

Suicide Prevention: Hope and Healing Together



Suicide Prevention Saves Lives

Suicide prevention is about honoring those we have lost, recognizing the many who struggle with suicidal thoughts, and supporting the families and communities affected by this pain. It also means listening to the voices of those with lived experience and sharing resources that bring hope, healing, and the possibility of prevention.

We know that the life of every Relative is sacred. Our ancestors and cultural teachings remind us that we are all connected through family, culture, language, and tradition. When someone feels hopeless or overwhelmed, reaching out for help can begin the path toward balance and wellness.

Talking about suicide does not cause it, it opens the door for support, safety, and healing.

Warning signs may include:

- Talking about wanting to die or feeling like a burden
- Withdrawing from family, friends, or community
- Changes in mood, sleep, or eating
- Using alcohol or drugs to cope with pain

Ways to support and recover:



Talk Openly

Talk openly. Asking, "Are you thinking about suicide?" shows love and care.



Listen Without Judgement

Sometimes being heard is the first step toward healing.



Connect With Culture

Ceremonies, songs, language, and time on the land strengthen the spirit.



Reach for Support

Elders, counselors, friends, and spiritual leaders can walk alongside you.



Take Small Steps

Recovery is not instant, but every step toward balance matters.



For Relatives living in Nebraska

All Nations Crisis Textline

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

We are here seven days a week from 8:00am-Midnight.