

SEPTEMBER 10, 2024

REACH OUT TO RELATIVES AND STAY CONNECTED

National American Indian and Alaska Native
Suicide Awareness Day

Staying Connected Is Good for Your Health

Staying connected with family and friends is important for your mental health. It can reduce stress and the risk of suicide or dementia and help us live longer.

Small Actions Can Make a Big Difference

There are simple ways to check in with your relatives and lend support, like calling just to say hi, spending time together, or attending a community event.

Struggling? Reach Out to Someone You Trust

Reach out to a family member, friend, spiritual leader, or health care provider.



Call or text **988** to reach the
**National Suicide Prevention
Lifeline** for free, live support.



#HopeForLife

