



It
seems like it
was yesterday when
we learned to ride our
bikes **together**,
discovered that we both liked
to dance and speak our language.
It seems like we were
never apart
and everyone knew
we were
best
friends. When
we decided to go to school, we made
sure we were going to be roommates.
When you finally landed that first job
after all your hard work, I was the
first to say “**congratulations.**”
When you said you wanted to help the youth on the
reservation, I said, “**Let’s do it together.**”
Then came a time when you told me that you have a
mental health problem, like
depression and **anxiety.** Now I
know that anyone can experience mental health problems,
even **Native People.** We thought we knew
everything, yet I really didn’t **understand** what a
difference my support can make in your recovery.
Well, I am here for you. I **will** be here for you.
And—as always—**we will recover together.**



Visit www.whatadifference.samhsa.gov/native
to learn how you can help support a friend.