

Resources for the Healing Process

In Tribal communities, schools, healthcare services, and tribal programs play an important role in providing the necessary services to aid in the healing of mental and behavioral health issues including suicide, substance use, depression, and trauma. The following resources are available to anyone seeking assistance.

Hotline/Text Line Resources

- **National Suicide Prevention Lifeline** (<https://suicidepreventionlifeline.org/>) at **1-800-273-8255** (TALK). The service is free, confidential, and open 24 hours a day, 7 days a week.
- Texting services are available through the **Crisis Text Line** (<https://www.crisistextline.org/>) by texting **NATIVE** to **741741** to be connected to a trained Crisis Counselor 24/7.
- Crisis services for LGBTQ2S are available from the **Trevor Project** (<https://www.thetrevorproject.org/get-help/>) at **1-866-488-7386**, 24 hours a day, 7 days a week or by texting **START** to **678678**.
- The **Trans Lifeline** (<https://translifeline.org/hotline/>) supports Trans people in crisis by providing services within the Trans community. A trained Crisis Counselor can be reached at **1-877-565-8860**.
- **Stronghearts Native Helpline** (<https://strongheartshelpline.org/>) at **1-844-762-8483** (1-844-7NATIVE) is a 24/7 safe, confidential, and anonymous domestic, dating, and sexual violence hotline for American Indians and Alaska Native, offering support, referrals, and advocacy. The trained professionals can assist family members or friends of abuse victims with information to give to loved ones.
- **RAINN (Rape, Abuse & Incest National Network)** (<https://www.rainn.org/>) operates the National Sexual Assault Hotline **1-800-656-4673** (1-800-656-HOPE) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense.

To Report Suspected Abuse at an IHS Facility

- **IHS Hotline for Reporting Child Abuse and Sexual Abuse** at **1-855-723-3447** (1-855-SAFE-IHS).
- Please refer to the **IHS Special Hotline** web page (<https://www.ihs.gov/sexualabuseprevention/hotline>) for more information.
- You may also report information through the **Office of Inspector General Hotline** (OIG) at **1-800-447-8477** (1-800-HHS-TIPS), or Report Child Abuse to IHS online through OIG (<https://tips.oig.hhs.gov/report-child-abuse-to-ihs/create-complaint>).

Resources

- **Find IHS Healthcare** (<https://www.ihs.gov/findhealthcare/>) is a locator and map for Indian Health Service, Tribal or Urban Indian Health Program facilities.
- **We R Native** (<https://www.wernative.org/>) provides comprehensive health resources and information for Native youth, by Native youth. Includes information about culture, environment, mental health, physical health, relationships, life tips, spirituality, wellness, and activism.
- **Two-Spirit and LGBTQ Health** (<https://www.npaihb.org/2slgbtq/>) provides resources for Two-Spirit and LGBTQ+ individuals and loved ones (third party) within the American Indian/Alaska Native community. Includes information on finding a provider, community support, mental health care, and legal rights.
- **BlackLine** (<https://www.callblackline.com/>) offers an anonymous hotline for the Black, Black LGBTQ+, Brown, Native, and the Muslim community to confidentially report negative police and vigilante contact. No one will be turned away from the Hotline based on race.
- **The American Foundation for Suicide Prevention** (AFSP) (<https://afsp.org/>) explains how to discuss suicide with children.
- **Jason Foundation** (<https://jasonfoundation.com/>) is dedicated to the prevention of youth suicide through educational and awareness programs.
- **JED Foundation** (<https://jedfoundation.org/>) aims to protect emotional health and prevent suicide for teens and young adults.
- **Suicide Awareness Voices of Education** (<https://save.org/>) works to prevent suicide through public awareness, education, stigma reduction, and by serving as a resource to those touched by suicide.