



Department of Health and Human Services Mental Health Resiliency Resources for Native Americans

HELPLINES

The Disaster Distress Helpline

A 24/7, 365-day-a-year, crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

Call **1-800-985-5990** or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.

National Suicide Prevention Lifeline

If you are struggling, there are ways to cope right now. You can also call the Lifeline at any time -- we're free, confidential, and 24/7. **1-800-273-8255**

Veterans Crisis Line

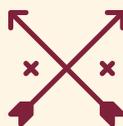
24/7 support for when emotional issues reach a crisis point for Veterans and their loved ones.

Call **1-800-273-8255** and Press **1** or Text **838255**

The StrongHearts Native Helpline

A confidential and anonymous helpline for those affected by domestic and dating violence:

1-844-7NATIVE (62-8483)



The Substance Abuse and Mental Health Services Administration provides tips on social distancing, quarantine, and isolation during the COVID-19 pandemic via their website:

www.SAMHSA.gov

The National Institute of Mental Health provides information on a variety of mental health concerns on their website: www.nimh.nih.gov

Administration for Native Americans Resources

ANA Webinar:

[Trauma: Staying Connected](#)

Indian Health Service Resources

Elders:

[Elder Mental Health During COVID-19 PDF](#)

Historical Trauma and Cultural Resilience Webinars:

- [IHS Resources for COVID-19 and Emotional Well-Being](#)
- [IHS COVID-19 Response Webinars](#)