

TOGETHER WE CAN PREVENT SUICIDE

If someone you know is suicidal, get help immediately via 911. Call the National Suicide Prevention Line at 800-273-TALK (8255) or use the crisis text line (text HOME or TALK to 741741)



"Let's Treat Ourselves Well"

ASK

BE THERE

KEEP THEM SAFE

HELP THEM STAY CONNECTED

FOLLOW-UP

LEARN MORE

**Mille Lacs Band of Ojibwe HHS
Need Help?**

Call: (320)674-4385

**We are here for you 24/7
We may be on the phone with
another client- please leave a
message**

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

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

National Crisis Text Line for the Deaf
Text HAND to 839863

Teen Line Online: teenlineonline.org

Zero Suicide: zerosuicide.edc.org

Now Matters Now:
nowmattersnow.org

Online Peer Support Chat- LGBTQ
IM- 888-843-4564

