

WE ARE ALL HERE FOR A REASON!

TUCSON INDIAN CENTER
AMERICAN INDIAN ASSOCIATION OF TUCSON, INC.



WHO WE ARE

The Tucson area has long been the traditional site for Indian settlements. From the Archaic and Hohokam Indians, to the Tohono O'odham and Yaqui, the waters of the Santa Cruz River and the surrounding fertile land attracted desert dwelling tribes.

Shortly after World War II, local Indians felt there was a need for an organization of their own to provide services for health, housing, education, counseling, and recreation. To pursue this goal a Native American Club was organized in 1957. In 1963, the Club became incorporated as the American Indian Association, doing business as the Tucson Indian Center.

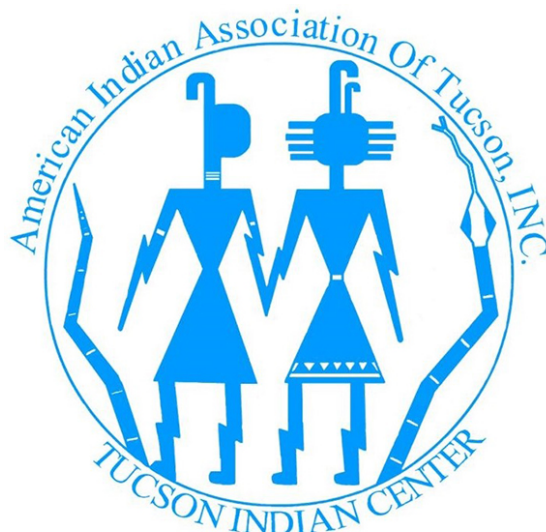
For decades, the Center has offered youth and elderly programs, health & wellness services, job services, adult and youth education programs, cultural activities, and emergency assistance.

CONTACT US

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TUCSON INDIAN CENTER'S SUICIDE PREVENTION RESOURCE GUIDE





SUICIDE WARNING SIGNS

We all go through bouts of sadness, anger, and anxiety and that is ok, however, when we recognize that these feelings, emotions, and behaviors are often extreme or long-lasting then they might be a indication that someone is need of help. Below are some suicidal warning signs to look for in our friends, loved ones, and sometimes ourselves.

Talk:

If a person talks about:

- Being a burden
- Having no reason to live
- Experiencing unbearable pain
- Killing themselves

Mood:

People who are considering suicide often display one or more of the following moods:

- Depression
- Rage
- Irritability
- Anxiety
- Humiliation
- Loss of interest

Behavior:

Specific things to lookout for include:

- Acting recklessly
- Social Isolation
- Sleeping or eating too much or too little
- Giving Away prized possessions



? WHAT DO YOU DO WHEN SOMEONE IS SUICIDAL? NEXT STEPS... ?

It's ok...breathe. It is normal to feel maybe a little anxious, clueless, or overwhelmed when confronting or coming to the conclusion that your friend, loved one, or maybe even yourself is suffering from suicide ideation. Below is a simple guide to help you through what to do next if you ever find yourself in this situation. We call it QPR.

Question.

Take all threats seriously.

Persuade.

Listen and offer hope.

Refer.

Get help immediately & stay with the person until help arrives.

RESOURCES IN THE TUCSON URBAN INDIAN AREA

If ever you are in an emergency situation always never hesitate to call 911! Otherwise here are some local resources to **refer** to:

Tohono O'odham Nation Crisis Line
1-844-423-8759

Pascua Yaqui Crisis Line
(520) 879-6060 (Business Hours)
(520) 591-7206 (After hours)
Tribal Warmline
1-855-728-8630

(Tucson Area) Crisis Line
Talk to a counselor **24 hours a day, 7 days a week, 365 days a year**
520-622-6000 or 1-866-495-6735
(TDD/TTY: **1-877-613-2076**)

Crisis Text Line: Text **TALK** to **741741**
Text with a counselor 24 hours a day, 7 days a week, 365 days a year

National Suicide Prevention Lifeline
800-273-8255

Veterans Crisis Line
800-273-TALK (8255)
24-hour treatment and referral information about mental and/or substance use disorders, prevention, and recovery in English and Spanish

Need to Talk?
520-770-9909 or 877-770-9912
Warm Line, Peer Recovery, **Non-Emergency** Support by Hope, Inc.
8 a.m. – 10 p.m., 7 days a week