



Vif Kishkayistamowin poor Li yet Zhenn Kanipahishouhk

Kishkayista kaykwuy chi wawpastamihk

Kanipahishouhk li deuzyem neekawn kawishpayik nipouwin parmi lee yet zhenn akwa keeshikiwuk li zhenn. Aenportaan seksyoon ouschi kipihtinikaywin si poor kawpayhshikaywak en grawn parsonn chi kishkayista wawpahchikawtaywin.

- ashaypayiwin ouschi li famee akwa see namee
- la pat shawns li tawn ki vyaen
- peekishkwayw keema mashinham ouschi kanipahishouhk keema nouhtay nipou
- weestam aen oushawmi nahooyi, pa mwayaen chiweechihishout, keema namou keenakeewuk
- ourwayr itimikayhk, tapishkoot maykiw aenportaan kakwuy kaatipayhtaahk
- kwayshkipayin ay-itahkamikshichik (l'ikol ilar feuzee wawpaschikawtayw, mawyahkamikishiw, li risk-itoutam, etc.)
- noo kwayesh li michinn awpachistawin
- noo pishkayistam payhkishiwin
- noo weenatoustam keema shiniwawtayhtem wawpaschikawtayw (il i kajeuk, dashtawhikou, pleu baw myeuwawtam avawn ka ki myeuwawta nawashwaywina, awyimen chi nipow keema chi meetshou)

Kishkayista kaykwuy chi itwayin

Chi peekishkwachikawtayk ooma kanipahishouhk avek toon zawnfawn nawut chikee wayschipayin poor wiyawow chi weestahk keeshpin ayow li troub akouta ooma a lawntour. Oohin awtiht ishi chi nakishkamin ooma kaw-awyimahk peekishkwaywin:

- **Mawchistaw ooma peekishkwaywin:** Mawchistaw payhtik, kakwaychim tawnshi etamahchihout toon zawnfawn keema yet zhenn. Ahpou itikway chi mawchistawin avek awtist kaykwuy ka wawpastamihk akwa li kesyoon, tapishkoot "Aen wawpastaman ekee eyawyen daw la shawmbr tuhkinay akwa ki gashkayistaen. Tawnshi kitamaschihoun?"
- **Natousta:** Si aenportaan chi miyit toon zawnfawn keema yet zhenn en shawns i va ripondee toon neekawn kesyoon. Ahpou itikway chikee itwayin, "Weestamowin ayiwaww ouschi aykwawnima. Aenportaan itihtawkwun. Nawut ni machi nishoutaen."
- **Kakwaychim:** Kakwaychim akouta rawaylichi ouschi kanipahishouhk. Keeshpin toon zawnfawn itwayw "noo", trustaeb toon geemooyayhtamaen akwa aen dwawpayniki keeshpin aen dawayihtakwan.
- **I va ripondee:** Keeshpin toon zawnfawn itwayw 'Wee, kaya shaykishi akwa kushkihtawmouhik ka weechihaw shawpou ooma.

Kishkayista kaykwuy chitotamin keeshpin ka nahkatwayihtumin

- Kishinahamashou mouhchi outa ouschi weechihwaywina ka ki weechikoun: [ConnexOntario](#) 1-866-531-2600
[Li zawnfawn La sarvel di Sawntee Ontario](#)
Mawkouna ooma shakamouhtawin chi mishkamin en plass daan toon a lawntour
- Peekishkway avek toon famee doktoer, li cultural/ashpaymouwayw neekwanayw, poor ayiwaww weechihwaywin
- Atoushkay avek toon zawnfawn soon l'ikol chi oushistaahk tou lee zhour weechihwaywin. Kishaywawtshiwak atoushkaywak ayowak akouta chi weechihwayw
- Neekawn ashta meena toon miywayawin akoushishi akouta aen ayawyin poor toon zawnfawn keema yet zhenn. Kee-oukayhk [Miywayawin Tout awn Sawmbl Kenadaw](#) poor aen nidii akwa weechihwaywin
- Kakway kisheechahikay poor mamaawinitowin akwa tapashtayw li troub nawashwaywina avek toon zawnfawn keema yet zhenn tou lee zhour
- Kishkishi, kanipahishouhk itayhtamowin chikee ishpayin ishi pikou awiyek akwa ishpee ka pakitinamin akouta rawaylichi, kishaywawtshi weechihwaywin ka ki mitouni weechihaw toon zawnfawn keema yet zhenn

Kishkayista kaykwuy chitotamin keeshpin mayipayiw

Keeshpin toon zawnfawn keema yet zhenn ayow tapway kanipahishouhk lee plawn akwa itayistam akoushi chi itoutahk keema awshay ki kouchistaw, ooma la sarvel di sawntee li emergency. Kaya nakata toon zawnfawn keema yet zhenn chi payyakoot. Shaymawnk taypaywaykun Mayipayiw Weechihwaywina Kenadaw 1.833.456.4566, itohtay ishi li emergency la roum itay toon mouhchi outa ouschi la pital, keema taypaywaykun poor aen naanbulaans.

Weechihwaywin ihtakon poor kanipahishouhk mayipayiw akwa kipihtinikaywin:

Aen nwayr Li yet Zhenn Weechihwaywin
1-833-294-8650 (9am-10pm)

[Mayipayiw Weechihwaywina Kenadaw](#)

1-833-456-4566 (24/7) keema text 45645 (4pm-12am)

[Aen Foonn di Li Zawnfawn Weechihwaywin](#)

1-800-668-6868 keema text CONNECT ishi 686868

[Li Promyee Nawsyoon Pakoushaymouwin poor Miywayawin](#)

[Weechihwaywin](#) 1-855-242-3310 keema mawkouna shakamouhtawin chi peekishkweeyin.

Naseeha ([naseeha.org](#)) 1-866-627-3342

Trans Peekishkwaywin Weechihwaywin 1-877-330-6366

[Li Troub akwa Mayipayiw Ontario](#) Mawkouna shakamouhtawin chi peekishkweeyin.

Keema taypaywaykun aen foonn li troub peekishkweeyin poor daan toon a lawntour

Li parawn, li famee chi kishkayistahkik ouschi ayiwaww aenportaan atoushkaywin didawn kanipahishouhk

*[Kwayachitaaw; Kipihtinikaywin; I va ripondee ;
Kanipahishouhk kipihtinikaywin kakayeshkimiwaywin poor](#)*



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