



En mi mochen poraus?

En mi noninenasini pwisin inisum ika emon mi wor an ekiekin pwisin angei manawan?

Notoueorun Washington tengwa fansoun osukosuk
Ew nenien tengwa fan iten aninis mi monomon mi ssuk 24 awa/7 ran.
1.800.626.8137

An Mwunap Epetin Pwisin Angei Manawom tengwa
Ew nenien anisi mi ekiekin angei pwisin manawer mi ssuk 24/7.
1.800.273.8255

Español: 1.888.628.9454

Kese tongeni rongorong ika mi ppin seningom: 1.800.799.4889
Poraus won fon ika kampiuter: suicidepreventionlifeline.org/chat/

Ke mochen poraus ngeni emon?

TeenTalk

Ei nenien kekke won tengwa fan iten serafo repwe pwisin anisi chiechier serafo mi monomon masowan me ese wor met emon epwe apasa fan itom me om osukosuk.

Mi ssuk Sarinfan ngeni Aruwanu seni 4-9 nekunion me Enimu seni 4-7 nekunion.

Kekeri 360.397.2428 or ika text/mak ngeni 360.984.0936

Facebook, Instagram, Snapchat me Twitter: @PeppyPenerson
Kuta ccteentalk.clark.wa.gov

TrevorLifeline

Ei 24 awa/7 ran nenien keke won tengwa fan iten LGBTQ serafo mi osukosuk, ika ekiekin pwisin angei manawer ika mi menei aninis non ei atun.

1.866.488.7386

TrevorText: mak ngeni START 678-678
Kapas ngeni TrevorChat: thetrevorproject.org/get-help-now/

En mi mochen pwan ekkoch aninis?

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Ew mwichen aramas mi isois non monomonono.

Mi ssuk Sarinfan ngeni Enimu seni kunok 8 nesosor ngeni 6 nekunion.

Keri 211 ika 1.866.698.6155

Kese tongeni rongorong ika mi ppin seningom: Keri 711 me 1.866.698.6155
Maketo nampan neniom ika ZIP code ngeni 898211
Kuta 211info.org