



The Auntie voice represents care, belonging, connection, and resilience.

The Auntie Affirmations Hotline features pre-recorded affirmations, stories, words of encouragement, and messages of support from 20 Aunties across Indian Country. Simply call the hotline and choose the topic that speaks to you. Quarterly, new messages are added offering fresh inspiration, comfort, and connection.



Press...

- 1 Feeling like you don't belong or fit in?
- 2 Struggling with not feeling "Native enough"?
- 3 Hurting from experiences with your own community?
- 4 Feeling disconnected from your culture?
- 5 Hear how Auntie brings joy and support
- 6 Listen to Auntie laughter
- 7 Resources and support

**Guide to:
Auntie Affirmation
Hotline**



CALL (855) 831-1343

Urban Indian Health Institute
A Division of the Seattle Indian Health Board



**“We need your heart.
Our people are
stronger because
you are with us.”**

Auntie Malia



**“...be yourself and
all the good and the
bad and the ugly and
the fabulous and
the fierce because
you’re awesome.”**

Auntie Lael



**“We have an
opportunity in our
life to know who we
are, mind, heart,
body, and spirit.”**

Auntie Cecilia