# Ifa Usun Eom Kopwe Pinei Pusin Nienon Atenap - Pekin Atenap

**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
* [Linin Menau non Unusen Fonu ren Pinepinen an Aramas pusin Nieno](https://988lifeline.org/): **988**
* [Linin Menau non Unusen Fonu ren Pinepinen an Aramas pusin NienoEn español:](https://988lifeline.org/es/home/) **988**
* Crisis Text Line (**text “HOME” ngeni 741741**)
* **Ewe**[**Teen Line: 1-310-855-HOPE (4673)**](https://teenlineonline.org/)
* 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 Chiener kena: [**warmline.org**](http://warmline.org/) links ngeni warmlines non meinisin state ika chat [**Lifeline Crisis Chat**](http://crisischat.org/) ika [**Crisis Text Line**](http://crisistextline.org/).
* Ren Atenap: [Oregon Youthline](http://oregonyouthline.org/) ika kori **877-968-8491**ika **text “teen2teen” ngeni 839863**
* Ren LGBTQ2SIA+ Atenap:[Ewe Trevor Project website](http://www.thetrevorproject.org/)ika kori **(866) 488-7386**ren ew 24-awa ese wor mon fonen pusin nieno, *ika* [*Trans Lifeline*](http://www.translifeline.org/)*non* ***1–877–565–8860****.*
* Ren Atenapen Chon Nom Ikei me Nom: [WeRNative](https://www.wernative.org/), [En Kose kan En Chok Network](http://www.youarenotalonenetwork.org/)
* Nupwen emon Chiechieom a Mano: [Amwenino ren Chon Sukun kena](http://www.sptsusa.org/wp-content/uploads/2015/05/friend-death-guidelines.pdf)

Memef kena usun nuwokus, mefingaw, song, ningeringer me pwan nonineng ra kan ponu kena ra kan fis iteiten. A kan auchea ren ar repwe chechemeni pwe**meinisin ra kan sakono ar ponu ngeni anuwokusun sakkun kena, me pwan ina en kose kan fokkun pusin en chok.**

## Mettoch kena ka kan tongeni forir ren eom kopwe pusin tumunuk

Mei wor ekkena mettoch ina ka kan tongeni forir nupwen ka kan mefi mefingaweno, unusengaweno ika non ewe sakkun ren noninengino.  Ekkei repwene pachenong:

* Angei asosono seni katongen television ika awusening ngeni, katon ika  aneani ekkewe simpung, me pwan eom kopwe sinei usunifa an social media ra kan angawano mefieom.
* Awora fansoun ren eom kopwe iteiten kakapas ngeni chienom kena me pwan family online, ika seni fon ika text.
* 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.
* Kapas ngeni ekkena aramas watte ka nukur usun nonineng kena me pwan mefieom 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 social media, me pwan ekkieki eom kopwene forata ew atetenin iteiten fofor kena ew me ew ran.

## Inet kopwene eis ren aninis

**An atenap pusin nieno**a kan ew aewin popunapen ren mano nein semirit kena ra ierin chon sukun me pwan teen kena. Chon sukun kena repwene kan mefi won pusin ir chok, nuwokus me pwan rese kon nien sinei met repwene fori. A kan fisino chok iteiten ren eom kopwe mefi sainin ren mefingaweno kena usun chok:

* Nuwokuseno ren me pwan noninengino usun pechakunom me pwan pechakunen chiener kena, family me pwan atonger kena.
* 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 ina ka kan apwapwai foforun me mwan.
* Angei fokkun napenon siwinin kena non eom mochen mongo ika chouum.
* Angei fokkun napenon siwinin kenan non ususun mourum kena.
* Mefi pwe en ka kan 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 eom kopwene pusin afeiengawok ika afeiengawa pwan ekkoch kena.

**Ika pwe ka kuunokeno non mefin unusengaweno fan chomong, ika iteiten memefi wunungat ika nap seni sainin kena ren mefingaweno,iwe a kan auchea ren eom kopwe kapas ngeni emon ika eom kopwe eis ren aninis.**

**En ka tongeni kapas ngeni mwichen chienom teen kena nonYouthLine. Kori 877-968-8491, text teen2teen ngeni 839863, ika churi** [**ewe YouthLine website**](theyouthline.org) **ren eom kopwe chat.**

**Chechemeni pwe en kose kan fokkun won pusin en chok, me pwan mei wor aramas kena ra witiwit ren ar repwe anisuk non ekkena fansoun ese nifinifin.**