#NativeHealing
A NCUIH Youth Council Campaign

**Suicide Risk Factors Among Youth Road Map**

- Alcohol & Substance Use
- Lack of Available Services
- Family History of Suicide
- Mood Disorders
- Absence of Family Support
- Recent or Serious Loss

**Signs Someone May Need Help**

- Talking about hurting or killing oneself.
- Feeling hopeless.
- Feeling rage or uncontrolled anger.
- Feeling anxious, agitated, or unable to sleep.
- Increasing alcohol or drug use.
- Withdrawing from friends, family, and society.
- Seeing no reason for living or having no sense of life.
- Feeling trapped as if there is no way out.

**AI/AN Snapshot Compared to U.S. Population**

- 42% of AI/AN are under 25, that's more than 1.2 million people.

**Native Healing Resources**

- NCUIH Wellness, Self-care, and Hope Resources: https://adobe.ly/2ZEuFZP
- UNITY Wellness Warrior: https://unityinc.org/wellness-warriors/
- National Suicide Prevention LIFELINE: 1-800-273-TALK (8255)

For a complete list of resources, please visit NCUIH.org/IndigiWellnessHealer

About 29% of Native people are under the age of 18. (NCAI Introduction to Tribal Nations 2019, pg 13)

Some states have even higher proportions of young Native people. For example, in South Dakota nearly 41% of the 91,902 Native people are under 18 years old.

Source: CDC, 2017