



Need to talk?

En mi mochen poraus?

Are you worried about yourself or someone else having thoughts of suicide?

Southwest Washington Crisis Line

A confidential crisis helpline, open 24/7.
1.800.626.8137

National Suicide Prevention Lifeline

A confidential suicide or crisis helpline, open 24/7.
1.800.273.8255
Español: 1.888.628.9454
Deaf and Hard of Hearing: 1.800.799.4889
Chat line: suicidepreventionlifeline.org/chat/

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/

Just need someone to talk to?

TeenTalk

A confidential and nonjudgmental support line for teens, by teens. Open Monday to Thursday from 4-9 pm and Friday from 4-7 pm.
call 360.397.2428 or text 360.984.0936
Facebook, Instagram, and Snapchat: @PeppyPenerson
Visit ccteentalk.clark.wa.gov

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

Need help finding other local resources?

211

A confidential community resource database. Open Monday to Friday from 8 am to 6 pm.
dial 211 or 1.866.698.6155
Deaf and Hard of Hearing: Dial 711 then 1.866.698.6155
Text your ZIP code to 898211
Visit 211info.org

En mi mochen pwan ekkoch aninis?

211

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

We can email this poster to you or send you more. Contact Clark County TeenTalk at ccteentalk1@hotmail.com. Kich mi tongeni tin ngonuk ei poster ika pwan ekkoch. Churi Clark County TeenTalk won ccteentalk1@hotmail.com.

Need to talk?	Need to talk?	Need to talk?	Need to talk?	Need to talk?	En mi mochen poraus?	En mi mochen poraus?	En mi mochen poraus?	En mi mochen poraus?	En mi mochen poraus?
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