

MET SA SINEI REN NOUCH ME MARUWANA

Iei och porous mei eoch: Mei fat pwun nouch kana re sinei tichikin porousen maruwana me pwan ekewe ekoch metoch mei ngaw ren drugs, me ren iner me semer, ika ekewe aramas re nom fan tumwunuer.

Pwan iei ei och porous akon wesewesen eoch: **Kich mei sinei pwun amen namwot ach fos ngeni nouch.** Ika mwo sa fos ngenir non wach taraku, non ach fansoun mwongofengen, ika non ach fansoun kunofetan fengen, ika pwun sia fos ngeni nouch kana ren maruwana, iir mei ausening, iir mei weweiti.

Ina epwe wor ar kapaseis, ina popwun mei eoch an epwe wor ponuen ar kapaseis mereom.

Iwe... met maruwana e for ngeni nouch kana?

- 1 Maruwana mei tongeni angawano graitir me non ar sukuun. Ika pwun re angei maruwana non an kukun ierir, iwe mei tongeni angawano tupwuwer, mei pwan tongeni for met epwe weires ren ar repwe chechemeni met ra kaeo.
- 2 Ese nono mecheresin an semirit moneno maruwana, usun an ekan ra mwan me fefin. Me non Washington, napengeni ekena at me nengin re fiti ekena prokramin aninis ren drugs, re fiti ren ar angei maruwana.
- 3 Ika pwun sia angei maruwana, iwe ina esapw chiwen fat ekiekich, napengeni akseten me non Washington e feito seni ach angei maruwana ne uwei taraku, nununon amen ngaw ach nofiti maruwana me sakaw, pwan ekewe ekoch metoch mei ngaw ren drugs.
- 4 Ika pwun sia angei maruwana, mei tongeni suki anen ach fori och metoch ita ururun sise tongeni fori, mei pwan tongeni angawano ach ita sinei fori kokotun och metoch, o pwan fori met kich me aramas meinisin repwe feiengaw ren.
- 5 Mei annuk an emon mei kukun seni ruwe me ew ier repwe angei maruwana. Ei annuk, a men tichik, ina popwun a men euhea ach pesengeni nouch kana resapw angei maruwana pwun rete ono ren police me ei mwun merika. Ika pwun re ono fan ar much ren maruwana, iwe met epwe feito me mwirin a men aweires, mei tongeni aweiresi ar repwe kuneokun ar angang, mei pwan tongeni aweiresi ar repwe angei aninis ren moni ika pwun re mochen awesi ar sukuun college.



Pokiten ka sinei pwungun porousen maruwana, **awewei ngeni noum kewe ika pwata mei ngaw ar repwe angei maruwana.** Afata met ke mochen repwe fori, o pwan afata met annuk ka finata epwe wor non imwom. Afata ngenir pwun en chon tumwunur o tonger.

Ika mei wor omw kapaseis, En mei tongeni teota won ar en wepsait, **StartTalkingNow.org**. Ika noum kana re mochen kaeo usun an mei mirit, ra tongeni teota won en wepsait **YouCanWA.org**.

Ika noum kana re sani ar repwe fos ngeni emon mei nono ierir, iwe mei wor ei nampa 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)**.

Ika ke ekieki pwun noum kana ra nom won ekei metoch ren maruwana ika pwan ekewe ekoch metoch mei ngaw ren drugs, iwe kopwe kokori nour kana dokter, en mei pwan tongeni kokori ei nampa **Washington Recovery Help Line ren 1-866-789-1511**.