

KAIBAB PAIUTE TRIBAL  
NEWSLETTER 2023

2023

HAPPY NEW YEARS



# WE'RE HIRING!!

We have positions open here at the administrative offices, from entry level to executive. We offer vacation, sick time, paid holidays and a great insurance package.

## OPEN POSITIONS:

CHR Registered Nurse / Diabetes Health Educator

Title XX Homemaker / Title VI Senior Transportation

Tobacco Coordinator

Substance Abuse Counselor / Asst. Director

Water Quality Specialist

Tribal Council Secretary/Admin Asst.

Convenience Store Cashier or Stockers

See the full job descriptions and application on our website:  
[kaibabpaiute-nsn.gov/hr](http://kaibabpaiute-nsn.gov/hr)

Or contact Dena Cuellar, Human Resources Director at  
[hr@ kaibabpaiute-nsn.gov](mailto:hr@kaibabpaiute-nsn.gov) or call 928-643-8307

## *News from the Tribal Housing Department*

The cold weather is here.

Remember, do not stack your firewood close to the house as this is a fire hazard. Always bury your ashes, do not dump in the dumpsters or by the propane tank and meters.

Disconnect all hoses from the outside faucets. Failure to do so could result in broken water pipes, and if this happens you will be charged if we have to work on the broken pipe.

Please get rid of all old appliances sitting outside your house. We do have the big dumpster behind our office, in which to dispose of said appliance.

Please make sure that all boxes, big or small, including pizza boxes are broken down and bagged. No large items such as furniture, beds, TV, chairs and such. We have a big dumpster behind the Housing/Water/Facility Maintenance Office where these items can go, thank you.

As a reminder, ALL work orders must be called into the office, before they can be worked on. Call Yolanda at 928-643-8308 or email: [yrogers@kaibabpaiute-nsn.gov](mailto:yrogers@kaibabpaiute-nsn.gov) or LaWanda at 928-643-8328 or email: [lhill@kaibabpaiute-nsn.gov](mailto:lhill@kaibabpaiute-nsn.gov). On the weekends call Yolanda. Your cooperation is appreciated.

DPW payments are due before the 20<sup>th</sup> of the month. If you pay after the 20<sup>th</sup>, you will be assessed a 5% fee in addition to your balance due.

Rental/House payments are due by the 15<sup>th</sup> of the month. You are considered late on the 16<sup>th</sup>.

Both Rent/House and DPW payments can be made using a debit/credit card. There is a \$4.00 fee and you can call finance to make your payment.

If you know your going to be late, please contact us.

Also remember ALL Rental tenants must report an increase/decrease of income as soon as possible.

The winners of the Christmas Decorating Contest were: Steamboat-Glendora Homer, Red Hills-Ganaver Timican, Juniper-LaWanda Hill, Kaibab-Omalla Hill and the Grand Prize Winner was Kaydin Benson. Thank you to everyone who participated, everyone's house looked amazing.

Our next contest will be our Beautification Contest. The winners will be announced in September. Good luck to everyone and we can't wait to see everyone's yard.

A graphic with the words "Happy New Year!" in a large, blue, 3D-style font. The letters are decorated with colorful streamers and confetti, giving it a festive appearance.

From the Office of Jerry Yracheta, Emergency Services

According to the CDC's website, Mohave County's community level of covid is still at a medium as of 12/23/22. However, Kane County and Washington county have risen to a medium level. Covid is still not to be taken lightly so please be careful when going out. Get tested if you have any suspicion that you might have the illness or if you have been around anyone sick.

It is also cold season and we have been seeing quite a bit of snow so be careful on the roads and drive save. Here are some driver safety tips from the Arizona department of public safety website.

- Always wear your seatbelt.
- "Don't crowd the plow" - Give snowplows plenty of room; they move slower, but they are there to ensure your safety on the roadway ahead.
- Watch for black ice - Use extra caution when approaching bridges, intersections, off-ramps and shady areas.
- Keep a minimum of 2/3 of gas in your tank to prevent freezing.
- Don't pull over on the freeway to play in the snow, this causes a severe hazard to you and other motorists.
- Notify someone of your planned travel route.
- Check road conditions and weather alerts.
- Use snow tires, chains or studded tires. Studded tires are permitted on Arizona highways from Oct. 1 to May 1.
- Don't overcorrect your steering if you feel your car sliding. In addition, do not slam on the brakes if your car begins to slide.
- Avoid cruise control in wet.

## ATTENTION ALL TRIBAL MEMBERS

If you are in need of some firewood, the Tribe has some wood that is available. It is located inside the fence, by the Housing Shop. This is a first come first serve opportunity. You must contact the Housing Office, 9286-643-8308 to set up a time to pick. You would need to load the wood yourself.



# Kaibab Band of Paiute Indians

## Wildlife, Fisheries & Parks Department

**Hunters** – Remember to turn in your white tags, after harvesting a deer!!

**No shooting near the Kaibab Village water tanks!!**

**Watch where you're shooting out at the farm!!**

**Do not shoot "Ball", "Full Metal Jacket", or "Armor Piercing", "Military" Bullets!!**

**Never use a .22 to harvest a deer!!**

**Do not shoot at a deer while it is running!!**

**A Tribal Member harvesting a deer with the intent of giving the meat away to anyone**, a Tribal Member may harvest a deer for his personal use not to give all the meat away, the only exception: a) if it is your first deer harvest, b) given to Tribal Member Elder/Senior, c) Single Tribal Member person, d) Tribal Member Handicapped person, or to the wildlife Department.

**Muppits Trail is closed to the public.** Open to Tribal Members only.

**Moccasin Wash is closed, you'll have to go through the farm.**

**Watch out for DEER on the road** - slow down between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the Vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police, or this Department, this is in the Wildlife Ordinance and in Arizona state law.

**Minors Hunters Safety Card** – On the internet go to [hunter-ed.com](http://hunter-ed.com) – Everyone one 10 to 18 needs to attend a hunter's safety course. The child will need one to get a hunting permit. This is not something new, it has been in the Ordinance since the beginning. It is better to get a Hunters Safety card in the state you live in so you can participate in their state hunts.

**Firewood** – Tribal Members you do not need a permit to get firewood unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you do not need a permit. You can get wood anywhere on the reservation, if it's not green, greenwood will burn slow and will plug up your chimney faster.

**Back Dirt Roads** – If for some reason you take the back roads, beware of the sand, remember to tell someone where you are going and about what time you will return, take a lot of water, some snacks, a good flashlight, and bring a shovel, tow chain, and a jack (Handyman), Cell phone may or may not work, Text messaging may work better, and pick up all litter, **KEEP MAIN GATES CLOSED!!!**, if the road gets sandy turn back you don't want to get stuck. If you know of someone that has gone out and has not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, or **BIA-Police. (435) 643-6050** This will only be to get them home, but if asked to be pulled you out, you may be charged a fee.

Questions or concerns contact Danny Bullets, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 or email me at [dbullettsjr@kaibabpaiute-nsn.gov](mailto:dbullettsjr@kaibabpaiute-nsn.gov).



# Kaibab Band of Paiute Indians Community Meeting

- Safety Concerns?
- Bus Shelter Locations?
- School Bus Routes?



Civil Engineering & Consulting

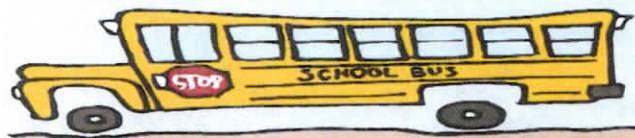
PO Box 97  
St. George, Utah 84771  
435.767.8481

## Community Input for New School Bus Shelters

The Transportation Department wants to know what you think! The Tribe received a safety grant to upgrade your school bus shelters. The Transportation Department is seeking input regarding all options for the new bus shelters. **This is for all four Villages.** All Community Members please come and let us know your thoughts on the new bus shelters!

A meeting is scheduled for Tuesday January 10, 2023 at the Kaibab Community Building at 5:30 pm (dinner will be served.)

**Parents we need you input for this project.**



This is the new Kubota Mini Excavator that pushes and digs.  
To be used for DPW/Facilities/Housing Projects  
Programs are excited to have this piece of equipment.







# Education Committee Vacant Seat

The Education Committee is seeking individuals with a love for learning to fill a vacant seat. Interested individuals can fill out an application at the tribal front desk or at the library.

If you have any questions, please contact  
Mandy Bundy, Education Director  
643-6025.

All applications are due  
January 10th by 5:00 pm

# **Sr Youth Basketball Tourney**

**(13-18 yrs old)**

**March 24th & 25th, 2023**

**Paiute Tribal Gym  
440 N Paiute Drive  
Cedar City UT**

**Entry Fee \$250.00**

**Must have \$100 deposit in by March 15, 2023**

**For more information contact  
Patrick Charles at (435) 559-7529**

Must have two females on the court at all times

**Fundraiser for Bear Dance sponsored by Bear Dance Committee**



***Sweethearts Co-ed Basketball Tourney***  
***(16 yrs old & up)***  
***February 17th & 18th, 2023***

***Paiute Tribal Gym***  
***440 N Paiute Drive***  
***Cedar City UT***

*Must have two females on the court at all times*

***Entry Fee \$250.00***

***Must have \$100 deposit in by February 8, 2023***

***For more information contact***  
***Patrick Charles at (435) 559-7529***



*Fundraiser for Bear Dance sponsored by Bear Dance Committee*

*Pee-Wee (5-6 yrs old) and  
Jr Youth (7-12 yrs old)  
Basketball Tourney  
January 20th & 21st, 2023*

*Paiute Tribal Gym  
440 N Paiute Drive  
Cedar City UT*

*Entry Fee \$150  
Must have \$50 deposit in by January 13, 2023*

*For more information contact  
Patrick Charles at (435) 559-7529*



Fundraiser for the Bear Dance sponsored by Bear Dance Committee

Must have two girls on the court at all times

MOVE OF THE MONTH

# Take Flight

Watch your stability, strength, and posture soar to new heights with the airplane exercise.

By Jennifer Nied

BALANCE BOOST

LEVEL



Terez sports bra, terez.com; Lacoste leggings, lacoste.com; Gola sneakers, golausa.com

**WHY WE LOVE IT:** Look no further than this bodyweight move for some much-needed strengthening of the muscles along the back of the bod. "This move lights up the entire rear postural chain, especially challenging the hamstrings," says Kelly Bryant, CPT. That means back muscles both big and small, as well as glutes, calves, shoulders, and hip stabilizers, are all firing. Plus, you can't maintain the single-leg position without engaging your core to wipe out wobbles. Becoming a frequent flyer never felt so good.

**STEP 1** **STAND** upright with arms outstretched from shoulders, chest open, and right foot staggered behind you. Shift weight into left leg and engage core to balance. This is your starting position.

**STEP 2** **HINGE** forward from hips and lower torso while lifting your right leg behind you. Head, shoulders, hips, and right leg form a straight line and tilt like a seesaw. Pause for one to two seconds when spine is parallel to ground. Reverse motion to stand.



**WORK IT IN**  
Kick off your sweat with 1 set of 10 reps per side as a warm-up. Or boost it to 3 sets for more burn.



**MODIFY IT**  
Set up near a wall or chair for added stability. Steady yourself as needed with one hand gently touching the wall.



**FUNCTIONAL FIX**  
A common mistake? Speeding through reps. Slower is harder with this move, says Bryant.

## REV UP WITH A ROTATION

Once you're comfortable nailing the hinge pattern, swivel your torso and open hips to the right while elevating right leg and arm.



Credit: Women's Health December 2022  
McKenna Yracheta-Diabetes Fitness Coordinator  
TYLER JOE, STYLING: ROBERTA BARRON

# 2023

## HAPPY NEW YEAR

YOUR mental health is important! YOU are important and valuable to the tribe! So, if you are feeling sad, depressed, all alone, having suicidal thoughts, please reach out! Here are a few suggestions of whom you can reach out to:

**CALL 911 if it is an emergency**

**CRISIS HOTLINE**

**Text NATIVE to 741741**

**SUICIDE AND CRISIS LIFELINE**

**Call or Text 988; Confidential 24/7 Mental Health Support**

**Allen Orton LCSW Mental Health 435-899-1782**

The Kaibab Paiute Tribal Human Services Program has an updated list of Trauma Treatment and Mental Health providers for outside referrals. For more information, please contact:

**Jennie Kalauli 928-643-8320**

**Penny Keller 928-643-8323**

**Cierra Rossman 928-643-8336**

# WE BREATHE HAPPY!



## In Our Tobacco Smoke Free Home Thanks to YOU!

A tobacco smoke free home protects our children. It helps them be healthier as they grow up. If you smoke tobacco, do it outside your home and car, or get help to quit. Call 1-800-QUIT-NOW (1-800-784-8669) or your Tribal or Indian Health Service clinic.



# Our Home is Free of Tobacco Smoke!



Tobacco smoke free homes and communities protect our children.

They are protected from the dangers of secondhand and thirdhand smoke.

- Secondhand smoke is smoke that comes off of a lit cigarette, and comes out of the smoker's mouth and nose.
- Thirdhand smoke is smoke that stays in clothes, hair, walls, and furniture, and the skin of the smoker. It stays there even after the cigarette is put out.







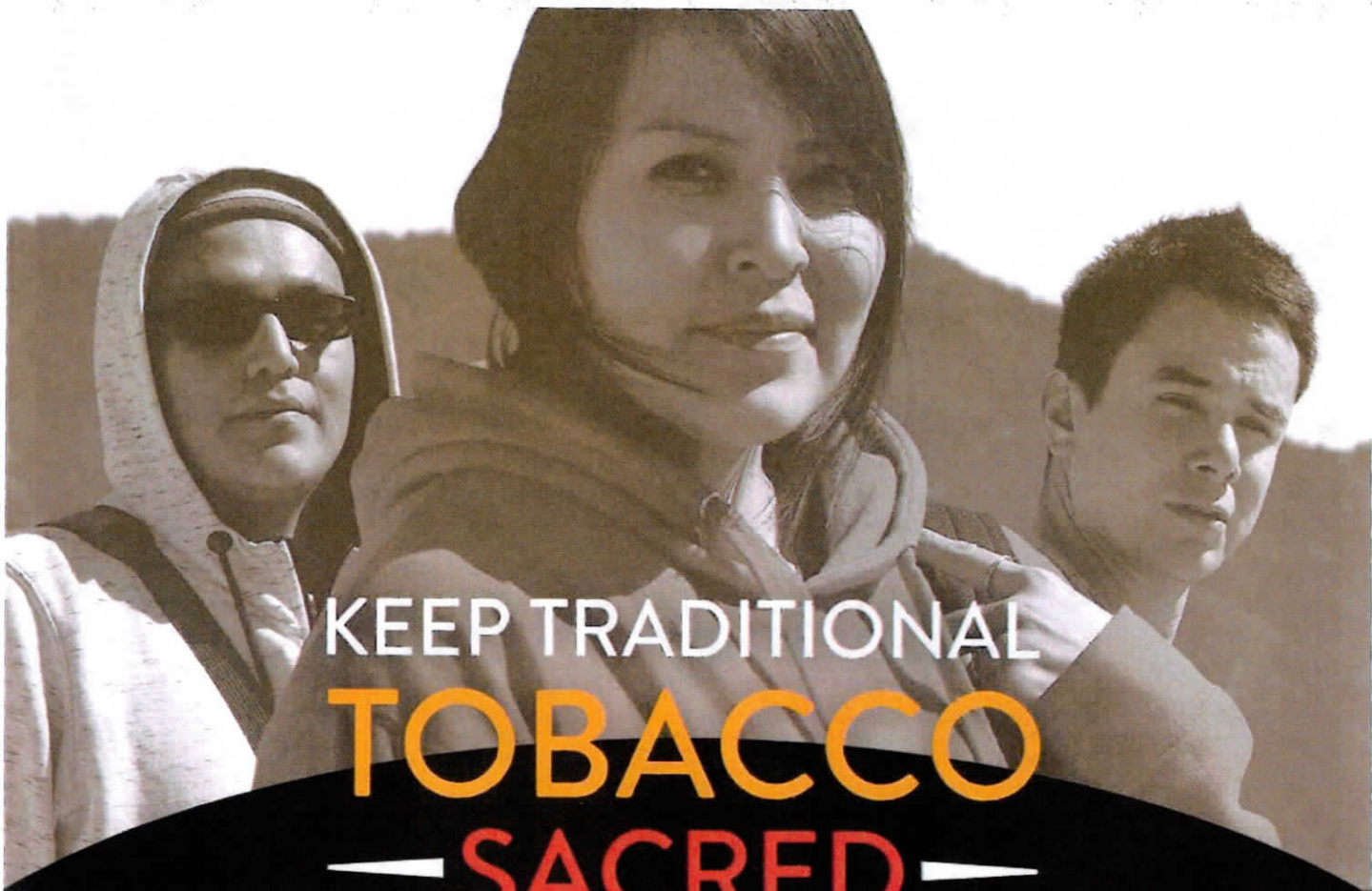
## Help protect our children from secondhand and thirdhand smoke by:

- Not allowing anyone to smoke tobacco anywhere in or near your home.
- Not allowing anyone to smoke tobacco in your car, even with the windows down.
- Making sure that your children's day care centers and schools are free of tobacco smoke.

# Thank YOU!

A tobacco smoke free home protects our children. It helps them be healthier as they grow up. If you smoke tobacco, do it outside your home and car, or get help to quit. Call 1-800-QUIT-NOW (1-800-784-8669) or your Tribal or Indian Health Service clinic.





KEEP TRADITIONAL  
**TOBACCO**  
— SACRED —

Sacred Tobacco

Spiritual

Natural, found in nature

Used for prayer, healing,  
and ceremonial  
purposes

No chemical additives

Used with good  
intentions

Commercial Tobacco

Profit driven

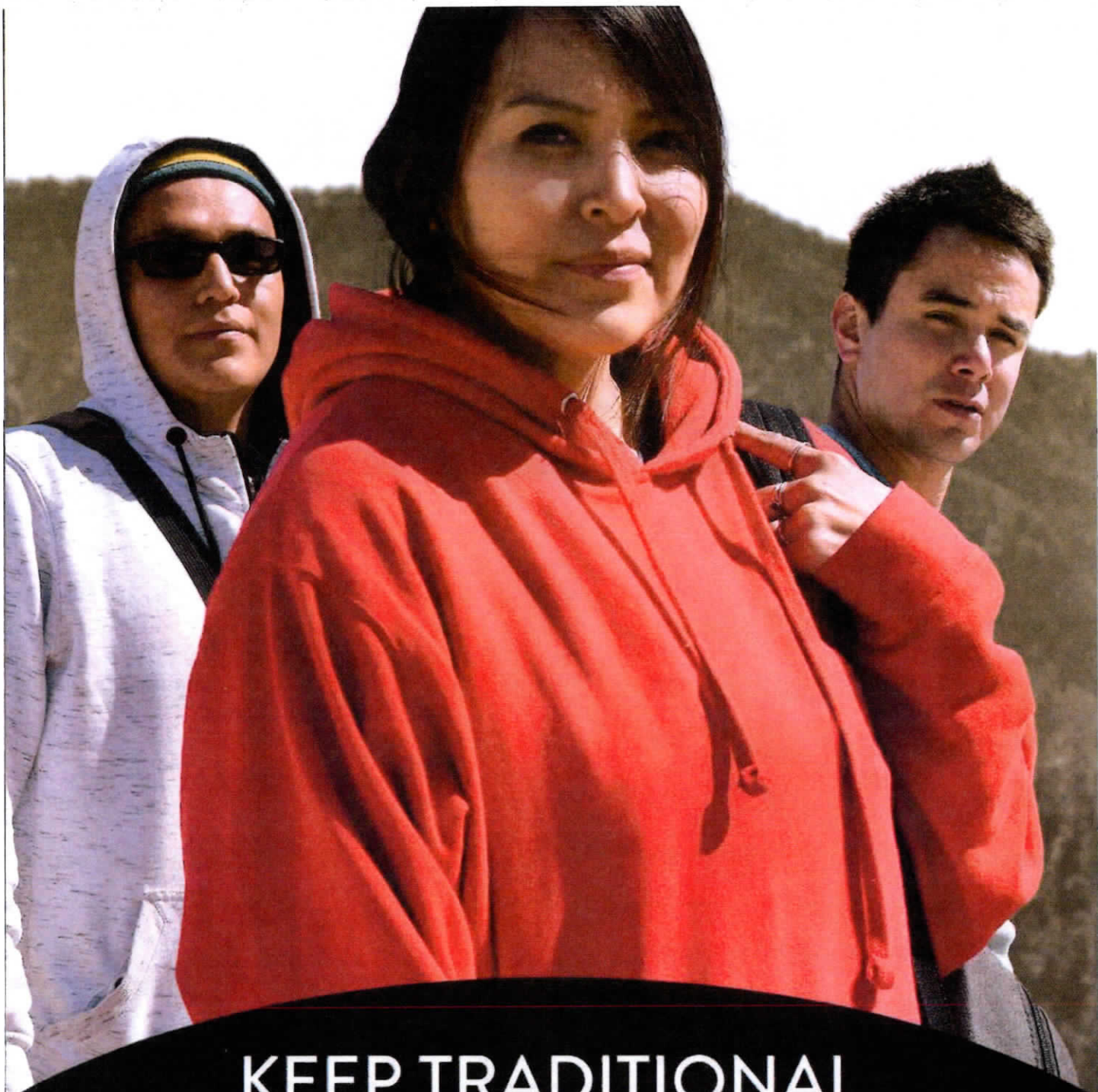
Unnatural, contains  
harmful chemicals

Used as a personal  
choice

Contains additives that  
may cause cancer, heart  
disease and diabetes

Used to support a  
harmful habit

You can also text "**NATIVE**" to 47848  
if you or someone you know wants to quit smoking.  
You will receive tips, advice, and encouragement to overcome challenges  
and stay motivated.



KEEP TRADITIONAL  
**TOBACCO**  
— SACRED —

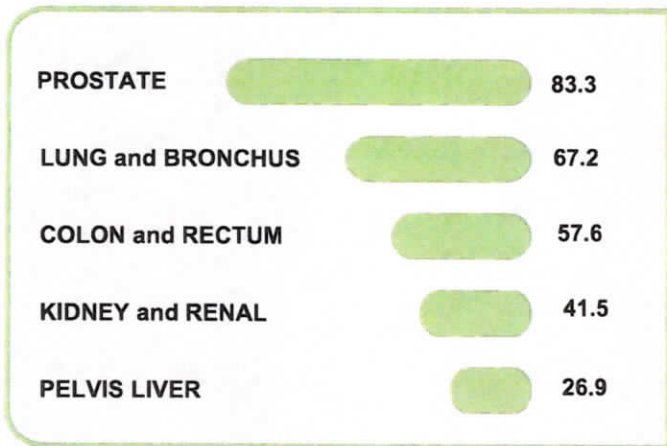
Please see the back for facts about the hazards of commercial tobacco use versus sacred tobacco.



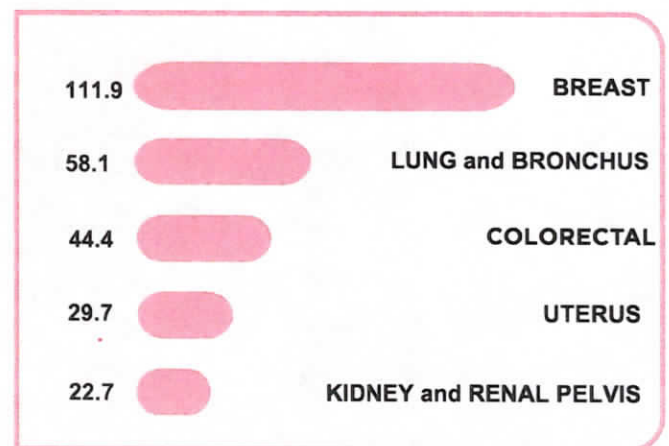
# PROTECT OUR COMMUNITIES AGAINST CANCER

## Rate of New Cancers\* by Five Leading Cancer Sites Among American Indian and Alaska Native People, 2015-2019

### MALE



### FEMALE



\* Rate per 100,000 population, all IHS regions combined.

## WHAT WE ALL CAN DO



Promote commercial tobacco-free lifestyle



Encourage patients to talk to their doctor about cancer screening options



Support healthy eating



Promote daily physical activity



Teach ways to maintain healthy weight



Recommend no alcohol or drink in small amounts

# MAKE HEALTHY CHOICES!

## PROTECT YOURSELF AGAINST CANCER



Do not use  
commercial tobacco



Eat healthy



Get screened for  
certain cancers



Move every day



Maintain healthy  
weight



Avoid alcohol or  
drink in small  
amounts



Avoid exposure  
to secondhand  
smoke



Use sun screen  
and wear a hat



# WHAT IS BREAST CANCER?

- Cancer that forms in the cells of the breast.
- Abnormal breast cell growth that forms a lump.
- Can spread to lymph nodes and other parts of the body.



## Who gets breast cancer?

- Men and women both get breast cancer.
- Women with family history of breast cancer or other cancers.

## What are the symptoms?

- Change in size, shape, skin, or appearance of a breast or breasts.
- Swelling of all or part of a breast.
- Skin changes such as swelling or redness of the breast.
- Breast or nipple pain.
- Discharge from the nipple.
- Swollen lymph nodes.

## Can it be found early?

- Breast cancer is sometimes found after symptoms appear, but many women have no symptoms. This is why regular breast cancer test is so important, to find the cancer earlier when it is easier to treat.

## Who should get tested?

- Most women who are 50 to 74 years old should have a test every two years.
- If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a test.

## What can I do to reduce my risk?

There is no sure way to prevent it. However, there are things you can do that might lower your risk.

- Get to and maintain a healthy weight.
- Get at least 150 to 300 minutes of physical activity each week or 75 to 150 minutes of high intensity activity (running, jogging) each week.
- Limit alcohol intake.
- Women who breastfeed for at least several months may also get an added benefit of reducing their risk.

## What tests are available?

Talk to your doctor about which test are right for you.

- Clinical Breast Exam is an exam by a doctor or nurse, who uses his/her hands to feel for lumps or other changes.
- Mammogram is an x-ray picture of the breast. The doctor use it to look for early signs of breast cancer.
- Breast Magnetic Resonance Imaging (MRI) uses magnets and radio waves to take pictures of the breast.

**If you are 50-74 years old, talk to your care provider or call your local IHS, tribal or urban Indian health clinic to schedule a mammogram.**





# WHAT IS CERVICAL CANCER?

- Cancer that begins in the cells of the cervix.
- Abnormal cell growth that forms a mass or a lump.
- Can spread to lymph nodes and other parts of the body.

## Who gets cervical cancer?

- It occurs most often in women over age 30.

## What are the symptoms?

- Early stages may have no symptoms.
- Abnormal vaginal bleeding, such as bleeding after vaginal sex, and bleeding after menopause.
- Discharge from the vagina with an odor.
- Pain in the pelvic area.
- Pain during sex.

## Can it be found early?

- The best way to find cervical cancer early is to have regular pap test (which may be combined with a test for human papillomavirus (HPV)).
- Be aware of any signs and symptoms to avoid delays in getting a test.
- Finding cancer early increases successful treatment.

## Who should get tested?

- All women starting at age 21.
- Every 3 years, all women ages 21-29 need a pap test.
- At age 30, women should get a pap test along with a HPV test every 5 years if both test results are normal.

## What can I do to reduce my risk?

- Get a HPV vaccine.
- All preteens who are 11 to 12 years old should get a HPV vaccine.
- Everyone through 26 years old, should get a HPV vaccine if not done already.
- The HPV vaccine should be given to everyone by the age of 26 years old.
- Do not use (commercial) tobacco.
- Use condom during sex.
- Limit your number of sexual partners.

## What tests are available?

Talk to your doctor about which test are right for you.

- Pap test is a procedure used to collect cells from the cervix and sent to the lab to find cancer and pre-cancerous cells.
- The HPV test looks for the high-risk HPV types that may cause cervical cancer. The test can be done at the same time as the Pap test.

**If you are 21-65 years old, talk to your care provider or call your local IHS, tribal or urban Indian health clinic to get a Pap test.**





# WHAT IS COLORECTAL CANCER?

- When cancer starts in the colon or rectum, it is called colorectal cancer.
- Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer.

## Who gets Colorectal Cancer?

- Men and women both can get colorectal cancer.
- It is most often found in people who are 45 years and older.

## What are the symptoms?

- Sometimes there are no symptoms.
- Blood in your stool (poop).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you do not know why.

## Can it be found early?

Screening can often find colorectal cancer early, when it is small and has not spread. Regular screening can even prevent colorectal cancer.

## Who should get a screening?

- Adults age 45-75 should be screened for colorectal cancer.
- You may need to be tested earlier than 45, if you or a close relative have had colorectal polyps or colorectal cancer.

## What can I do to reduce my risk?

- A diet low in animal fats and high in fruits, vegetables, and whole grains may reduce risk of colorectal cancer.
- Get at least 150 to 300 minutes of moderate physical activity each week or 75 to 150 minutes of high intensity activity (running, jogging) each week.
- Limit alcohol intake.
- Do not use (commercial) tobacco.

## What tests are available?

Talk to your doctor about which test are right for you.

- Fecal occult blood test (FOBT) to find blood in the stool (poop).
- Fecal immunochemical test (FIT) to find blood in the stool (poop).
- Flexible sigmoidoscopy is when the doctor checks for polyps or cancer inside the rectum and lower third of the colon.
- Colonoscopy is when the doctor uses a long, thin, and flexible lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers.

**If you are 45-75 years old, talk to your health care provider or call your local IHS, tribal or urban Indian health clinic to schedule a test for colorectal cancer.**







# WHAT IS PROSTATE CANCER?

- Cancer is a disease in which cells in the body grow out of control.
- Prostate cancer begins when cells in the prostate gland start to grow out of control.



## Who gets prostate cancer?

- Men get prostate cancer.
- Older men and men who have a family history of prostate cancer have a greater risk for developing prostate cancer.

## What are the symptoms?

- Difficulty starting urination.
- Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.
- Pain in the back, hips, or pelvis that does not go away.
- Painful ejaculation.

## Can prostate cancer be found early?

Prostate cancer can often be found early by testing for prostate-specific antigen (PSA) or a digital rectal exam.

## Who should get tested?

Men who have a family history of prostate, breast, ovarian or pancreatic cancers should discuss screening with their doctor starting at age 40.

## What tests are available?

Talk to your doctor about which test is right for you.

- Prostate-specific antigen blood test measures the level of PSA in the blood.
- Digital rectal examination is when a health care provider check the prostate for anything abnormal, such as cancer.

**If you are 55-69 years old, you should talk to your health care provider or call your local IHS, tribal or urban Indian health clinic.**





# WHAT IS LIVER CANCER?

- Cancer that starts in the liver.
- It starts when cells in the body begin to grow out of control.



## Who gets liver cancer?

- The average age of diagnosis for liver cancer is 63 years old.
- Twice as many men get liver cancer than women.

## What are the symptoms?

- Sometimes there are no symptoms in the early stage.
- Later stage symptoms include weight loss, stomach pain, nausea and vomiting, and yellowing of the skin and eyes.
- Stomach swelling and bloating.
- Pain on the right side of the stomach or shoulder blade.
- Swelling of liver and spleen.
- Feeling tired and weak most of the time.

## Can it be found early?

- Sometimes it is hard to find liver cancer early because signs and symptoms may not appear until it is in its later stages.
- At this time, there are no early tests for people who are at average risk.

## What to do if you are at increased risk for liver cancer.

- Those with chronic hepatitis B or C infections should get them treated.
- Any patient who has a family history of liver cancer and/or has been diagnosed with cirrhosis, regardless of age, should be regularly tested for conditions that may lead to liver cancer.
- Liver disease may progress more rapidly in people who are co-infected with HIV and/or hepatitis B, C or D, and they are also at greater risk for developing liver cancer, so regular screening is essential.

## What can I do to reduce my risk?

- Avoid use of commercial tobacco.
- Get to and maintain a healthy weight.
- Get hepatitis B vaccine to lower one's risk for liver cancer.
- Get tested for hepatitis C, and get it treated if you have it.
- Avoid drinking too much alcohol.

## What tests are available?

Talk to your doctor about which test are right for you.

- Blood tests may show an abnormal liver function.
- Imaging tests (x-ray, ultra sound) take pictures of the inside of your body.

If you are 18-79 years old, talk to your health care provider or call your local IHS, tribal or urban Indian health clinic to schedule a test for Hepatitis C.



# MERRY CHRISTMAS & HAPPY NEW YEAR

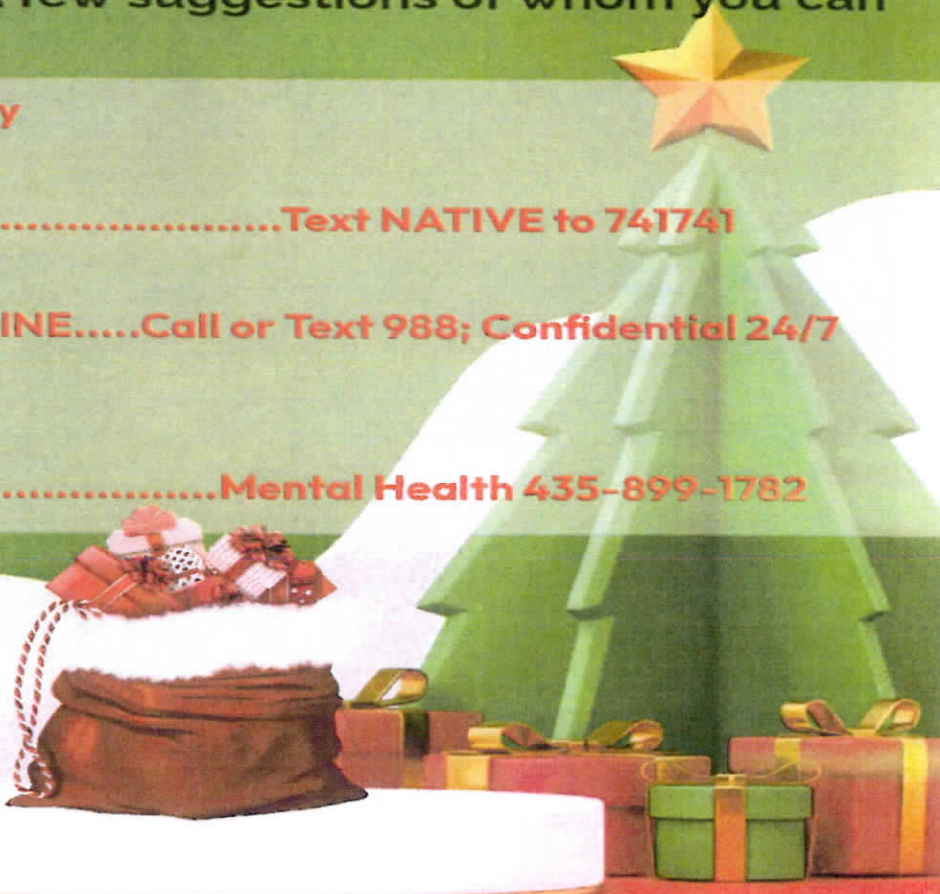
We recognize that for many, despite the cheer of the Season, it may be an emotionally charged time for those that have lost loved ones, or are just feeling sad, alone, depressed and possibly having suicidal thoughts. YOUR mental health is important! YOU are important and valuable to the tribe! So, if you are feeling sad, depressed, all alone, having suicidal thoughts, please reach out! Here are a few suggestions of whom you can reach out to:

**CALL 911 if its an emergency**

**CRISIS HOTLINE.....Text NATIVE to 741741**

**SUICIDE AND CRISIS LIFELINE.....Call or Text 988; Confidential 24/7  
Mental Health Support**

**Allen Orton LCSW.....Mental Health 435-899-1782**



The Kaibab Paiute Tribal Human Services Program has an updated list of Trauma Treatment and Mental Health providers for outside referrals. For more information, please contact:

Jennie Kalauli 928-643-8320

Penny Keller 928-643-8323

Cierra Rossman 928-643-8336

# TOGETHER

for Mental Health



**#Together4MH**

If you're in crisis,  
call the 988 Suicide and  
Crisis Lifeline at

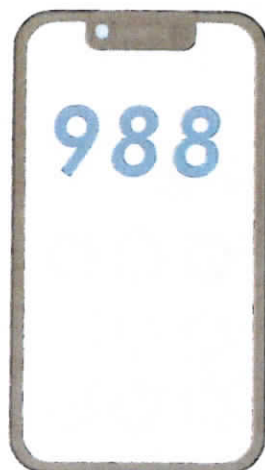
# 988

or use the Crisis Text Line  
Text "NAMI" to 741741

[nami.org/suicidepreventionmonth](http://nami.org/suicidepreventionmonth)

# New!

# 988 SUICIDE & CRISIS LIFELINE



## Call or Text 988 for Free, Confidential, 24/7 Mental Health Support

On July 16, 2022, the U.S. is transitioning to using the 988-dialing code to operate through the existing National Suicide Prevention Lifeline (1-800-273-8255).

## Facts About 988



**Accessible.** It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.



**Comprehensive.** 988 is a direct connection to compassionate care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.



**For Everyone.** People can also dial 988 if they are worried about a loved one or someone who may need crisis support.

To learn more about 988, visit:  
[bit.ly/988forHope](https://bit.ly/988forHope)



Many of us spend the holidays relaxing and sharing in goodwill with friends and family. But some bad actors use the holidays to take advantage of people's generous spirits. Scammers frequently target the older and other more vulnerable members of our communities. They pretend they are from Social Security or another government agency to steal your money or personal information.

Caller ID, texts, or documents sent by email may look official, but they are not. Fraudsters are calling to verify information about the 2023 cost-of-living adjustment for people who get benefits. Remember, this adjustment is automatic and a beneficiary does not need to verify anything. Social Security won't ask you to provide information or money to get your benefit increase. Know that how we do business with you doesn't change because it's the holidays. We may email or text you about programs and services, but we will never ask for personal information via email or text.

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use the telephone to contact you, but scammers may also use email, text messages, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you know to gain your trust. Scammers say there is a **problem with your Social Security number or account**. Scammers **pressure** you to act immediately. Scammers tell you to **pay** in a specific way.

Know what to look for and be alert. Scammers don't take days off and neither should you... when it comes to making sure you identify suspicious communications and report it. If you receive a questionable call, text, or email, hang up or don't respond and report it at [oig.ssa.gov/report](https://oig.ssa.gov/report). Scammers frequently change their methods with new tactics and messages to trick people. We encourage you to stay up to date on the latest news and advisories by following SSA's Office of the Inspector General on [LinkedIn](#), [Twitter](#), and [Facebook](#) or subscribing to receive [email alerts](#).

[Learn More](#)

Stay Connected with Social Security:

# NATIVE CRISIS HOTLINE

TEXT: 741741 AND TYPE IN

INDIGENOUS or NATIVE

(To reach a culturally trained crisis worker)



## Are you struggling?

Feeling hopeless? Like there is no way out?

Feelings of anxiety, agitation, sleeplessness, or mood swings?

Feeling like there is no reason to live?

Rage or anger?

Engaging in risky activities?

Increasing alcohol or drug abuse?

Withdrawing from family and friends?

Sleeping too little or too much?

Withdrawing or isolating yourself?

Showing rage or talking about seeking revenge?

Extreme mood swings?

# My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



## Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



## If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



## Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



## Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org), or text the Crisis Text Line (text HELLO to 741741).



NIH National Institute of Mental Health

NIH Publication No. 22-MH-8134

[www.nimh.nih.gov](https://www.nimh.nih.gov)

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# WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

## TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

## FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

## CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741



[www.nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)

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