IAIA Prevention Program Presents

SUICIDE PREVENTION

September 2019



National Suicide Prevention Week Sept. 7-15, 2019 Image: WeRNative.org

o pur Native Youth, With Love ve know sometimes it seems like we dont see you or know you or get you, and maybe sometimes we dont, sometimes we forget. But we want you to know you are precious to us, to our community. You are Loved Native Youth. You are sacred, you are strong, you are powerful. We need your presence. You are our babies, our sons, our daughters, our nieces, our nephews, our friends. We know sometimes it gets bad but please remember who you are. You are wise. You are you are smart. You are beautiful. We respect you. We Love You. You are the future of our people. ou are the future of our people. #WeNeedYouttere #WERNATIVE With Love, Cassie (Keweenaw Bay Band of Ojibwe, age 22)



Opportunities

Become an IAIA Suicide Prevention Gatekeeper. Training once a month, more to come...prevention@iaia.edu

Articles

Worried about someone feeling depressed?

Coping and self harm

When your friend is talking about suicide

When someone takes their own life: How you might feel



This year we're encouraging people to create a safety net for those who are struggling – themselves included – by educating and inspiring them to feel as comfortable talking about mental health as they would their physical health. Check out this Toolkit for inspiration!

NATIONAL SUICIDE

PREVENTION WEEK

#IwillLive

Join UNITY

Share your #IwillLive photos of life, family,

friends, hobbies - anything you care about -

to show your celebration of life.

SEPTEMBER 7-13, 2015

WWW.UNITYINC.ORG

#IWillLive

Suicide can be prevented

National LIFELINE Hotline Information

By educating our friends and family about suicide and mental illness we can spread the word that suicide CAN BE PREVENTED. To get help or give help, call 1-800-273-TALK (8255) or text START to 741741 to chat via text.

What can you do?

- How to spot warning signs
- Support your LGBTQ2S+ relatives
- \geq Share your story @ WeRNative
- Listen to the stories of your community \geq



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IAIA Mental Health Counseling

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