

# Lweng nuhke Elyah Luhn Insifac & Sriyucklac

Mas ma siyak oacna COVID-19 kuh kain mas pac sayac kuh in oracla elya kuh fohsack luhn nuhnak. Fototo luhn mwet akacsru yohk sripac nuhke kain pacl oinge. Ke year se, oasr 14% mwet ke Asian America maskin insifwe ac 17% Native Hawaiian/Pacific Islander

## Ac Wona kom fin tiacna wo

Mas upac inge ac arlac oracla elya ke moul lasr uh. Puhs sesr srike in kahsru oiyac elyah ac kuhtuh pacl uh arulacna upac.

Kuhtuh sripac ma kwacna oasr sesr ke elya ke mas upac

- Kasrpacsr
- Karinginyacn sou
- Upac in osun nuhsin sou kuh kawuk
- Weack mas
- Sahngeng in sang mas nuhsin mwet sayac
- Tiac etu la fuhka ma ac sik misenge ac pacl tok uh



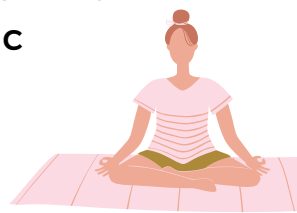
## Elyah ke nuhnak kuh in oraclah:

- Kasrkuhsrak, sahngeng, fosrngah, suhpacr, mahtoltollac , kuh fohsack
- Elyac in esam, lohacng, kuh nuhnak in kahlem
- Eklac ke eisyacn mwe mongo, kuh, ma kuht luhngse
- Eklac ke pacl in motul kuh yohkelihk mweme
- Ahksangeng
- Yohkelik eklac ke puhla, insucfngal, ngal, tuhn ke mahno, kuh elyah ke insiac
- Upaclac luhn elyah ma oasr tari ke insifac
- Yohkelik orekmakihnyen mwe sruhi, paip in sismohk kuh mwe sruhi kuh sayac



## Ohiyac wo in sang kahsruh elyah ke nuhnak:

- Sramsram nuhsin mwet kawuk kuh sou ke telephone, sim, kuh pahng orekmakihn mwe sramsram ma kom kuh in liyacitac kac.
- Eis pacl in mongla lom liki liyeyuk news ac ohiyac ma kom kuh in sramsram nuh sin mwet orekmakin phone kuh ma sayac
- Oasr pac kahsruh ma kom kuh in eis online
- Akfalye ahsrosr
- Srike in kang mongo fal ac won uh in ikom
- Srike ahsrosr srisrik, momong in loes ac nunkuh ke oiyac ma ac kasru tuhlahlik nunkom
- Ahksrikye eisyacn mwe sruhi, paip ac ono kuh sahyac



## Ohsun Wowo:

Ohsun nuhsin mwet sahyac use nuh sesr puhla in tuhkweni ma kuht nukewa tiac liye

- Ahkfalye na fakfuk in kosrkosr mas lom an
- Orekmakihn mwe afyuf infwe /inwaclu, fin kom kuh mwet sayac tiac na akfalye fakfuk in kosrkosr mas lowos
- Eis pahlu ku test nuhke mas ingen met liki kom wi mwet ma tiac wi kom muhta in lohm sum an
- Tuhkeni likunum ac tiac can ma wacngin kuh sriklac forfor luhn eng



## Kom fin puhla muh ac wo kahsruh nuh sum, kuhtuh pac ingen mwe etacack ma kuh in kasfre kom:

National Alliance of Mental Illness:  
Pahngon 800-950-NAMI Kuh fin elyah,  
text "NAMI" nuhke 741741

National Suicide Prevention Lifeline:  
Pahngon 1-800-273-8255.

Som suk online support group inge: [mhanational.org/find-support-groups](https://mhanational.org/find-support-groups)

Trans Lifeline: Pahngon 877-565-8860

Suk kahsruh yurin doctor lom an,  
community health center se ma fototo  
emet nuh yurum an, rural health center,  
kuh Native Hawaiian Health Center