

# Youth Support



In crisis? Connect 24/7...

**CRISIS TEXT LINE**

Crisis Text Line  
Text: NATIVE to 741 741  
WhatsApp



National Suicide Prevention Lifeline  
Call: 1-800-273-TALK  
Chat

## Abuse & Sexual Assault



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
Chat



National Sexual Assault Hotline Call  
(24/7): 1-800-656-HOPE  
Chat



National Teen Dating Abuse Helpline  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



Childhelp National Child Abuse Hotline  
(24/7): 1-800-4-A-Child (422-4453)

## Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for  
Teens  
Call: 1-800-662-HELP



Truth: Smoking, Vaping, and Opioids  
[Get 24/7 Support](#)  
Text: DITCHVAPE to 88709



Get the Facts About Drugs:  
Just Think Twice  
Call: 1-855-378-4373  
Text: 55753



National Drug Information  
Treatment & Referral  
Hotline  
Call: 1-800-662-4357

## Mental Health



Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741



National Hotline. Reach Out  
& Get Help  
Call: 1-800-448-3000  
Text: VOICE to 20121



Teens Helping Teens  
Call: 1-800-852-8336  
Text: TEEN to 839 863



Caring Messages - to  
remind you of how  
awesome you are!  
Text: CARING to 65664  
Text: COLLEGE to 65664



We R Native: My Mind  
[Ask Auntie & Uncle](#)  
Text: CARING to 65664

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CLICK ON THE LOGOS TO GO TO RESOURCE

<https://www.wernative.org/wp-content/uploads/Youth-Support-Resources.pdf>

# Youth Support



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## Relationships & Dating



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
Chat



Love is Respect  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



That's Not Cool  
Healthy Relationships, Online & Off  
Call (24/7): 1-866-331-8453



We R Native: My Relationships  
[Ask Auntie & Uncle](#)

## Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project  
Text: 2SLGBTQ to 97779



Native Youth Sexual Health Network



The Trevor Project  
Call (24/7): 1-866-488-7386  
Text: START to 678 678  
Chat



IT GETS BETTER  
Embrace the Journey



## Sexual Health



Planned Parenthood  
Call: 1-800-230-7526  
Chat: [Ask Bogo](#)  
[Find a Clinic](#)



We R Native: Sexual Health  
Text: SEX to 97779  
[Ask Auntie & Uncle](#)



I Know Mine  
[Ask Nurse Lisa](#)  
[I Want the Kit & Order](#)  
Condoms (AK mailing only)



It's Your Sex Life  
Live Chat



Bedsider



Get Yourself Tested #GYT  
[Find a clinic near you](#)



Trans Life  
Call: 1-877-565-8860



Human Trafficking Hotline  
Call (24/7): 1-888-373-7888  
Text HELP to 233 733  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

CLICK ON THE LOGOS TO GO TO RESOURCE

Click on icons to go  
to resource

# Youth Support



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## Bullying



Stopbullying.gov  
[What Teens Can Do](#)  
[What Adults Can Do](#)



Cyberbullying  
[Resources for Youth](#)  
[Report Cyberbullying](#)



We R Native: Bullying Prevention  
[Ask Auntie & Uncle](#)

## Find Help Near You



SAMSHA - Zip code locator  
for a treatment center  
closest to you



Mental Health America - Zip  
code locator for a clinic  
closest to you

CLICK ON THE LOGOS TO GO TO RESOURCE

## Text Message Campaigns



Text: NATIVE to 97779  
For health & wellness tips



Caring Messages - to remind you how  
awesome you are!  
Text: CARING to 65664 (ages 13-24)  
Text: COLLEGE to 65664 (college youth)



Text: SEX to 97779  
Get tips and resources to protect your sexual  
health



Text: LGBTQ2S to 97779 or ALLY to 97779  
Native. Two-Spirit. LGBTQ. #BornSacred



Text: STEM to 97779  
For inspiration and motivation on your journey  
in Health, Technology, Engineering or Math



Text: FITNESS to 97779  
For inspiration and motivation to conquer your  
personal wellness goals and you could win  
fitness gear or a fitbit!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE  
YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO  
BUENO

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

**Share** - any concerns you have

**Talk** - with someone you can trust

**Report** - if you're worried about someone





# HEALTHY NATIVE YOUTH MONTHLY NEWSLETTER

## Healthy Relationships

In observance of Teen Dating Violence Awareness Month, we've included resources that will help you promote [healthy relationships](#) and deliver sexual health programming to youth in your community, virtually and in-person.

## Healthy Native Youth Spotlight

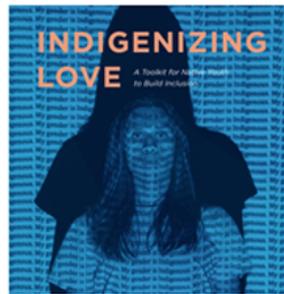
### Curriculum: I Know Mine

The [Safe in the Village](#) program is designed to start conversations about healthy relationships with Alaska Native youth. The



## Lesson Enhancement: Two Spirit, LGBTQ and Sexual Identity

In response to requests from Native youth, Western States Center partnered with the Affiliated Tribes of Northwest Indians, the Center for Native American Youth, and Native Youth Leadership Alliance to develop a resource toolkit. This toolkit is written to support Native youth, tribal communities, Two-Spirit and Native LGBTQIA+ collectives, community leaders, and partners who intend to better understand and support our Two-Spirit and LGBTQIA+ communities. Download the guide here: [Indigenizing+Love+Toolkit+Youth](#)



## Resources for Parents and Caring Adults: Talking is Power!

Join **Talking is Power**, a weekly text messaging series for parents and caring adults. We know talking to teens about sensitive topics is never easy, but it's important to talk to them openly and honestly. Text the word **"EMPOWER"** to **97779** and you'll receive culturally appropriate tips and resources, covering sexual health, pregnancy, STDs, and consent!

- Text **"EMPOWER"** to **97779**
- Access all of the campaign's tips and tools [HERE](#). Share the campaign on your social media channels.

**Talking is Power**  
A TEXT MESSAGING SERVICE FOR  
PARENTS AND CARING ADULTS

TEXT  
"EMPOWER"  
TO 97779



## Community of Practice: Connecting our Past to our Present Re-traumatization



**125K**  
Page Views

 **16** Number of Curricula

 **40** Number of Community of Practice Sessions

 **1M+** Native VOICES: video views

 **3,150** Monthly E-Newsletter Subscribers

 **3,700** Followers

 **2,000** Followers

 **1,500** Followers

 **760** Healthy Native Youth Text Subscribers

 **493** Talking Is Power Text Subscribers

 **7,000** Healthy Native Youth YouTube Views

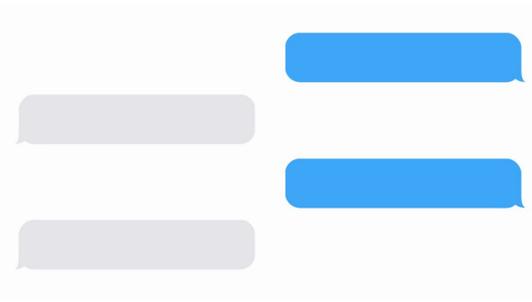
Since 2016

# The Power of Text Messaging

(Roger)



# What is SMS?



- × Short Media Service (Texting)
  - × How many times a day do you text, send photos?
- × Our Health Based Text Campaigns:
  - × Address a variety of health needs in the community
  - × Regularly send fresh content through a range of methods
    - × Scheduled Messages
    - × Pre-Formulated Messages in a Sequence (often months long – Talking is Power)
    - × Multimedia – text + image or video
    - × Live Q&A/Follow Ups
    - × Giveaways