Feeling depressed, angry, stressed, fearful, anxious or alone?

We are here for you.

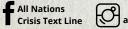


Text "support" to 33464 for help.

All Nations Crisis Hotline is a text based crisis hotline run by and for Native populations. As of now our services are within the Nebraska Tribes and we are staffed by members from the Ponca, Omaha, Lakota and Winnebago Tribes. This text line is **FREE** and available for Relatives living in Nebraska.

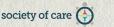
## **OPERATION HOURS**

Monday - Sunday 8:00am to Midnight



ာ all\_nations\_text\_line

## allnationshotline.org





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