

Ājmour in Kōlmānļokjeņ im Jenoloķ

Nañinmej ko āinwōt COVID-19 im iien ko rōkauwōtata ñan ājmour ko an armej remaroñ kōmman liaajloļ im tarukelel. Eļap an aorōkļok menin ippān doon.

Aolep iiō, nañinmej in kōlmānļokjeņ ejelōt 14% in rūtto in Asian American ro im 17% in rūtto ro rej Native Hawaiian/Pacific Islander.

Ej emman wōt ñe ejab emman am pād

Nañinmej in emōj an bōktok elōñ oktak ko ñan mour kein ad. Elōñ iaad jej ioon apañ ko rōkammoķmōķ im jet iien jej iabuñ kaki.

Un ko ekkā aer kōmman an armej moķ ilo iien in eļap nañinmej:

- Ejabwe jāān ñan kabwe aikuj ko
- Lale baamle eo
- Kwōjab maroñ loļok ro nukwūm im moťtam
- Nañinmej
- Ekkōlkōl ñe kwōnaaj kōmman an ro jet nañinmej
- Jab jela ta enaaj waļok rainin im ilju



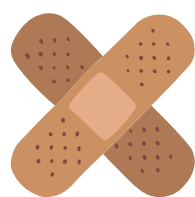
Eļaploķ moķ emaroñ kōmman bwe en:

- Wōr eñjake ko āinwōt illu, mijak, inepata, būromōj, mij ānbwin, ak bōbweer
- Pen ememej, kōlmānļokjeņ, ak jab emman kōlmānļokjeņ
- Wōr oktak ko ikijjien moñā, keeñki, limo ko, ak kōnaan ko
- Jabwe iien kiki im eļap etoņake loķmņak ko rejjab emman ilo iien kakkije
- Wōr oktak ko ilo ānbwin āinwōt metak bar, metak ānbwin, kinejneļ, ak metak loje
- Nanaļok nañinmej in kōlmānļokjeņ
- Ikkutkut kōjerbal dānnin kadek, kōbaatat, ak men ko rōkajoor



Wāween ko reņman ñan kādikloķ moķ:

- Bwebwenato ippān ro moťtam im nukwūm ilo talboon, jeje, ak pija ñe kwōjab maroñ loļok er
- Take breaks from the news and social media
- Jab bok am iien alwōj ak lale nuuj ko im kādikloķ am Facebook im kōjerbal peij ko jet
- Ewōr kumi in jipañ ko online
- Kōmakūtkūt ānbwinnim aolep raan
- Kōjparok kijōm
- Try stretching, deep breathing, and meditation
- Eļloķe ānbwinnim, buuļ bok kūtuom im kōtloķ, im bok uno ko am
- Kādikloķ dak dānnin kadek, kōbaatat, im ko jet



Kōjparok ilo ad ippān doon:

Ilo ad kobalak ippān ro jet ekōmman bwe en waļok jetōb in ippān doon eo me jekōnaan roļ ñan e.

- Bok aolepān wā ko am
- Ekōņak kein kalbubuuk lōñim im boťim ñe kwe ak ro jet ejañin um aolepān wā ko am ak aer
- Kakōlkōl moķta jān am loļok ro jet im rejjab jokwe moķeo
- Kōmman iiaieo ko nabōj im jab pād ijeko ejab jejedwawa



Erkein ej jet menin jipañ ko ñe kwōj lo ke eļap aer nāj jipañ eok:

National Alliance of Mental Illness:
Call 800-950-NAMI

Ak ilo iien idiñ, je "NAMI" ñan 741741

National Suicide Prevention Lifeline:
Kūrlok 1-800-273-8255

Kapok kumi in jipañ online: mhanational.org/find-support-groups

Trans Lifeline: Kūrlok 877-565-8860

Kepaake taktō eo am, ak jikin taktō eo epaak, ak Native Hawaiian Health Center eo: