

# Achoho Ngeni ne Tumwunewoch Fansoun an Fis Watten Osukosuk mei Efeiengaw



Me murin an fis ew watten osukosuk mei efeiengaw, mei auchea pwe kopwe tumwunuw nonnomwun inisum. Nenengeni fichi ifan ussun nikinikin me mwokutukutun chon omw famini me pusin en won inisum.

Mei auchea tumwunuw nonnomwun inisum pun epwe tongeni anisi ekiem omw kopwe tumwunuwfichi met osupwangen pusin en me atongeww kewe.

Fori ekkei mettoch pwe epwe anisuk me omw famini ami oupwe tongeni ngaseno me kuttta aninisi.

## Mettoch Kopwe Fori ne Tumwunuw Pusin Inisum

- Tumwunuw Inisum
  - » Mongo ekkew mongo mei apchokuna inis, taiso iteitan, annafa omw mour, me kosapw angei sakaw me ekkewe sokkun drug.
- Echiechi
  - » Apworousa ngeni chiechiom me chon omw famini ifan usun memefin inisum. E nukuchara ewe nefiin me pwan anonga omw nukunuk won iokkewe rekan akanisuk.
- Awora Fansoun Asese
  - » Awora fansoun omw kopwe ngaseta. Niwiniti sokkun met omw mwokutukut en mei kan pwapwa ne fori.
- Sinei Met Pworous Auchea
  - » Kakaton met pworous won news.
- Kosapw
  - » Kosapw kon anapa omw kopwe katon media ren met pworous mei fis.
- Tungor Aninis
  - » Pworous ngeni ekkewe chon angangen namanam ika mwichefen, counselor, ika tokter ika kokori ewe SAMHSA helpline helpline won 1-800-985-5990 ika makkei TalkWithUs ngeni 66746.

## Ifan Ussun Omw Kopwe Anisi Noumw Semirit

- Pwopworous ngenir.
  - » Apworousa ngenir sokkun pworous mei auchea repwe sinei.
  - » E nukunukeochu ngenir sokkun mettoch mei auchea ngenir.
  - » Apworous ngenir won met kewe pworous aramas mei ani apworous nefiner.
  - » Ponueni ar kapas eis.
- Tumwunuw pusin inisum pun repwe pwan apuruk.
- Eukuku ami oupwe kon anonga ami katon pworous won media ika socal media ren met mei fis.

## Ekkewe Esinen Pwe Emon Mei Weires

- Memefin nuokus, unuun, ika nukunukumang
- Ekkesiwin sokkun nikinikin me mwokutukutun
- Weires an epwe nengenifichi mettoch
- Kisino an mwon mongo
- Weires an epwe mour ika nuokus non an mour
- Mefi weires, nuokus, ika songokai
- Metek mokur, metekitek inis, ika nipung unuchan
- Metekewe sokkun an samwaaui mei wor ren epwene napeno
- Napeno an un sakaw, supwa, me pwan ekkoch drug

Chuno ren noumw we tokter ika pwe ekkei napanapen an emon akon mefi weires mei angawano omw mwokutukut iteitan ran nge mei sopwosopwono non fituw ran.

**Ewe Ofesin Substance Abuse me Mental Health Services (SAMHSA's) Ewe Hotline ren Disaster Distress: 1-800-985-5990 ika makkei TalkWithUs ngeni 66746.**



**Ekkewe aramas ir mei seningepung ika mei kan weires ar repwe rongorong fos ir mei tongeni sopweno ne aea ewe service rekan nomw won ar repwe kokori 1-800-985-5990.**