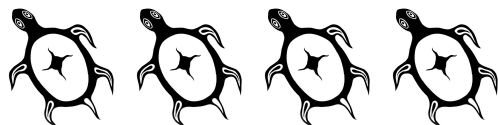


1. Gegwa paamedagegwa minakwewin
miinaawaa maji-mskiki.

*Leave the alcohol and the drugs
alone.*



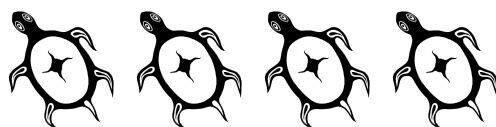
2. Kabizindowaa gwaya gego zhi-
mkowaastaagizid.

*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.*

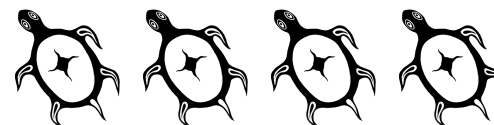


6. Aabidendamok ji kinoomaagoyig
miinawaa ka bazindaam
kiikimigooyig.

*Continue to educate yourself and
listen to directions.*

7. Pane mjimendaa gaa bi zhi-
kiikimigooyin.

*Always remember what you were
instructed to do.*



8. Kiin go eta gda-kshkitoon ji
naadamaadizayin miinawaa ji
mina-waabmad kwiji maadis.

*Only you can help yourself look at
other people respectfully.*



From the website:

<http://ojibwe.net/projects/prayers-teachings/how-do-we-talk-about-suicide/>

9. Kii-bigidanamaagoomi maadiziwin,
gego nchinaachtooke.
*Life was given to us; don't destroy
it.*



10. Gdagijitoonaa Nishinaabe-
aadiziwin ji naagidooying.
*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@indigenouspeoplesf.org

Payton Counts

612-722-5670

Paytonc@indigenouspeoplesf.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

612-728-2000

Native American Community Clinic

1213 E Franklin Ave, Minneapolis, MN 55404

612-872-8086

*Hennepin County Medical Center
(HCMC) 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.



Simone McLeod Art Prints