

11. Karingihn in wo puhla lom an

Arlac yohk srihpac in eis mutul ac monglac

- Ahksrihyelah pacl in orekmakihn media
- Eiskomyang nuhke mukwikwi luhn facsin uh
- Wi oruh oakwuck ke alu kuh luhlalhfongi ma kom sifacna sulaclah in wi
- Ahkpahye nuhnak lom an in oruh ma uh ke kom liyacng ohyacn momong lom an

12. Siyuck kahsrh kuh daktuh ma kuh in usot kahsrh

Kahsrh sin daktuh inge kuh in ekuhllah me upac lom an

- Wacngihn ma kuluk in siyuck kahsrh
- Siyuck sin datkuh lom in kahsre kom usot acn ma kahsrh ke mwe nuhnak
- Ahkwelah kihsen siyuck nuhsin acn ma e kahsre kom an
- Konwack lah insurance fuhkah kom ac orekmakihn
Kuh siyuck sin ohfoks luhn health ke mura lom an lah kom kuh in eis ohyac kahsrh ma wacngihn molo kuh srihk molo

“In siyuck kahsrh pa sie mwe akucl luhn mwet kuh se!”

EIS MWE SRIHKASRAK



Mas ke mwe nuhnak tiac ma sasuc se ac kuh in onweyucklac.

Eis mwe srihkarak nuhke fokokoiyacn nuhnak lom an (QR code) kuh som nuhke www.noshamegethelp.org

Oasr Mwe Kahsrh

Nacmpuhn Loksak kuh Eslah Moul Lom Sifana ac Ongaiyac - Toanyac 988

Text Line nuhke Ongaiyac - Texti ALOHA nuh 741-741



12 Kuhfwen
Orekma nuhke
Mwe nuhnak
Ahkwoyac

Mwe OREKMA 12 INGE kuh in kahse kom kuhtanglah ma upac lom ac karingihn *mwe nauhnak lom in wona*

1. Sie nuhsin sucu ac kawuck uh

Ac wolac puhla lom ke kom puhla muh oasr mwet kaksre kom

- Sislah pacl in muhta yurin sucu ac kawuck lom
- Eiskomyang nuhke sie u in mwet kuh eis sie kuhlals

2. Nuhnkuh na ke ma wo

Nuhnak wo pwen kom lac nuhke ohiyac ma wo uh

- Nuhnkuh ke ma ma kom srui
- Eis finsrak ac luhlalfongi lah ma ac wolac

3. Lwen nuhkewa Momong in loal

Momong kaksruh ahkmihsye monum ac nuhnak lom

- Muhta ke sie ohiyac wo
- Kakasrihk momong nuh luun insiyom
- Fuhlwelah kuhtwena nuhnak ma tuhkuh nuh yurum

4. Engankihn eis mongo ma wo nuhke mahno

Monum ac brain lom an enenuh mongo ma oasr srihpac

- Ahkwelah mongo meet liki pacl in mongo
- Mongo pacl nuhkewa in ahkyohkye kuh lom
- Nikmet kang mongo ma mwet ma oreklac in tin kuh pack ma ac nihm ma ma emwemw
- Eis mongo ma wo ac fal weacng snack ma oacna fokun sahk, sra uh, grain ac ikwac

5. Ahsrosrih monum lwen nuhkewa

Ke kom ahsrohsr mukwikwi ac kaksre kom in eisla fosnga

- Srelah pacl in oruh mukwikwi lom
- Oruh tuh kom in asruoki nuhsin mwet sahyac
- Oruh ma ma kom pwacr ke oruh
E oruh kom in tahfwelah na oruh ma inge!

6. Oruh in yohk pacl n mutul lom

Mutul kaksre kom in kuhtanglah wo ma upac lom

- Oruh tuh acn in mutul lom an in wo ac nwacsnwacs
- Suhmuhsrah kuhtwena mwe elyah lom meet liki kom mutul
- Nikmet oruh ma inge meet liki kom mutullac
Orekma, liye TV, mongo, nihmnihm, ac nihm ma ma oasr caffeine kac

7. Luhngse ac luhlalfongi in kom sifacna

Kom fal!

- Ahkesmakihn kom sifacna ke kuh lom ac ma wo yurum lwen nuhkewa

Ahkpahye kom in MOMONG-LAL
ahsrosr pacl se in lwen se



8. Isracsr ac oruh kom in pwacr

Nwacklah moul lom an ke ma kom engankihn

- Oruh sie ma ma kom luhngse oruh pacl nuhkewa
- Lohng on uh
- Isracsr yurin sucu ac kawuck lom
Isracsr el sie ono ma wo na pwacye!

9. Ahkkahlwemue kuhlwacong nuhsin mwet sahyac

Kaksruh mwet sahyac in ahkwoye moul laltahl

- Kaksruh tiac enenuh in oasr molo
- Kom kuh in sang kaksruh ke pacl lom ac ma ma kom etuh oruh
- Isracsr srihsrihk kuh na in oruh mwet sahyac in engan

10. Sislah pacl in liye ma oreklac kuh in ahksrihkyelah fosnga ac mwe elyah

Ma oreklac uh kuh in ahksrihkyelah mwe fosnga ac elyah

- Som nuhke liki pot kuh puhkpuhk uh, inimac, kuh imac uh
- Momong ke acn ma nwacsnwacs engyeng uh
- Lohng puhsren ma uh ke ma oreklac
- Liye lah fuhka puhla lom