



## Resources

### Native Wealth So Much More Than Money – Sherry Salway Black

- National Congress of American Indians document  
“Tribal Nations and the United States: An Introduction”
  - <https://www.ncai.org/about-tribes>
- Illuminative – [www.illuminative.org](http://www.illuminative.org)
- Indigenous Futures Project
- Indigenous Futures Survey Report
  - “From Protests, to the Ballot Box and Beyond: Building Indigenous Power”
  - <http://indigenousfutures.illuminatives.org/>
- First Peoples Fund – [www.firstpeoplesfund.org](http://www.firstpeoplesfund.org)
- First Nations Development Institute – [www.firstnations.org](http://www.firstnations.org)
- National American Indian Housing Council – [www.naihc.net](http://www.naihc.net)
- Native CDFI Network – [www.nativecdfi.net](http://www.nativecdfi.net)
- Johnson Scholarship Foundation – [www.jsf.bz](http://www.jsf.bz)
- Prosperity Now – [www.prosperitynow.org](http://www.prosperitynow.org)
  - The Prosperity Now Scorecard – [www.scorecard.prosperitynow.org](http://www.scorecard.prosperitynow.org)

### Healthy Ways to Manage Stress – Sue Chapman

If you need help, who can you call?

- Disaster Distress Helpline (SAMHSA)  
Call 1-800-985-5990 or text TalkWithUs to 66746
- National Suicide Prevention Lifeline (Link)  
Call 800-273-8255 or Chat with Lifeline
- Physician Support Line (Link)  
Call 1-888-409-0141
- Crisis Textline (Link)  
Text TALK to 741741
- Veterans Crisis Line (VA)  
Call 800-273-8255 or text 838255

### Let’s Exercise Together and Have Fun! – Sixtus Dominguez

- Indigenous Child: I have the right to be an Indigenous child
  - <https://www.amazon.com/Indigenous-Child-have-right-child/dp/1986844838>
  - Book written by the presenter