



Tribal PREP

Personal Responsibility and Education Program

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Lesson 7 We Need You Here



We are Connected. We Need You Here

At the end don't forget to fill out the Cultural Teachings Youth Evaluation online.

- <https://chc.mphi.org/surveys/index.php?s=P KF4WT93RK>

Cultural Teachings Youth Evaluation Survey	
Please select your site <small>* must provide value</small>	Saginaw Chippewa Indian Tribe
How old are you?	20 or older
What is your sex?	Female
What grade are you in?	Do not attend school
Which of the following describes your race?	<input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Pacific Islander <input checked="" type="checkbox"/> White <input type="checkbox"/> Other <input type="checkbox"/> Missing Check all that apply

- I want to acknowledge that this can be a sensitive topic.



- Please let us know if you feel like you would like to talk to one of us or a counselor/school psychologist.

We are here for you to support you.

September is National Suicide Prevention Month



I'm Still Here

2 minutes long

P. 79 www.youtube.com/watch?v=Q9D_Igw5IOc

#weRnative #WeNeedYouHere

I'm Still Here

922 views • Oct 9, 2015



SHARE



SAVE



weRnative

2.67K subscribers

SUBSCRIBE

Get through the tough times. Louisa, Lilia and Jo-E-Dee are still here. Listen to ways that they get through tough times and learn how you can to. Life has it's ups and downs, but remember that what you're going through at the moment will pass. [#weRnative](#) [#WeNeedYouHere](#)

We Need You Here

1:20 min long

www.youtube.com/watch?v=hIfpvtw1qCA



Another named We Need You here

1 minute

- Many of us have been touched by a suicide loss, mental illness, or an attempt, and want to make a change for the better.

Educating our friends and family about suicide and mental illness will help spread the word that suicide CAN be prevented

- <https://www.youtube.com/watch?v=d6cXssBuoqY>

Talking is important

If your friend tells you he or she is feeling suicidal, take it seriously.

Hearing this might make you feel overwhelmed or worried, especially if your friend is very upset or angry, but there are steps you can take to help.

Don't keep it a secret!

- A secret can be dangerous if it hurts your friend. It is important to tell someone who can help you and can help your friend stay safe.
- Contact a trusted adult, clergy member, spiritual advisor, healer, elder, health professionals
- or the national prevention crisis line at 1-800-273-TALK (8255) or text START to 741741 to chat via text.

Offer your support

- Let your friend know that you want to help them. Just knowing that somebody cares can be reassuring since your friend might feel very alone.

Choose what to say.

- If you're not sure what to say, you might try saying "I'm worried about you" or "I don't like seeing you upset," or "I want to help you." Whatever you decide, please be direct and don't act shocked by what they say.

Offer to go with your friend to get help.

- Go with them to talk to an adult they trust about how they are feeling. Find someone they trust and who will be able to help or get help.

If your friend refuses to get help,

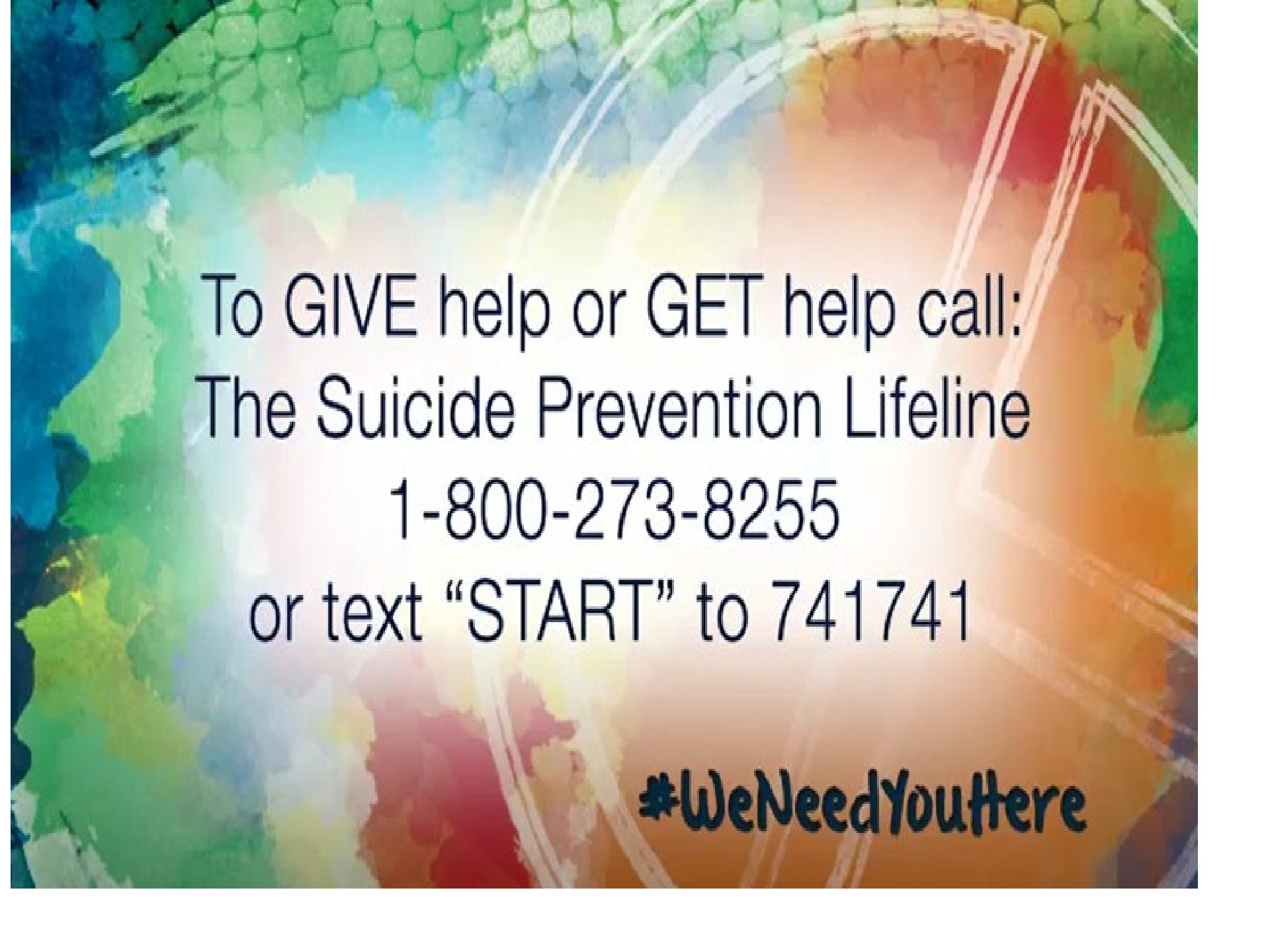
- You should go to talk to a parent, family member, teacher, counselor, or someone you trust.
- Or call the Lifeline (**1-800-273-8255**).
- **It is important to take their words seriously** until a mental health professional has had a chance to talk to your friend to see how they are feeling.

If you think your friend is in immediate danger,
call 911.

- If you are with your friend, stay with your friend until help gets there.
- If you are on the phone with them, stay on the phone and see if you can get word to someone else who can call 911.
- If you are online with someone that you only know from online interactions,
- it's still a good idea to alert 911 and the Lifeline (1-800-273-8255).

Suicide Warning Signs

- Saying they want to hurt or kill themselves
- Looking for ways to kill themselves: looking for pills, weapons, or other means
- Talking or writing about death, dying, or suicide



To GIVE help or GET help call:
The Suicide Prevention Lifeline
1-800-273-8255
or text "START" to 741741

#WeNeedYouthere

First
Wed.
Sept 9th
7:30PM

MEDITATION FOR BEGINNERS

Creating a Happier Stress-Free Life

Presented by Dr. Ben Ramirez-shkwegnaabi

Every Wednesday
Starting Sep. 9, 2020
Ending Oct. 28, 2020
@ 7:30 PM

To register contact Lupe Gonzalez
at 989-317-4826 or
gugonzalez@sagchip.org

- 8 week workshop series for anyone who would like to learn more about meditation.
- Each session will be 30-45 minutes and no supplies or experience is needed.
- Registration Deadline is September 9, 2020
- Join safely via Zoom link.
- There is no cost to register.

Dr. Ben Ramirez-shkwegnaabi practiced Soto Zen meditation in Albuquerque, NM for two years. He completed his 200 hr yoga Teacher Training at High Desert Yoga Studio in 2017 and he is currently a member of the Yoga Alliance. He will be certified as a Kriya meditation teacher through the Chicago Temple in Oct 2020. He is a retired Professor of History, Emeritus, from Central Michigan University where he taught Native American History and Ojibwe language.



SAGINAW CHIPPEWA TRIBAL COLLEGE EXTENSION

- Feelings of hopelessness
- Feelings of rage, anger, or seeking revenge
- Acting reckless or doing in risky activities without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family or usual activities
- Feeling anxious, agitated, being unable to sleep, or sleeping all the time
- Having dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life
- Giving away their things
- Feeling that there's no one that cares about you

Stay with the person until help comes if you are with someone you think is in danger of taking their life.



