

Inebata ak abnono Ta oktak eo?

Inebata ej waween an anbwinnum koppopo nan jelmæ juon men ekajoor — einwot juon melijjon elap, juon ikkure in ikkure, ak konono iman kilaa eo. Emaron in jimwe im ej jiban yuk nan am lale ak kajeon elaplok.

Abnono ej ne kwoj enjake inebata, mijak, ak inebata elap mene ejelok men ko relap rej walok. Emaron in bok jikin jikuul, ro mottam, ak enjake einwot kwe make.

Inebata emaron komman am enjake:

- Metak lojen ak metak bora
- Emojno ak jab maron kiki
- Pein rej mokaj ak pa ko rej mora
- Elukkun bwil ak elukkun bwil
- Ej illu ak emokaj an illu
- Einwot aolep men rej “lukkun lap”
- Ejjab maron in jijet ak jab maron in jijet wot
- Elap an inebata ak inebata

Elane inebata ak inebata ej komman an bin mour, konono ibben juon jinen ak jemen, rukaki, ri kakapilok ilo jikuul, ak juon eo kwoj liki. Kwojjab make iaam im ewor waween ko nan am enjake emmanlok.



Ewor uno ko rejimwe im emman nan naninmij in buromoj im inebata. Uno emaron jiban kojparok naninmij ko am im kotlok am lale mour eo am.

Ewor ke am lomnak in kometak kwe make ak komman nana nan ro jet?



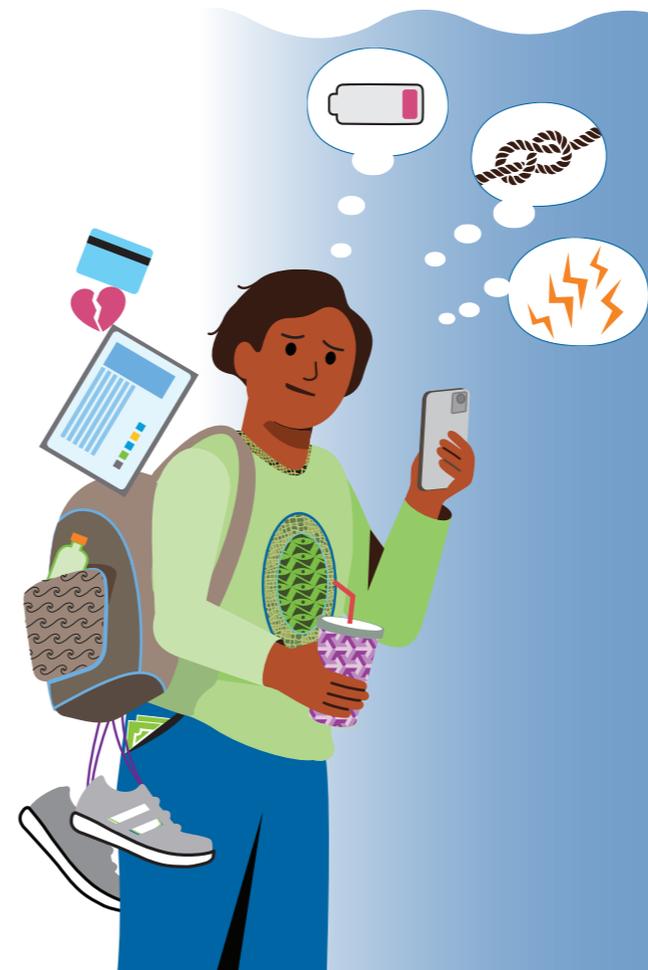
Jouj im itok kio nan jiban ilo ien ko rebin.

- Ejelok wonaan, 24/7, Confidential Suicide & Crisis Lifeline: **Kir ak text 988**
- Kir 911
- Etal nan ruum in jorraan eo epaaktata nan kwe



Ej kate nan enjake Einwot Kwe Make? Kwojjab make iaam.

1 ilo 3 jodikdik ro ilo ohio remaron enjake inebata ak buromoj.



Ta in naninmij in buromoj?

Aolep armij rej enjake air buromoj jet ien — ej mottan air armij. Ak naninmij in burmomoj ej laplok. Ej ne enjake ko rebin rej bed wot im jino jelet mour eo am ran otemjej, kotan ko am, im wewein am lo eok make.

Kajjitok ippam make:

- Ij ke kea kin men ko ediklok jen kar mokta?
- Ikar ke konaan jolok jidik ien ibben ro motta im baamle eo ao?
- Ij ke illu ak ediklok ao fuse?
- Ej ke pen nan kiki, mona, ak wor am kajur?
- Ikar ke enjake buromoj ak nana kin na make?
- Ikar ke enjake buromoj im ikar konan komman nana nan na make?

Buromoj ejjab einwot juon nan aolep armij. Kwomaron enjake elon ian kakolkol kein, ak jejjo wot. Elane ewor juon men ejjab emman, liki eok make im konono ibben bar juon.



Kwojjab aikuj kottar mæe ien eo kwoj enjake nana nan bok jiban ak konono kin am inebata.

Ewor am kalet ko!

Ewor elon men ko kwomaron kommane nan am enjake emmanlok:

1. Jolok ien ibben armij ro kwoj liki ir — mene ebin
2. Komman enbwinnio: etetal, ikkure, eb, ak kakije
3. Kojparok juon waween kiki
4. Kañ mōñā ko rōōne
5. Komman men ko kwoj monono kaki
6. Konono kin ta eo kwoj enjake ibben juon rutto eo kwoj liki e einwot juon jinen ak jemen, rukaki, takto, ak coach

Kwojela ke... kommane jabdrewot ian men kein emaron juon kein jerbak nan am maron in anjo ion buromoj im emaron jiban yuk bwe en emonlok am enjake!

Jet ien kalet kein rejjab jejet. Takto eo am emaron in koppejaak eok nan juon rijerbal in ajmour in lemnak eo emaron jiban eok ilo therapy, uno, ak men kein ruo.



Karok in takto ko

Buromoj im inebata remaron komman bwe kwon jab wonmanlok. Ewor jet waween ko nnan ennjake ainwot kwe make bar juon alen. Kwojjab aikuj in komman oktak ko make. Lale jet kein jerbak ko nan jiban yuk elane men ko kwar kajeon kaki rejjab bwe:

Menin Jipan in bwebwenato/ Kabilok

- Juon jikin eo elap an liki nan konono ibben juon ri jerbak eo ej ronjake im jiban.
- Bok jiban kin ukot manit ko im lemnok ko.

Uno

- Takto eo am emaron lewoj uno ko nan jiban yuk enjake emmanlok.
- Jab bojrak jen am bok uno ko am ilo am jab konono ibben takto eo am. Emaron bok jejo ien nan an maron in lo eo ejimwe.

Menin Jipan ikijen Bwebwenato im uno

- Jet ien kojerkal men kein ruo ibben don ej jerbak emman tata. uno ko remaron jiban komman bwe en emmanlok takto eo.

Elane bwebwenato ejjab jiban, konono! Takto eo am emaron komman oktak ko nan an jejet nan aikuj ko am. ainikiom ej aorok.



Mennin jiban

Konono ibben tiim in takto eo am rainin kin naninmij ko am.

Rikaki in jikuul eo am emaron barainwot juon rutto eo kwoj liki. Kajjitok ipaer kon kein jipann ko me remaronn in pad ilo jikuul eo am.

Nan bok melele ko jet kin buromoj im inebata ak nan kein jipan ko nan jiban yuk bok kea eo kwoj aikuji, lolok: <https://go.osu.edu/hmsf>

Konono ej juon men eo elap an aorok. Ro jinen im jemen, lale kein jipan kein bareinwot.



Elane ewor am lemnok in komman jorraan nan kwe make, kepaak eok Klo nan jiban ilo ien eo emokaj.

- Ejelok wonaan, 24/7, Confidential Suicide & Crisis Lifeline: **Kir ak text 988**
- Kir 911
- Etal nan ruum in jorraan eo epaaktata nan kwe



Lomnak ko Remour, Ilju jeklaj ko rekajur.

Karok in ikkure eo am nan enjake emmanlok

Kwojjab aikuj in kommane aolep men ilo juon wot ien. Jino jidik. Kalet juon ak ruo men ko nan am kajeon rainin:

Won eo imaron in konono ibben ilo wiik in?

Ta kain makutkut imaronn kommane rainin? (etetal, etetal, eb, im ko jet.)

Ta awa inaj kiki im ruj?

Ta juon men eo emman imaron mona rainin?

Ta juon iaan makutkut ko ij ennjake?

Nnaat eo imaronn konono ippan juon rutto eo ij loke e ak juon rijerbal in takto kon waween ko jet nnan bok jipann (Menin jipan/kabilok/uno)?

Kwojjab make iaam. Kwoj aikuj jiban, im kwoj maron in kajitok jiban.