

**Free
Confidential
Available 24/7**



We provide the first step to healing that centers around the lived experiences, traditions, and wisdom of Indigenous people.

This line is for anyone who is tribal-affiliated in Washington state, regardless of the geographical location of their Tribal home.

QUESTIONS?

Give us a call at 1-866-491-1683 or email our administrative team.

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**Native
& Strong
Lifeline**

Suicide, crisis, and help line providing culturally relevant counseling and mental health support to Indigenous peoples.

**TWO EARS.
ONE HEART.**



**Native
& Strong
Lifeline**

Call
988
Press 4



Text
N8V
to 988

voaww.org/tribalservices



What is the Native & Strong Lifeline?

The Native and Strong Lifeline is an American Indian and Alaska Native suicide, crisis, and help line fully staffed and operated by Native counselors.

It is the first of its kind in the United States and hopes to be a model for other states to offer behavioral health services that are specifically aimed at serving the largest at-risk population in the country.

How do I access it?

Simply dial **988** and **press 4**, or text **N8V** to **988** to get connected.



Who can contact?

The Native and Strong Lifeline serves all Tribal-affiliated persons: American Indians, Alaska Natives, First Nations, Enrolled tribal members, and unenrolled descendants. This line is for all Indigenous people living in Washington state, regardless of the geographical location of their Tribal home.

There are many reasons that a person may wish to connect with the Native and Strong Lifeline, and we are here to support you.

**CALL 988
OPTION 4
OR
TEXT N8V
TO 988**

What happens when I contact the Native and Strong Lifeline?

You will be connected with a trained Tribal Crisis Counselor, and you can talk about any emotional crisis, not just suicide.

The Tribal Crisis Counselor will use active listening to help you feel better and access resources, if needed. If the counselor believes you are in danger, they will work with you to create a safety plan that does not require calling emergency services.

Less than 2% of contacts result in dispatching 911 services.

If you are contacting about a friend or family member who is in distress, your counselor will walk you through how to help and provide resources.

***Your time here is sacred.
Let us walk beside you in
your journey.***

How will this affect my community?

Community members will now be able to receive confidential services during mental health emergencies with minimal involvement of police or hospitals.



They will be served by other Natives who have a true understanding of their specific needs, keeping traditional elements of culture in mind on their journey to healing.

The Native and Strong Lifeline does not replace any existing Tribally-operated crisis lines. It is simply available to any Indigenous person wanting to speak to other Native people when they need support. Whether you want to work with people outside of your Tribe or if your Tribe's crisis line is not available 24/7, you can call or text the Native and Strong Lifeline as an alternative.

*Connect to compassionate
care from counselors who are
Tribal members and
descendants closely tied to
their community.*

*You don't have to be enrolled
or even have a tribal home in
Washington state.*