

4. Seeking Services – Male

My name is Chance Rush, I'm Hidasta from the Three Affiliated Tribes and founder of Our Native Men.

Over and over again, we hear that men can't be victims of domestic violence – but we simply know that's not true. Over 40% of American Indian and Alaska Native men have experienced intimate partner violence which can lead to lasting changes in the way we *think and feel* about ourselves.

Violence is not a traditional value. And, you don't have to face it alone.

If you've survived violence, or if you don't feel safe, do the brave thing – ask for help. Call StrongHearts, a 24/7 Native Helpline at 1-844-7NATIVE (or 844-762-8483) that's 1-844-7Native or visit <https://strongheartshelpline.org/>.

Prayers and blessings as you continue. It takes help to heal – reach out today.