

*Prioritizing Your Mental Wellness*

# Celebrating in a Safe and Healthy Way



## Honoring Ourselves, Our Traditions, and Each Other This Summer

Summer is a time of celebration in many of our Native communities. Whether it's the 4th of July, Powwows, family gatherings, rodeos, or community events—these moments bring us together in the spirit of culture, connection, and joy.

While we gather to dance, feast, and visit, it's also important to look out for one another and celebrate in a way that honors our bodies, our values, and our ancestors. Alcohol may be present at some gatherings, but it doesn't need to be the center of the celebration.

**It's Okay to Ask For Help!**



### All Nations Crisis Textline

*For Relatives living in Nebraska*

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8am-Midnight

## Tips for Celebrating Safely



### Know your limits

If you choose to drink, drink responsibly, eat before and during, and stay hydrated with water.



### Respect spaces where sobriety is sacred

Powwows and traditional gatherings are often drug and alcohol-free. Uplift those spaces by honoring their purpose.



### Designate a sober driver

Make a plan before the celebration begins to keep everyone safe on the road.



### Offer non-alcoholic options

Bring drinks that everyone can enjoy and that promote wellness, like iced teas or fruit-infused water.



### Check in with Relatives

Some may be in recovery or choosing sobriety. Respect and support their path.

Our ancestors prayed for us to live long, strong, and well. Celebrating responsibly is one way we honor those prayers. Let's keep our summer gatherings safe, joyful, and full of good medicine for all.