

11. Baach dunuub ko faakoom' chugöm qubichiyaq

Debuqöy ruwaqthoel nga baech ma taneeng

- Baabaliy doonguu
- Baach bil malaal thow baar biyuul
- Galimlim thow faakoom' chep baat' ko meel'eeg
- baat' naaqab charean cheefeeg dakean faakoom' faan

12. Deqer ko chathawal faa cheag dunubbiy

Cheag chathawal koebreq baalyang naag a buguwaan

- Debuqöy FEAL' nga deqer ko chathawal
- Deqer faakoom' toogtaa ko a liith qubichiyaq mduugil
- Chamchamiy fithfiith ko pi mduugil
- Duugiliy faakoom' biyuul galongeag faa deqer faakoom' mathyach Daechug Qubichiyaq Lukngun bachngul daeriy faa f'aang-paluw dunubbiy

"Feekchilig ko chathawal qir a sign of strength!"

BAACH A SCREEN



Liith qubichiyaq chathawal koebreq baagiy ma mawum.

Baach a liith qubichiyaq leekaag (FAA t'aay) faa fangiich www.noshamegethelp.org

Chathawal qir Bigbigiy

Suicide & Crisis Lifeline - Dial 988

Crisis Text Line - Text ALOHA to 741-741



12 Doonguu ko
Mental
Wellness

Gälu fean ney **12 DOONGUU**

koebreq chathawal gimeed

bigbigiy yae bälbäl ma chaqar

mental wellness

1. Quluuliy yae tabinaew ma pach

gimeed daliib-aen' baen' faqan gimeed daliib-aen' duugil

- Bälbäl baat' yae tabinaew ma pach
- M'aag a baab fa baach a soobuut'

2. Baen dakean pi baaynaag

Baaynaag malaed galwuth nga liqkeen dakeän

- Baen dakean beäl gimeed koebreq falfal-aen' ko
- baey duubil ma yul'yuul' thow baaynaag cheal

3. Faanfaan maak'eef mangael'

Maqab chathawal na gabley faakoom' bayangean ma gum'-aen'

- Paer falfal aen'
- Faanfaan saqakul baayiliy faakoom' naeg
- Pagpaag badbaad malaed baat' faanög laeng

4. Baap naag liqkeen baach

Faakoom' bayangean ma burud maduun tunoewey

- Chamchamiy baach m'oon ko baat'
- Chaew mathaath nga moon'og tunoewey
- Cheefeeg pachael garngaab baach & laqar chiich naag
- Chaew paeseag damunmuun ma billig yae qathalaab, galunglung, baywoq, ma waqamngin ea neap'

5. Dawaechiy faakoom' bayangean mangael'

Baap golong chathawal paag baabaliy

- Boorboor baat' ko faakoom' maruweel
- Baalyaang naag i fitiyuruq
- Riin galimlim gimeed baap naag
Gimeed'koebreq boech puthputh nga chaqar mak'il i!

6. Baap naag booqor ko moleag

Moleag chathawal gimeed nga bigbigiy baen'

- Baalyaang naag mich faakoom' teeyee'y baas qiir comkotable
- Yoeley bigbigiy badbaad digow bälbäl moleag
- Cheefeeg pi laay bälbäl moleag:
Baen, TV, baach, baar, ma koofiy

7. Laen ea labuch ma baal' thow faakoom' toer

Gimeed koebreq bung!

- Noopaqëy gimeed toer ko faakoom' qangin ma faakoom' mangael'

Bau'
MAAK'EEF'-FAANFAAN
galimlim u ni tiir biqid a bil naag



8. Minmin ma sunumeeg thuum'

Mak' naag faakoom' boor yae beäl gimeed laen ea labuch

- Riin baabaliy gimeed laen ea labuch mathaath
- Matooyil nga chubeeg
- Minmin yae tabinaew ma pach
Minminter qir buup'iy falay!

9. Daag baagiy nga chaaq

Sunöm chaaq moon'og faakoom' qubichiyaq

- Chathawal ngirngir maduun nga paluw baakkiin
- Gimeed koebreq chathawal yae baat' faa cheag
- A minmini]k koebreq sunumeeg gapaes thow chaaq

10. Balbal baat fadlaeg thow gasegason

Gasegason chathawals bayaag baab ma daguw

- Qël ko a cheen, gargear, faa chaang
- Faanfaan ko beqech fachoel
- Feang pi chaen ko gasegason
- Feang baap' gimeed duur