# Met Kopwene Fori ika pwe a kan Fis Ngonuk Kawaten ika Afeiengawen Non Imw

Afeiengawen nefinen aramas, mi pachenong inis, nisouu, me pwan kawaten psychological a kan ngaw ngeni millionen aramas kena ew me ew ier. Afeiengawen non imw a fis nupwen emon aramas non ewe nefinen iei ika me mwan a mefi pwe repwene kan angei nemenemen chiener ika chon non ar family kena, me pwan eaea apechakun ngeni inis me/ika kapasengaw me pwan napenapengaw ren ar repwe angei ika nemeni ena pechakun. Akawet a fis nge ese nifinifin ierin emon aramas we, mwan ika fefin, met ii emon, sakkun aramas, an sukun, awukukun nein aramas, eorenien me pwan an namenam.

Akawet a tongeni, me pwan iteiten angei chomong sakkun kena, a kan fori pwe epwe weires ne aiititieno. Fan iteiten, ew ika chomong sakkun ren akawet me pwan afeiengaw ra fis non ew sakkun fansoun, ikewe ewe tetenin ren napenapen ewe chon akawet a kan fori ewe popun ren anuwokusu me pwan nemenemeni pwan emon aramas. Aramas kena ir a kan fis ngenir akawet ra iteiten mei ew sakopaten mefi kena mi pachenong:

* Ra mochen asopwano ewe akawet, nge esapw nefiner ewe.
* Mefi nuwokus, nonineng, ese wor aninisin, mefingaweno, eiemuno me pwan mefinino.
* Nuwokusun apungun, aiititingawen ika pinepineno seni pwan ekkoch kena.
* Pinei ika akukunano foforun akawet kena.
* Asuuweno me pwan eiemunano seni chienen kena me pwan family.
* Mefi tipisino, saweno, pwe ii popun, ika song.
* Aweiresino fiti namenam, eoreni, ika nukunukuun mwichen aramas kena ina a kan apechakuna nonomun non nefinen ewe.
* A chuen chok tongei ewe chon akawet me pwan mochen an epwene tumunu nefiner we.
* Mefi pwe a kan ii popun ren ewe akawet.
* Nonineng usun ewe pechakunen me pan tumunun ren semirit me pwan noun maan kena.
* Nuwokusu wowngaweno, ese wor imwen, me pwan an esapw tongeni an epwe tumunu noun semirit kena.

## Met kopwene fori ika pwe ka mochen aninis.

* Ika pwe ka kan iei anuwenuweno ika ka kan nom non fichinon fisin afeiengaw kori 911.
* Ika pwe ka tongeni, forata ew akoten tumun mi pachenong ew neni kopwe no ie, me pwan aramas kopwe korir non fansoun atepwanepwan. Akot kena ra kan auchea pokiten non ew fansoun ren osukosuk epwene kan aweiresino ren an epwefaat ekkiekum ika fori finitan tumun kena mi weweoch popun kena.
* Kosapw asinei ngeni emon chon akawet ika pwe ka kan akota eom kopwene suseni.

## Aninisin Atepwanepwan -- Ikewe kopwene no ie ren mutirin aninis ika pwe ka kan akaweteno

* [**National Sexual Assault Hotline**](https://ohl.rainn.org/online/): 1-800-656-HOPE (4673) ika online hotline.
* [**National Domestic Violence 24-Hour Hotline**](https://www.thehotline.org/): 1-800-799-SAFE (1-800-799-7233),[angangen aninisin](https://www.thehotline.org/what-is-live-chat/)live chat (Fosun Merika 24/7; Fosun Spein 12-6pm), angangen aninisin pungun sening kena (TTY1-855-787-3224, seni fon video 1-855-812-1001, nationaldeafhotline@adwas.org), [website](https://www.thehotline.org/help/) a kan pwanawora amwen ren chienom kena me pwan family, aninisin annuk, aninisin noum maan me pwan chomongeno.
* [**la Violencia Doméstica**](https://espanol.thehotline.org/) marcando el número de teléfono 1−800−799−7233 o el número

TTY (línea telefónica de texto para personas con problemas de la audición y del habla) 1

−800−787−3224

* [988 Suicide & Crisis Lifeline (dial 988)](https://988lifeline.org/)
* **1in6 Online Helpline**ren mwan kena ra menauweno seni kawaten nisouu seni ar kukun semirit me pwan an aramas watte kawatennisouu.
* [**LGBTQ National Hotline**:](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence) 1-888-843-4564

## Nenien Angaiin Aninisin Esapw Atepwanepwan kena

* [Get Help Now](https://apps.state.or.us/DomesticViolence/): Ei maaketiwen porausen mwich kena non ewe state ren Oregon ina a kanawora aninis ngeni fefin kena non sakkun afeiengawen non imw kena.
* Oregon Coalition Against Domestic & Sexual Violence – maaketiwen ren angangen aninis kena me pwan nenien angeiin aninis kena non neniach. <https://www.ocadsv.org/find-help>
* Ren ekkena a kan fis ngeni an emon tapweifeinir [National Center for Victims of Crime](https://victimsofcrime.org/our-programs/stalking-resource-center) ika 1-202-467-8700
* [Taropwen Porausen Aninisin Tumunun Pisekin Moun](http://www.thehotline.org/wp-content/uploads/sites/3/2016/10/NDVH-firearms-tipsheet.pdf)
* [Temporary Assistance for Domestic Violence Survivors](https://www.oregon.gov/DHS/ABUSE/DOMESTIC/Pages/tadvs.aspx)
* [Oregon Sexual Assault Task Force (SATF)](http://oregonsatf.org/)
* [LGBTQIA+ Resources (RAINN)](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence)
* [Oregon Coalition Against Domestic and Sexual Violence](http://www.ocadsv.org/)
* [National Alliance to End Sexual Violence](http://endsexualviolence.org/)

## Nenien angaiin aninis kena ren ekkena ra nonineng usun emon a fis ngeni afeiengaw

* [Anisi emon Chienom, Chon Non Family, Teen ika Chienom Non Angang](https://www.thehotline.org/help/help-for-friends-and-family/) – National Domestic Violence Hotline
* [Amwen kena ren chienom kena, family kena, me pwan chon nom arum kena](https://www.dvrcv.org.au/help-advice/guide-for-families-friends-and-neighbours) ren ekkena a fis ngenir afeiengawen family.