988OKLAHOMA.COM](https://988OKLAHOMA.COM)