



**988 SUICIDE & CRISIS LIFELINE**

We can all help prevent suicide. Lifeline provides free, confidential support for people in distress, and crisis resources for you or your loved ones.

**LIFELINE IS AVAILABLE 24 HOURS A DAY/7 DAYS A WEEK.**

**IF SOMEONE YOU KNOW:**

- Threatens Suicide
- Talks about wanting to die
- Shows changes in behavior, appearance, & mood
- Abuses drugs, alcohol
- Deliberately injures themselves
- Appears depressed, sad & withdrawn

**YOU CAN HELP:**

- Stay calm and listen
- Let them talk about their feelings
- Be accepting; do not judge
- Ask if they have suicidal thoughts
- Take threats seriously
- Don't swear secrecy-tell someone

**GET HELP:**

You can't do it alone! Contact family, friends, relatives, clergy, teachers, counselors, doctors, crisis lines, mental health services or hospital emergency departments.

**FOR ADDITIONAL HELP AND RESOURCES**

- Tsehootsooi Medical Center – Emergency Department.....928.729.8600
- Tsehootsooi Medical Center – Behavioral Health Clinic.....928.729.8500
- For Defiance Crisis Response Team.....928.551.0189
- Teen Lifeline.....800-248-8336 (TEEN)
- The Trevor Project, for youth who identify as LGBTQIA+ .....866-488-7386
- Crisis Text Line: Text NATIVE to 741741 for Native/Indigenous textline



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