

# IN THIS



# TOGETHER

**Text “Caring” to 65664**

**TO BE REMINDED OF HOW AWESOME  
YOU ARE!**

## #WENEEDYOUHERE

Scan the QR code using your  
phone for Native Youth &  
Caregiver Support Resources



# IT'S OKAY



# TO NOT BE OKAY

To be human

to talk about your feelings

To be angry

to be discouraged

To be worried

To be lonely


**Text “Native” to 741741  
FOR FREE COUNSELING SUPPORT**



Scan the QR code using your  
phone for Native Youth &  
Caregiver Support Resources









It's okay to feel  
what you're feeling.

You are doing the best  
you can, and that's  
enough.



Rest is not lazy,  
it's part of healing.



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