



# Office of the Executive Director

## Navajo Division for Children and Family Services



FOR IMMEDIATE RELEASE

DATE: Wednesday, September 10, 2025

### **DIVISION FOR CHILDREN AND FAMILY SERVICES RECOGNIZES WORLD SUICIDE PREVENTION DAY**

The Navajo Nation has proclaimed the month of September, “Navajo Nation Recovery and Suicide Prevention Month.” This month also recognizes World Suicide Prevention Day, which is September 10 each year. The Division for Children and Family Services encourages those who are experiencing difficulties or challenges to reach out to available resources.

The World Suicide Prevention Day theme is, “Changing the Narrative on Suicide,” and the Division is doing just that by reducing the stigma associated with speaking out on this public health threat to our nation. The Navajo Treatment Center for Children and Their Families (NTCCF), under the leadership of Anthony Begay, MSW, is leading the effort from the Division to address suicide prevention on the Navajo Nation.

The NTCCF uses Navajo way of life philosophy, cultural and traditional teachings, and western treatment modalities to help heal the Navajo people.

The NTCCF participates in the Suicide Surveillance and Prevention Task Group under the Diné Action Plan. The Diné Action Plan is a roadmap to address the Navajo Nation’s most urgent challenges, including suicide prevention, substance use disorder, violence and missing and murdered Diné relatives. The task group is working on getting updated statistics on suicide on the Navajo Nation and gathering resources that are available.

According to the Navajo Epidemiology Center under the Navajo Department of Health, there were 994 cases of self-harm and suicide reported by Navajo Area Indian Health Services in calendar year 2023. These cases ranged in age from 9 to 82 years old. The largest number of cases were among individuals between the ages of 10 and 19 years old.

NTCCF provides specialized outpatient therapeutic services to children ages 4 to 17 who are impacted by childhood trauma. Services are also available to adults and elderly. The NTCCF mission is to help children and their families heal from trauma and move forward on a path of wellness and well-being. The NTCCF is also collaborating with the hataalii to connect people with traditional ceremonies to help them heal.

The NTCCF can be reached at:

- Window Rock administration (928) 871-7679
- Chinle Clinic (928) 674-2201
- Crownpoint Clinic (505) 786-2333
- Fort Defiance Clinic (928) 729-4282
- Shiprock Clinic (505) 368-1191
- Tuba City Clinic (928) 283-3269

The proclamation signed by President Buu Nygren on September 6, 2025, pledges to inspire hope, empower individuals, overcome social ills, and strengthen our nation through the principles of our Diné way of life.

“Hózhóógo Naasháa Dóó honors our Diné cultural teachings which guide us toward healing and restoring hózhó, a state of beauty achieved by attaining harmony internally and externally,” the proclamation states.



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Other resources for suicide and crisis include:

- Emergency – 911
- National Suicide and Crisis Lifeline – 988 (call or text)
- Arizona Statewide Crisis Line – 1-844-534-HOPE (1-844-534-4673) or text “4HOPE” to 44673
- New Mexico Crisis and Access Line – 1-855-NMCRISIS (1-800-662-7474)
- Utah Crisis Line – 1-800-273-TALK (1-800-273-8255)

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