

NATIVE & STRONG LIFELINE

988 OPTION
4



AVAILABLE 24/7
Free and confidential

TWO EARS. ONE HEART.

Your time here is sacred, and we want to walk beside you in your difficult journey. You don't have to be enrolled or even have a tribal home in Washington state.

We are here to listen and care for our Native community with compassionate help, emphasizing cultural and traditional practices related to healing.

The Native and Strong Lifeline is an American Indian and Alaska Native suicide, crisis, and help line that provides culturally relevant counseling and mental health support to Indigenous peoples.

It is fully staffed and operated by Native people, so when you call 988 and choose option 4, it is answered by a Tribal Crisis Counselor who is a Tribal member and descendant closely tied to their community.