



# 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/](https://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](https://ccteentalk.clark.wa.gov)

## 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](https://211info.org)