



Mille Lacs Band of Ojibwe Suicide Prevention Resources

Mille Lacs Band of Ojibwe HHS: Need Help? Call **320-674-4385** to talk to a therapist. We are here for you 24/7.

Suicide Prevention Resource Center: **800-273 TALK**, sprc.org

National Suicide Prevention Lifeline: **800-273-8255**

American Foundation for Suicide Prevention: Are you in a crisis? Call **800-273-8255** or text **TALK** to **741741**.

Zero Suicide: zerosuicide.edc.org

Now Matters Now: nowmattersnow.org

Lifeline Crisis Chat: IM - **800-273-TALK**

Online PEER Support Chat: LGBTQ, IM - **888-843-4564**

RAINN Online Hotline: sexual assault, global access - www.rainn.org/800-656-4673

Veteran's Live Chat: global access for American vets - www.veteranscrisisline.net also text **838255**

Teen Line Online: teenlineonline.org

Trevor: LGBTQ youth www.thetrevorproject.org/866-488-7386

National Crisis Text Line for the Deaf: text **HAND** to **839863**

Safer Suicide Care Online Course: training.ursulawhiteside.org/p/suicidesafecare



Do you need help starting a conversation about mental health?

Try leading with these questions and make sure to actively listen to your friend or family member's response.

1. I've been worried about you. It seems like you are going through a difficult time. Can we talk about what you are experiencing?
2. What can I do to help you to talk about issues with your parents or someone else who is responsible and cares about you?
3. I am someone who cares and wants to listen. What do you want me to know about how you are feeling?