

Man gaigi ham para in ayuda hamyu

Ti man parehu hit na en eksperencia eyu ma fanan na magodai.
Guaha konsiheru na man mehen na taotao siha.

Ke Attan esti na sina't

Y man otdinariu na sinat put na' magodai tanto mas:

Makkat ya gaddon hao dumisidi
Sesu na ha'malefa hao
Makkat maigomu
Chadek na'bubu yan datdao hao
Maneyok taotatotamu sino' ni nayi hao putin tuyan
Tuchu' hao chumochu, pesas hao un usa ammot

Yangin unsesenti esti siha na mutu',
pues fan aggang i man meheng na
akonseheru siha. Man Gaigi ham para
hagu, I familiata siha ya para todus.

**Maila ya ta kometsa.
Aggang ham pagu
647-8833/4**



If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911, or the National Suicide Prevention Lifeline at **1-800-273-TALK** (1-800-273-8255).



We are here for you, for your family, for everyone.
The Guam Behavioral Health and Wellness Center, Manggaige
Ham (We are here) Crisis Counseling Program provides short
term counseling interventions for COVID-19 related stressors.
Visit GBHWC.GUAM.GOV for more information.

