

988

SUICIDE & CRISIS LIFELINE



Alaska-mi, 988-aaq:

- ✓ Akiliraraituq
- ✓ Qanrutkumanaunani
- ✓ Paivngaluni unuaquaqaan 24-aani sass'ani 7-aani ernerni
- ✓ Ikingqaluni yugnun tamaitnun

**Qayagaurluklu wall' text-arluklu 988-aaq
peng'garnarqekuuvet wall' kitumek peng'gareskuvet
watnanayukluklu...**

- Umyuarteqluni pitaqsugluni ellminek
- Umyuiqekan cali/wall' caarrlugnek atulallra aarnariikan
- Umyuiqellrakun ikayuanagluni wall' kitumek qalaruciyugluni
- Cakviurluni umyuartussiyaallerminek, ircaqumikun akngingqallerminek cakneq, taangaturallerminek, iinrurrluum aturyaraanek, nangyutminek, alianiullerminek, nakukiyaaramek, ellminek-ciuniurciigacaaramek, umyuaran akngingqallranek, aipangqerrsaramek, temiin cali umyuaran aarnaitellerkaanek, akinek peng'garrluni, wall' allanek
- Apyutengqerrluni umyuiqsaram ikayutekaanek

Caciqsia qayagauqumku 988-aaq?

Ciumek niicugniciiquten ayuqenrilngurnek ikayuutekaanek. Cucuklirarkangqerciquq kinkunek ikayuriyugngalrianek ukutun, Ikayutait Anguyagtengullret wall' Spanish-aatun qalarcetuulit. Tua-i-llu cucuklirrarcelluten qayagaullren kiuluku nunarpamta wall' nunacuaraat 988-aat Lifeline-aita calivian. Elicungcaumalriim pinarqeqapiaralriit ikayurtiita counselor-aam kiuluku qanercuun, niicugniluten, taringengnaqluku qaillun arenqiallugutvet agtumacia elpenun, ikayurkilluten, ikayualuten-llu yuarulluten qaillun pillerkavnek.

Qaillun piciqa text-aqumku 988-aaq?

Text-aquvgu 988-aaq, elicungcaumalriim umyualurtem counselor-aam kiuciqaa igallren, taringengnaqluku qaillun arenqiallugutvet agtuumallra elpet, ikayurkilluten-llu yuarulluten ikayuutekavnek wall' ciunerkavnek. Text-aryaraq paivngauq Kass'atun Spanish-aatun-llu. Qalarcaraq chat-akun cali paivngauq Kass'atun Spanish-atun-llu Lifeline-am website-aakun wani 988lifeline.org/chat cali uuggun linea988.org/chat.

Qayagauqumku 988-aaq, Alaska-rmiumqa kiuyugngaa?

Piyugngaaqata, qayagaullren kiuyugngaa caliviitnun Alaska-m. Nunavni calivik paivnganrilkan, egmianun kiuciqaat nunarpamta ikayurtiita calivian.

Tegustet-qaa taiciqut enemnun qayagauqumku 988-aaq?

988-aaq qanrutkumaarkaunrilnguuguq cali nanlucia qayagaulriim qanrutkumavkenani. Pinarqeqapiaralriit ikayurtait counselor-aat ikayurilartut yugnek pinarqelrianek, cali amlleret qayagaulriit 988-aamun pinritevkenateng ikayurnaqleriaruyuitut qalarucirrarluteng kitumun. Pinarqelriaruluni ikayurnarqelriartangqerragan, pinarqeqapiaralriit ikayurtaita counselor-aat nallunrirceugngaa 911-aaq cali calillgutekluten ikayungcaryugngaluten. Man'a tuatnarpalluyuituq; ikgenranek qayagaullret kiingan atauciq qayagaulria yuinaak malruk qulni ikayurcarnarqelartuq tegustenek.

Maa-irpak 988-aat counselor-ait ikayuriyuitut Yup'iit qaneryaraitgun.

988 counselors do not currently provide services in the Yup'ik language

