



## Resources

### National Toll-Free Numbers

Native Youth Crisis Hotline  
1-877-209-1266

National Hopeline Network  
1-800-SUICIDE (784-2433)

National Suicide Prevention Hotline  
1-800-273-TALK (1-800-273-8255)

National Suicide Hotline for Gay and  
Questioning Youth  
1-866-4-U-TREVOR (1-866-488-7386)

### Multnomah County

Multnomah County Crisis 24 Hour Line  
503-988-4888

Portland Women's 24 Hour Crisis Line  
1-888-235-5333



## Collaborators and Supporters

United States Department of Health and  
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Health Services Administration

Native American Rehabilitation Association  
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Portland State University

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SAMHSA FOR SUICIDE PREVENTION AMONG  
NATIVE AMERICAN YOUTH AND COLLEGE  
STUDENTS.  
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*We would like to thank Nellie McConville for designing the  
Healing Feathers logo and laying the groundwork for us.*

# Healing Feathers

## Honoring Life & Cultural Wellness



Native American Student Services

Portland State University

Native American Student and  
Community Center  
Portland, Oregon 97201

(503) 725-5348

# The Purpose



## Contact Us

*If you would like to:*

- Be involved in Healing Feathers
- Be on our mailing list
- Have more information about our workshops
- Ask questions or give suggestions

Please contact our coordinator **Dean Azule**

503-725-5348 - azuled@pdx.edu - Native American Student and Community Center - 710 SW Jackson, Portland OR 97201

The purpose of Healing Feathers is to promote wellness to American Indian/ Alaska Native students of Portland State University and community members. Also, to create an awareness of suicide and its impact on American Indian/ Alaska Native populations.

Healing Feathers accomplishes this through integrating the unique spiritual and cultural beliefs of American Indian/ Alaska Native students with raising awareness of suicide among the American Indian/Alaska Native populations.

Healing Feathers will provide wellness resources available to students on the Portland States University campus and within the Portland American Indian community. We work to promote an exchange of resources in and give tools to our community.

Our Student Coordinators are trainers in Q.P.R. (Question-Persuade-Refer) and have participated in ASSIST (gatekeeper) training.

Healing Feathers sponsors and conducts various workshops about healthy relationships, managing stress, suicide prevention, physical health, and other aspects of wellness. We are always exploring new workshops ideas and different people to lead them. If you are interested in leading a workshop or have suggestions, please contact us.

Healing Feathers was created in order to bring awareness and prevention tools to American Indian and Alaska Native

communities in regards to suicide. Our adults and youth have the highest suicide rates in the United States, two and three time the national rate. Despite these statistics, we believe that we can change these numbers through continuing to honor life and promoting wellness through traditional and cultural means while working with our communities. **Together we can keep our communities healthy.**



## Wellness Is...

Physical	Mental	Emotional	Spiritual
Nutrition	Reading	Talking	Praying
Fishing	Beading	Writing	Ceremony
Dancing	Crafting	Nature	Church