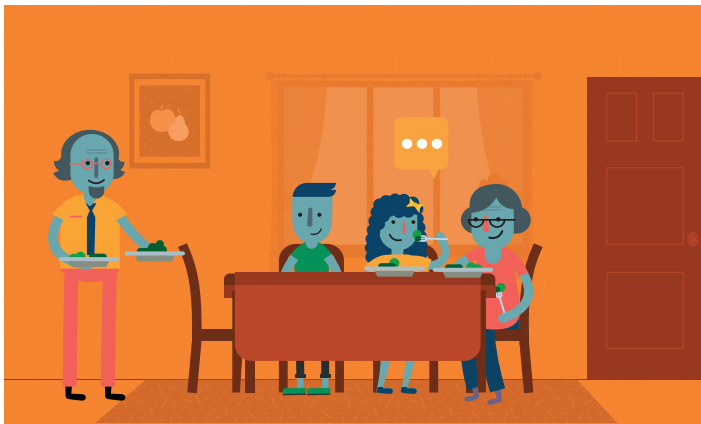


ACH APOROUSA NOUCH KANA REN MARUWANA.

Mei weires ach sipwe nuku, nge a keran fat pwe nouch kewe re fen sineochu tichikin porousen maruwana me ren an kewe iin me sam ika chon tumwunur.

Kopwe chok. En mei tongeni anisi noum kana repwe sinei met mei eoch me met mei ngaw ren maruwana, sakaw, pwan ekewe metoch mei ngaw ren drugs ika pwun oupwe **kokot fengen, kinikin met mei eoch me met mei ngaw**, pwan **tumwuneochu nonomwur**.

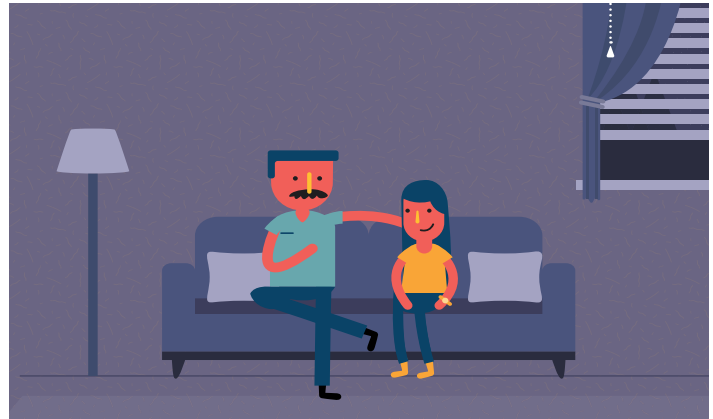


KOPWE AWORA FONSOUN POROUS ME NOUM KANA

Esapw wewen nge epwe tam fansoun ami porous. Kopwe chok omochu ami fansoun porous, nge kopwe pwan tumwunu ami fansoun porous esapw winiti ew waten metoch. Nge euechan, kopwe achomonga ami fansoun porous. Ika pwun ke anapa omw fos ngeni noum kana ren maruwana me ekewe ekoch metoch mei ngaw ren drugs, iwe ina epwe fen chomongono fansoun ami porous me kaeo.

AUSENING NGENI NOUM KANA

Ika ke anapa omw ausening ngeni noum kana, iwe ina epwe fen wateno omw sinei noum, pwan wateno omw sinei ika met e uchea merer.



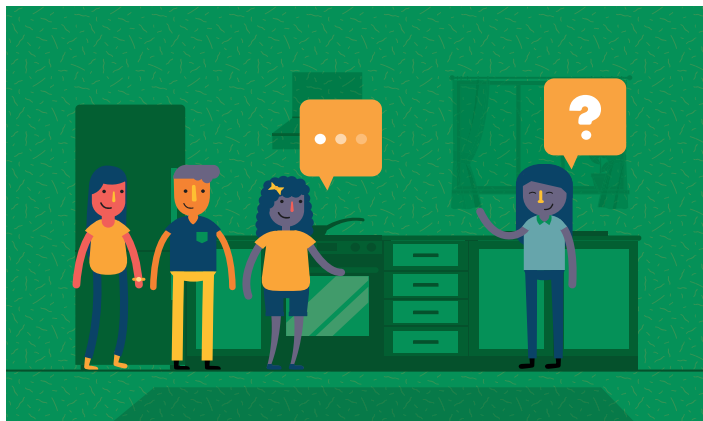
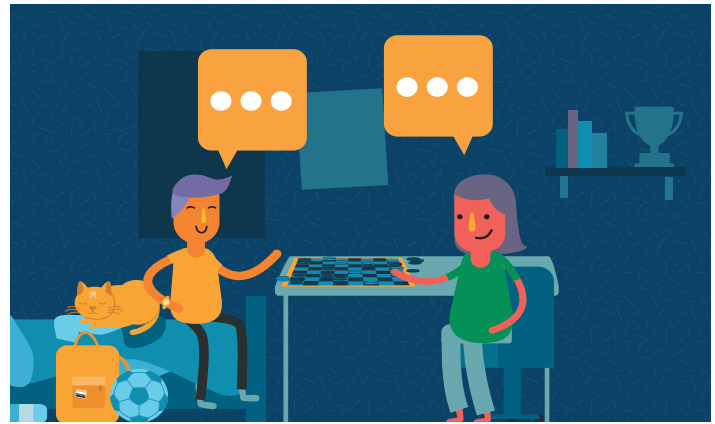
KOPWE AWORA FANSOUN AMI OPWE CHUFENGEN ME NOUM KANA

Katon kachito. No kunou fetan. Ese pwan nifinifin met owa feori me noum kana, pwun ika ke anapa fansoun ami opwe kunoufengen me noum, iwe ina epwe ekis kukununo an noum kana repwe angei maruwana, sakaw, me ekewe ekoch metoch mei ngaw ren drugs.



KOPWE FAT, ME NIKITU NE AFATA, ME AWEWEI,

Annukun non ach famini ren porousen maruwana mei euhea. Ke ngeni noum kana anen ar repwe wewe me mirit, ika pwun ke afata ngenir pwun mei wor annukun non ami famini, o pwan awewei ngenir pwun mei wor feiton ar atai ekena annuk.



5 EIS IO, MET, IA, ME INET

Ika ke awora omw fansoun omw kopwe sinei io chienen noum kana, ia ra nomw ia, me pwan met ra fori, iwe ina epwe suki anen an noum kana repwe sinei me weweiti pwun en mei tonger.

KOPWE POMWENI NE AITIR

Semirit re kao seni iner me semer, ren metoch meinisin pwan ren maruwana. Kosapw un maruwana fan mesen noum kana. Kopwe pwan afata ngeni noum kana pwun kose sani ar repwe pwan angei.



ANAPA OMW KAEQ:

- 1 Mei wor ekana aninis ngeni iin me saam ar repwe sinei ifa usun napanapen ar repwe fos ngeni nour kewe ren maruwana, o pwan aitir usun mwokutukutun mei mirit. Ika mei wor omw kapaseis, iwe kopwe teota won ar ei wepsait **StartTalkingNow.org**.
- 2 Ika noum kana re sani ar repwe fos ngeni emon mei nono ierir, iwe mei wor ei nampa ese kamo ra tongeni kokori ika re mochen fos ngeni emon at ika nengin pinor. Pesengeni noum kana repwe kokori, ika makengeni ei nampa **1-866-TEENLINK (833-6546)**.
- 3 Ika ke ekieki pwun noum kana ra nom won ekei metoch ren maruwana ika pwan ekewe ekoch metoch mei ngaw, iwe kopwe kokori nour kana dokter, en mei pwan tongeni kokori ei nampa **Washington Recovery Help Line ren 1-866-789-1511**.

Chechemeni pwun, en chon emweni noum kana.