

Ejmour in Kalmenlokjen Melele ikijen Diwōj

Tobar juon jikin jermal in ejmour in kalmenlokjen elikin diwōj aōrok ñan jipań eok topar jemlokin ejmour ko remman!



Mōkta jen am emakūt jen aujpitōl:

Konaan ippān Rijerbal eo Ej Kōmman Būlāān in Diwōj ak Keej Menija kake bulāān in lale eo am. Remaroń jipań eok kōmman appoinmen im ej juon jikin eo eman ñan bōk jipań kin laajrak in kajjitōk kein ilal:

- ☐ Kwōjella ke wōn jikin injuron in ejmour eo am?
- ☐ Kwoj ke melele kin wūno ko am rekāāl ak wūno ko kwoj bōk kio?
- ☐ Kwōjella ke ñaat ñan bōk wūno ko im ta jermal ko aer?
- ☐ Ewōr ke am abań ak abinōnō kin wūno ko am?
- ☐ Kwojella ke wōn eo appoinmen eo am ej kōmman ippān (raan, awa, jikin, im talboon nōmba)? Ewōr ke am appoinmen emōj an jikejuul **ilowaan jimjuon raan** jen ñaat eo kwoj emakūt jen aujpitōl?
- ☐ Kwoj ke aikuj jabdewōt jipań kin ial?
- ☐ Kwar ke kadedelak juon bulāān in kauwōtata ippān keej menija ak taktō eo am? Kwar ke maroń kwalok wōn armej eo ej jipań eok (baamle, ak mottam) ak juon bar armej in jipań elañe kwonij aikuji?

Etaale-Kea Tokelik

Jouj im boktok laajrak kein ñan appoinmen eo am:

- ☐ Pepa in kadiwōj eok jen aujpitōl ñan etaale ippān jikin taktō eo am.
- ☐ Juon laajrak in wūno ko kwoj bōk kio (ñe ekkar).
- ☐ Juon armej in kakajur ak juon rijipań ñan jipań kin ial in ejmour eo am.

Jipań ikijen Ejmour in Kalmenlokjen

Ñe kwoj eñjake am inebata, būrumōj, ak pok kōmalij, jikin taktō in ejmour in kalmenlokjen eo am emaroń jipań kin laajrak in:

- Jermal ippān taktō eo ekkā am jermal ippān kake aikuj ko am kin wūno.
- Jipań eok kaminene jen aujpitōl lak ñan ta ko ekkā am kar kōmmane jinoin.
- Wonmaanolok ilo am jermal e aikuj in ejmour in kalmenlokjen ko am.
- Lewaj jabdewōt bar jipań kwomaroń aikuji.
- Kwalok jikin bōk jipań im lōmnak ko ñan topar kōttōpar in kōmadmod ko am.

Aolep men kein remaron bar jipań kadiklok am bar deļoń lowaan aujpitōl.



Ñe kwoj pād ilo juon ien kauwōtata, jouj topar 988 Suicide & Crisis Lifeline (Lain in Jipań ro Rej Lōmnak in Bōk Māke Mour ko Aer & Pād ilo Kauwōtata).

Kūr, taakij, ak tobar 988 ñan jipań ak kūr 800-273-TALK (8255) bellok 24/7 ejelok wonāān im eban diwōjlak jabdewōt melele kake eok jen kaunjelōr ro emōj katakin er.

Ewōr jejjō waween kadedelak appoinmen in etaale in:

- Ñe emōj an wōr kadede am jikin taktō in ejmour in kalmenlokjen ak juon primary care provider (PCP, taktō eo ekkā am jermal ippān), jouj tobar er ñan jikejuul juon appoinmen (ñe juon eaar jab kōmman mōkta jen am diwōj).
- Ñe kwoj aikuj jipañ bukōt juon jikin taktō in ejmour in mwil, jouj topar jikin injuron in ejmour eo am.
- Ñe kwonij konan loe juon takto jen am pād wōt ilo kabujuknen eo am ilo bideo kall, lale ñe ewōr telehealth jermal ko remaroñ kōmman ippān jikin injuron in ejmour eo am.

Kein Jipañ ko Relaplok

- **Rejetak Keej ko:** Ñe kwonij aikuj elaplok kein kakajur ak wōr am būrooblem ilo bōk kea in etaale tokelik, jouj tobar būrokraam in lale keej eo an jikin injuron eo am.
 - **Community Health Plan of Washington**
Talboon: 206-418-7004 ak Fax: 206-652-7073
Email: CareMgmtReferrals@chpw.org
 - **Coordinated Care of Washington**
Talboon: 877-644-4613 ext. 69626
 - **Molina Healthcare**
Talboon: 800-869-7175 ext. 142618
 - **UnitedHealthcare**
Jermal an Ro Uwaan: 877-542-8997
TTY 711
 - **Wellpoint**
Email: WABHReferrals@wellpoint.com
- **Ial in Itotak:** Ñan mejele ikijen waween bukōt ial in itotak ñan appoinmen in ejmour ko rejjab kōmman ilo ien-idiñ ilo ejelok wonāān, lale [Nonemergency Transportation Services \(Jermal in Ial in Itotak ñan Ien ko Ejjab Ien Idiñ\) Health Care Authority \(HCA, Opiij eo an Jikin Ejmour\)](#)
- **WRAP:** [Wellness Recovery Action Plan](#)
- **NAMI:** [Navigating Mental Health Crisis](#)
- **NAMI Lain in Jipañ:** 800-950-6264 belloko Mande ñan Bolaide 7:00 a.m.- 7:00 p.m. PT
- **Substance Abuse and Mental Health Services Administration (SAMHSA, Opiij eo ej Kōmmane Jermal ko ikijen Kōjerbale Wūno ko Rekajur im Ejmour in Kalmenlokjen):**
[Bukōt Jipañ](#)



DOH 790-007 CS November 2024 Marshalllese Ñan kajitōk bwe ren lewōj peba in ilo bar juon wāwein, kwōn kallōk 1-800-525-0127. Armej ro rej jarroñroñ ren kallōk 711 (Washington Relay) ak email doh.information@doh.wa.gov.