# Ifa usun an Aramas Watte repwe Tongeni Anisi ne Pinei Pusin Nieno

**Pusin nieno**a kan ew aewin popunapen ren mano nein semirit kena ra ierin chon sukun me pwan teen kena. Chomong atenap kena, chon ar family kena me pwan chiener kena, chon angangen sukun, me pwan chon non nenien nonom kena repwe kuuna sainin ren mefingaw me pwan mefingaweno usun chok:

* Nuwokuseno me pwan noninengino usun pechakuner me pwan pechakunen chiener kena, family, me pwan atonger kena.
* Siwinin non ususun ar mongo ika mourir kena.
* Angei weiresinon ren ar repwe awenewena ekkiekir.
* Fokkun ngaweno pechakuner kena.
* Pwosuno me pwan mochen aninisin mwichen aramas seni chienen me pwan family kena.
* Mefi eiemuno seni chienen me family kena.
* Mefingaweno, nonineng, niechiech ika mefingaw.
* Apetieno fofor kena ir ra kan apwapwai foforun.

A kan auchea ren ar repwe chechemeni pwe**meinisin ra kan sakono ar ponu ngeni anuwokusun sakkun kena.**

## Tumunu pusin kich me pwan atenap kena

Memef kena usun nuwokus, mefingaw, song, ningeringer me pwan nonineng ra kan ponu kena ra kan fis iteiten. A fokkun auchea pwe aramas watte kena repwene kan tumunu mochenin pechakuner me pwan mefier kena pwe repwe kan tongeni ar repwe awora ar fansoun ar repwe ponu ngeni atenap kena ra nom non osukosuk. Fofor kena ren ach sipwe tumunu kich non pechakun repwene pachenong:

* Kapas ngeni ekkena ka nukur usun eom nonineng me pwan mefieom kena.
* Angei asosono seni awusening ngeni, katon, ika aneani ekkewe simpung, me pwan eom kopwe sinei usunifa an social media ra kan angawano mefieom.
* Awora fansoun ren eom kopwene iteiten kapas ngeni chienom kena me pwan family non ekkena sakkun ka tongeni.
* Fori eochun eom tongeni eom kopwe anafano eom mour, mongo mongon pechakun kena, me pwan taiso iteiten.
* Awora eom fansoun eom kopwe asoso, uweneno, fori mettoch kena ka kan apwapwai foforun, ika sotuni minafon mettoch kena.
* Apetieno sakaw me pwan safeingaw kena.
* Fori ew maaketiwen mettoch kena ina en ka mochen forir, ika aramas kena ina ka tongeni kapas ngenir won fon, text, kapas, ika seni non social media, me pwan ekkieki eom kopwene forata ew atetenin iteiten fofor kena ew me ew ran.

## Inet kopwene eis ren aninis

Chomong semirit kena, teens me pwan aramas watte kena repwene mefi pwos, nuwokus, me pwan rese kon nien sinei met repwene fori, me pwan sam me in kena repwene nonineng ren tumun ren nour semirit kena. A kan auchea ren eom kopwene kapas ngeni emon chon sinenapen angang en ka nuku ika pwe en ika noumuwe semirit ika chon sukun ra kan mefieno wunungat ika chomongenon seni ekkei mei tapweto ren**nap seni ekkoch ran kena non ew fansoun**:

* Mefi ren netipeta, mefingaw ika fokkun ningeringer.
* Mefi ren nukunukungaweno ika sopwesopwenon nonineng kena usun mwach kaan.
* Mefi ar rese chuen no mochen fori fofor kena ir ra kan apwapwai foforun me mwan.
* Angei fokkun napenon siwinin kena non ar mochen mongo ika chouur.
* Angei fokkun napenon siwinin kenan non ususun mourur kena.
* Mefi fokkun menununo ar repwe mwokut, angang ika wurumwot non napenon fansoun kena.
* Mefi ameseikeno ika ningeringer non chomong fansoun kena, ika a fokkun weires an epwe asosono.
* Mefi pwe ese wor namoten ika fokkun tipisino.
* A fokkun aweiresino an epwe awenewena ekkiekin me pwan ren an epwe fori finien kena.
* Angei ekkiekin ren, ika akoten kena ren an epwene pusin afeiengawa ika afeiengawa pwan ekkoch kena.

## Angawen Mettoch kena Ngeni Pusin Nieno

Mei wor ekkena sakkun mettoch ina ra kan riri ngeni anapenon ngawen ren napanapen pusin nieno. Ekkei mi pachenong:

* Satunin pusin nieno kena me mwan
* Eiemuno me pwan pwosuno
* Pusin afeiengawa esapw seni pusin nieno (awewe, pokuuw)
* Semwenin non mekur mi pachenong mefingaweno, osupwangen napenapen kena, me pwan wuunungawen safeingaw
* Fokkun tekianon awukukun ren noninenginon non family
* Wuruwon pusin nireno non an family
* Ngawenon kena non nenien nonom, mei pachenong kaworen ren efoch pisekin moun non ewe imw
* Sakkun osukosuk kena (awewe, kaworen pisekin moun non ewe imw, anuwenuw me pwan anuwokusu, fokkun ngawen foforun amirit, manon emon atongom, kawaten inis ika nisouu, mufesenin nefinen ngeni emon/chienen, mwuseni punuwen, afeiengawen non family, pusin nienon ren emonchon non an mwich)

### A kan auchea ren eom kopwe sinei usun ekkei ngawenon, me pwan ren eom kopwe moneta ngeni ngawer kena.

**Sainin Amonen Pusin Nieno kena**

Chomong atenap me pwan aramas watte kena ina ir ra kan ekekkieki ar repwene pusin nireno ra kan pwarano ew ika chomong napenaper kena ina repwene sainin kena ren ekkiekin ika amonen kena ren pusin nieno. Ekkei mi pachenong:

* Anuwenuwen pusin nieno kena non ewe sakkun ren kapasen wenewenen (awewe, "Ngang upwene pusin nieino", "Ngang uwa mochen mano.") me pwan ese wenewenen (awewe, "Amwo upwene kan no mour nge usapw pwasefanita") kena
* Maaken me pwan amonen pusin nieno kena**mi pachenong maaken online kena**
* Fori saingonon atetenino kena (awewe, fangeno pisekir kena mei auchea)
* Fokkun ekkiekino chok usun mano
* Siwininon non napenaper, pwapwanor, ekkiekir kena, me/ika mefier kena.

## Pinepinen Pusin Nieno

Ewe aewin auchean mettoch ina kich sia tongeni fori ren ach sipwe pinei nienon atenap me pwan aramas watte a kan ren ach sipwe ekkiekifichi ngeni ewe anuwokusun pusin nieno. Akaewin nupwen fansoun kena ren tekian mefingaw, atenap me pwan aramas watte kena repwene mefi nonineng, nuwokus, pwosuno, me pwan fokkun weiresino. Ekkoch aramas repwene pwarano kukunun ika mei wor ekkena sainin ren ar mefingaweno. Mei wor ekkena sakkun auchean tetenin fofor ina aramas watte kena ra tongeni fori ren ar repwe tumunu atenap me pwan ekkoch aramas watte kena pwe repwe tumununo.

1. **Awora ew nenien nonom mi tumun, me pwan ew tumun, aninisinon, nukunukunon nefinen aramas**ikewe semirit, teens me pwan ekkoch aramas watte kena ra mefi kinamwen ar repwe kakapas usun ekkiekir kena, met ra mefi kena me pwan noninengir kena. Ika pwe ena ese kan tongeni epwe fis non imwomuwe, apechakuna ngeni atenap me pwan ekkoch kena ren ar repwe kapas ngeni aramas watte kena ina ir ra tongeni awora tumun, tumunur me pwan nukunuk usun chok chon sinenapen angangen semwenin non mekur kena ika counselor kena, chon sinenapen angangen safei kena, chinap kena, aramas watte kena ir chon non family, ika chon afanefanen nukunuk ika namenap kena.
2. **Kopwe sinei usun me pwan eaea pwan ekkoch nenien angei aninis kena ren aninisin atenap kena me pwan family kena.** Ekkei epwen pachenong family me pwan mwichen aninis, sukun me pwan chon non nenien nonom kena, nenien safei kena ra kan seni sukun, kuumin osukosuk kena, chon sinenap kena ir mi kaeo angangen semwenin non mekur me pwan safei kena, chon afanefanen namenam ika nukunuk kena, aramas watte kena ir chon sinenapen angang ra kaeo non aiititin me pwan foforinong ngeni chon sukun kena ir ra nom non ngawenon ren napenapen pusin nieno, nenien angangen aninisin osupwang kena non unusen fonu me pwan non neniach ra maaketiw asan.

### Ewe Fonen Pusin Nieno me Osukosuk a kan kaworeno 24/7 ren aninis ese wor mon me pwan pinepineno seni meinisin. Kori 988 ika no ngeni [www.988lifeline.org](http://www.988lifeline.org/)

* 1. Fon Kena ren Menau repwene awora ew remote chechekin ngawen pusin nieno me pwan angangen aninisin amonen tumun ren sukun kena. Kori 503-575-3760.
  2. [Youthline teen mwichen aninis:](http://www.oregonyouthline.org/) 877-968-8491, Text teen2teen 839863

1. **Forata networks kena ren aramas watte kena repwene kan aninis.** Chon non an sukun kuumin semwenin non mekur me pwan osukosuk kena, chon angangen nenien safei seni sukun, chon sinenapen angangen semwenin non mekur me pwan safei kena non nenieach, me pwan chon angangen atepwanenpwan ir a kan wiser ar repwe fori chechekin ngawen pusin nieno kena, amwena/asinei ngeni sam me in kena me pwan chon non family kena, awora pesei kena me pwan atotono kena ngeni angangen aninisin nenien nonom kena, me pwan iteiten awora tapweitan counselin me pwan aninis non sukun ika non ewe nenien nonom. Angang fengen nefinen aramas watte kena, family kena, sukun kena, ofes kena non neniach me pwan public health departments kena a kan auchea ren tumunun atenap me pwan aramas watte kena.
2. **Kosapw apetieno ika ewupano poraus.** Chienom kena me pwan chon non family kena resapw kan tipeew ngeni ar repwe ewupano ekkiekin emon chiener nge repwene chok ereni emon aramas watte, usun chok emon sam me in, sense, psychologist seni sukun, dokter, ika chon awora safean semwenin non mekur. **Ika pwe ka nuku pwe ew anuwokusun afeiengaw a kan atepwanepwan ika amwutirino iwe kori 911.** Non sakkun kena resapw atepwanepwan, sam me in kena me pwan ekkoch aramas watte kena repwe kan kuut aninis seni nenien angaiin aninisin semwenin non mekur non nenien nonom kena non fansoun ra mutir tongeni. Chon angangen sukun ir ra kan sinei usun ren an emon atenap ngaweno re pusin nieno epwene kan uwano ewe chon sukun ngeni ewe finita chon sinenapen angangen semwenin non mekur non sukun ika chon nemenem, ika kapas ngeni emon chon sinenapen angangen semwenin non mekur non neniach.

### Mutir ne kuut aninis ika pwe ew anuwokusun pusin nieno a kan fokkun ngaweno.

1. **Kaeo usun seni eom fori eaean ren ekkei me pwan ekkoch nenien angei aninis kena.**
   1. An SAMHSA we [“Taking Care of Your Behavioral Health” peich](https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007) a kan awora porausen aninis kena.
   2. Programen Pinepinen Pusin Nienon Atenap ra kan kaworeno non kukunun ika ese wor mon.

## Pusin nieno a kan tongeni pinepineno

A kan auchea ren eom kopwe chechemeni pwe pusin nieno a kan tongeni pinepineno. Atenap me pwan aramas watte kena ina ir ra kan ekkieki ar repwene pusin nireno ra iteiten pwarano amonen sainin kena ren ar mefingaweno. **A na fokkun auchea ren eom kopwe iteiten ekkiekieochueno ekkei amonen sain, me pwan kosapw pwon pwe kopwe kan awupereno.** Ika pwe ka ekkieki pwe emon semirit ika atenap ika emon ka sinei a kan mochen pusin nieno me pwan kose kan nien sinei met kopwe fori, **iwe kori emon seni nenien angei aninisin pinepinen pusin nieno kena ra maaketiw me asan non mutirin fansoun ka tongeni.**

### Ika pwe en ika emon ka sinei a kan mefi fokkun ngawen mefingaweno ika a mochen pusin nieno, MUTIR NE ANGEI ANINIS seni eom kori ew ika chomong seni ekkei mei tapweto:

* Kori**911** ika eomuwe fonen osukosuk non nenieom
* [988 Fonen Osukosuk me Pusin Nieno non](https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox) fosun Merika: **988**
* [988 Fonen Osukosuk me Pusin Nieno non](https://988lifeline.org/es/home/) fosun Spein: **988**
* [Crisis Text Line](https://www.crisistextline.org/) non fosun Merika: **Text "OREGON" ngeni 741741**
* [Crisis Text Line](https://www.crisistextline.org/es/) en español: **Texto con la palabra "AYUDA" ngeni 741741**
* Crisis Text Line ren ekkena ir ra kan mefi ewe osupwangenon ren koputen sakkun aramas: **Text "Indigenous" ngeni 741741**
* [Teen Line](https://teenlineonline.org/): **1-310-855-HOPE (4673)**
* National Youth Crisis Hotline: **1-800-448-4663**
* [Kuut Angangen Aninisin Osukosuk non Eom County](https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Pages/crisislines.aspx)
* Aninisin eaean safeingaw: [**1-800-662-HELP (4357)**](https://www.samhsa.gov/)
* Ren Mwichen Chienom kena: [Links ngeni fonen aninis non meinisin state, Lifeline Crisi](http://warmline.org/)s [Chat](http://crisischat.org/)
* Ren Atenap: [Oregon Youthline,](http://oregonyouthline.org/) kori **877-968-8491**, text **“teen2teen” ngeni 839863**
* Ren LGBTQ2SIA+ Atenap: [Ewe Trevor Project, k](https://www.thetrevorproject.org/)ori **866-488-7386** ren ew 24-awa ese wor mon fonen pusin nieno, kori [Trans Lifeline](http://www.translifeline.org/) non **1–877–565–8860**
* Ren Atenapen Chon Nom Seni Mwan: [Native Crisis Text Line,](https://www.wernative.org/articles/native-crisis-text-line) text **"Native" ngeni 741741**, [WeRNative**,**](https://www.wernative.org/) [En Kose Kan Won Pusin En Chok Network](http://www.youarenotalonenetwork.org/)

## Nenien Angaiin Aninisin Kaeon Pinepinen Pusin Nieno ren Chon Angangen Sukun

* Ren ekkena ra kan kuut apachenongen kaeo won ifa usun eom kopwe asisina ekkewe sainin ren pusin nieno me pwan achufengeni chon sukun kena ngeni aninis: [Kapaseis, Pesei ngeni, Atotono – 1.5 awa tamen kaeononline](https://qprinstitute.com/)
* Kori [qpr@linesforlife.org](mailto:qpr@linesforlife.org) ren eom kopwe atotongeni attun fansoun kaeon online kena ese wor mor a sponsor seni ewe Oregon Health Authority.