1. Gegwa paamedagegwa minakwewin miinaawaa maji-mskiki.
   Leave the alcohol and the drugs alone.

2. Kabizindowaa gwaya gego zhi-mkowaastaagizid.
   Pay attention to what you are reminded of.

3. Waamdan megwach gonaa ge nishingaba ge ni-zhaayin.
   See what it is that could be good for you.

4. Doowaabam gonaa gwaya meka e-naadizid ge wiichkenh’emad.
   Look for someone who is living a decent life.

5. Zagidizan jibwaa zaagad bekaanzid.
   Love yourself before you love somebody else.

6. Aabidendamok ji kinoomaagoyig miinawaa ka bazindaam kiikimigooyig.
   Continue to educate yourself and listen to directions.

7. Pane mjimendaa gaa bi zhi-kiikimigooyin.
   Always remember what you were instructed to do.

   Only you can help yourself look at other people respectfully.

From the website:
   Life was given to us; don’t destroy it.

    We should use Anishinaabe way of life to respect tradition.

Culture is prevention. Gaining more knowledge about your beliefs and values helps to shape how you interact in society. It helps you find people that you can relate to and find support in. There are also healing practices that you may discover based on your cultural teachings.

For more information please contact Brenna or Payton at IPTF.
Brenna Depies
612-722-5670
Brennaa@indigenouspeopletf.org
Payton Counts
612-722-5670
Paytonc@indigenouspeopletf.org

Resources

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
Text Hello to 741-741

Indian Health Board
1315 E 24th St, Minneapolis, MN 55404
612-721-9800

Indigenous Peoples Task Force
1335 E 23rd St, Minneapolis, MN 55404
612-722-5670

Minnesota Indian Women Resource Center
2300 S 15th Ave, Minneapolis, MN 55404
612-728-2080

Native American Community Clinic
1213 E Franklin Ave, Minneapolis, MN 55404
612-872-8086

Hennepin County Medical Center
(UCMC) Emergency Department
900 S 8th St, Minneapolis, MN 55415
612-873-6963

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10 pieces of advice from elders Howard Kimewon and Alphonse Pitawanakwat on preventing suicide.