



STRONGHEARTS
Native Helpline

StrongHearts Native Helpline Recorded Radio PSA's

For questions, please contact the Communications Manager, CC Hovie at ehovie@strongheartshelpline.org or by calling 612-418-0876.

Start: Immediately

Stop: September 30, 2021

15 seconds

File Name: 15 sec Music Native American 2021, 15 Sec No Music Native American 2021

StrongHearts Native Helpline provides culturally-appropriate support and resources to Native American survivors of domestic and sexual violence 24/7. Call or text 1-844-7NATIVE or visit strong hearts helpline (dot) org.

File Name: 15 sec Music Alaska Native 2021, 15 sec No Music Alaska Native 2021

StrongHearts Native Helpline provides culturally-appropriate support and resources to Alaska Native survivors of domestic and sexual violence 24/7. Call or text 1-844-7NATIVE or visit strong hearts helpline (dot) org.

20 seconds

File Name: 20 sec Native American 2021

StrongHearts Native Helpline provides culturally-appropriate support and resources to Native American survivors of domestic and sexual violence. Connect with an advocate 24/7 by calling or texting 1-844-7NATIVE or by using the chat icon at strong hearts helpline (dot) org.

File Name: 20 sec Alaska Native 2021

StrongHearts Native Helpline provides culturally-appropriate support and resources to Alaska Native survivors of domestic and sexual violence. Connect with an advocate 24/7 by calling or texting 1-844-7NATIVE or by using the chat icon at strong hearts helpline (dot) org.

30 seconds



File Name: 30 sec Hurting 2021

If you're hurting in your relationship and want to talk, StrongHearts Native Helpline is here to listen. StrongHearts is a free 24/7 confidential and anonymous, domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Connect with an advocate by calling or texting 1-844-7NATIVE or by using the chat icon at [strong hearts helpline \(dot\) org](https://stronghearts.org).

File Name: 30 sec Scared 2021

If you feel unsafe, scared or threatened in your relationship, StrongHearts Native Helpline is here to help. StrongHearts is a free 24/7 confidential and anonymous, domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Connect with an advocate by calling or texting 1-844-7NATIVE or by using the chat icon at [strong hearts helpline \(dot\) org](https://stronghearts.org).

File Name: 30 sec Friend 2021

Are you concerned for a friend or relative and their relationship? StrongHearts Native Helpline is here to help. StrongHearts is a free 24/7 confidential and anonymous, domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Connect with an advocate by calling or texting 1-844-7NATIVE or by using the chat icon at [strong hearts helpline \(dot\) org](https://stronghearts.org).

File Name: 30 sec Behavior 2021

Are you questioning your own behavior in your relationship? StrongHearts Native Helpline is a free 24/7 confidential and anonymous, domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Connect with an advocate by calling or texting 1-844-7NATIVE or by using the chat icon at [strong hearts helpline \(dot\) org](https://stronghearts.org).

File Name: 30 sec Sexual Violence 2021

Have you been affected by sexual violence? StrongHearts Native Helpline can help. StrongHearts is a free 24/7 confidential and anonymous, domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Connect with an advocate by calling or texting 1-844-7NATIVE or by using the chat icon at [strong hearts helpline \(dot\) org](https://stronghearts.org).



60 second

File Name: 60 sec Gaslighting 2021

Does your partner blame you for their abusive behavior or deny that their actions are hurtful? Are you starting to question your own version of events or reality in the relationship? What may seem like a harmless misunderstanding can become manipulative over time. If an abuser uses gaslighting to excuse or deny their abusive behavior, you may become confused, anxious, isolated and depressed, and begin to question or lose your sense of what is actually happening. In this situation, it can be difficult to recognize that you are being abused. StrongHearts Native Helpline understands. StrongHearts is a free 24/7 confidential and anonymous, domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Connect with an advocate by calling or texting 1-844-7NATIVE or by using the chat icon at [strong hearts helpline \(dot\) org](https://stronghearts.org).

File Name: 60 sec Emotional Abuse 2021

If your partner criticizes, threatens or tries to isolate you as a way to manipulate and control you, that's not ok. Emotional abuse can be degrading, humiliating and terrifying, often leaving long-lasting scars on one's spirit and self-esteem. When emotional abuse is present in a relationship, you can feel like you are walking on eggshells. Emotional abuse and domestic violence goes against our traditional ways as Native peoples. StrongHearts Native Helpline understands. StrongHearts is a free 24/7 confidential and anonymous, domestic, dating and sexual violence helpline for Native Americans and Alaska Natives. Connect with an advocate by calling or texting 1-844-7NATIVE or by using the chat icon at [strong hearts helpline \(dot\) org](https://stronghearts.org).
