

Ayaa go debweyendamowin Giishpin awiya gikenimad ayaad maanenindizowin, ayaa ge-onji-wiiji'igooyan giigidobiiwaabikoosng gaye aazhawaatebii'iganing. Wiindamawishinaam wiiba go! Gidaa-wiindamaage enamaji'oyan o'apii. Miiwag ogowe ge-wiiji'ikwaa!

## Maanenindizomazina'iganan

### 988 Nisidoziwimanji'owin & Maanendamowin Gidaa-izhi-giigid Omaa

988 Giishpin owe izhi-giigidoyan giga-nakwetaagoog maanendamowigamigong.

Ayaawag enokiitamowaad apane go 24/7.

Gaawin gegoo inagindesinoon gaawin bekaanizid awiya da-noondanzii.

### Ganoozh

Owe izhi-giigidowin bezhig giga-onaabandaan **988**.

- Zhimaaganishag 1
- Spenish 2
- LGVTQ+ gaa-niizho-manidoowid 3

Gii-nitaakwetaagooyan, akawe noomag bangan mii dash ge-izhi-ganoonadwaa maanendamowigamigong gaa-anokiwaad.

Gidaa-wiiji'igoo gaye awiya ji-aanikanootamowik.

### Giigidobiiwaabikoosizhibii'igewin

- Gidaa-izhi-ozhibii'ige "Help (Wiiji)" imaa **988**
- Gidaa-izhi-ozhibii'ige "Ayuda" imaa **988** Spenishing

### Aazhawaatebii'iganing gaganonindiwin

- Aazhawaatebii'iganing gaganonindiwin imaa **988lifeline.org/chat/**
- Daanginan waa-izhi-bii'igeyan gaye ASL wiiba go
- Daanginan waa-izhi-bii'igeyan imaa **988lineadevida.org**

### Aazhawaatebii'iganing

Inaabin imaa **988lifeline.org** nawaj ji-gikendaman gegoo.

ASL Maanendamowin, omaa izhi-daanginan "Giishpin gaglibisheyen, Giishpin Bagakitanzwan."

Spenish aazhawaatebii'iganing omaa **988lifeline.org/es**

### Miziwe gaa-ayaawaad gaa-maanendamowaad ge-izhi-ozhibii'igeng

Gidaa-izhi-ozhibii'ige "Home (Endaad)" imaa 741741.

Maagizhaa gaye omaa gidaa-inaab **crisistextline.org**. Daanginan **Chat With Us** gemaa gaye aabajitoon **Message On WhatsApp**.

Spenish: Inaabin **crisistextline.org/es**. Daanginan **Send a Text Message** gegaa gaye aabajitoon **Message On WhatsApp**.

Anishinaabe: Gidaa-izhi-ozhibii'ige "Native (Anishinaabe)" imaa 741741.

### Wewiib izhi-giigidon 911

Giishpin awiya naniizaanendaagozid **izhi-giigidon 911**

- Gego ojaanimendangen.
- Gaa-nitaa-zhaaganaashiimosigwaa, gagwedwen geyaanikanootamawik.
- Wiindamaw gimaanendizowin.
- Gagwedwen gaa-babaa-wiiji'iwewaad.
- Gidaa-gagwejimaa dakoniwewinini gekendang maanendamowin gemaa gaye mino-ayaawin.

### Gaa-babaa-ayaawaad gaa-wiijitwaawaad awiyag imaa Gichi-mookomaanakiing Minnesota.

Niiwewaanagiziwag Anishinaabe 4 ge-wiijitwaawaad, imaa Gichi-mookomaanakiing ge-babaa-ayaawaad wiijitwaawaad. Bizaan igo gidaa-ganoonaag.

Mii iwe ge-izhichigewaad igo:

- Giga-odisigoog.
- Ji-wiiji'igwaa.
- Gidaa-mikamaagoo awiya ge-wiiji'ig.
- 911 gaa-anokiitang giga-wiiji'ig.

### Aabajitoon QR maziniiga'iganimazina'igan:



- Mikan ge-izhi-giigidoyan jiigaya'ii eyaayan.
- Ozhibii'amaazon gikinawaajibii'igan.

### Gete-zhimaaganishag maanendamowin

Ge-onji-wiijiindwaaban Gete-zhimaaganishag, Gaa-anokaadamowaad, gaye odiniwemaaganiwa'.

- Ganoozh **988 gegoo 1**
- Gidaa-izhi-ozhibii'ige imaa **838255**
- Aazhawaatebii'iganing gaganonindiwin imaa **veteranscrisisline.net**
- Spenish aazhawaatebii'iganing imaa **veteranscrisisline.net/es**

### Trevor ezhichiged gaa-niizh-manidoowiwaad LGBTQ

Apane go ayaawag ge-wiiji'iwewaad maanendamowin 24/7.

- Ganoozh **1-877-565-8860**
- Gidaa-izhi-ozhibii'ige "Start (Maajitoon)" imaa **678678**
- Aazhawaatebii'iganing gaganonindiwin imaa **thetrevorproject.org**. Daanginan omaa **Get Help**

# Agindan ge-onji-miinwendaman

## Vets4Warriors

Gidaa-wiiji'aa jibwaa-gichi-maanendang. Zhimaaganishag wiiji'idiwaad gaawiin memwech awiya ji-gikendang 24/7.

- Ganoozh **1-855-838-8255**
- Aazhawaatebii'iganing ganoonindiwin [vets4warriors.com](https://www.vets4warriors.com)

## Gaa-niizho-manidoowiwaad ezhi-giigidod

Ge-izhi-wiiji'indwaa gaa-niizho-manidoowiwaad.

Ishkwaa-anama'e giizhigad biinish Naano-giizhigad 12pm gaye 8pm

- Ganoozh **1-877-565-8860**

## Zoongide'ewin Ge-izhi-giigidong

Ge-izhi-giigidoyan giishpin maazhidoodaagoyan apane baakisin 24/7. Imaa ge-izhi-giigidowaad Anishinaabeg gaye Eshkiimeg.

- Ganoozh **1-844-762-8483 (844-7 NATIVE (ANISHINAABE))**
- Aazhawaatebii'iganing ganoonindiwin [strongheartshelpline.org](https://strongheartshelpline.org)

## Gitigewiniwag ge-izhi-ganoonindwaa

Ayaawag ge-wiiji'aawaad gaa-maanendaminid 24/7.

Naanaagadawenim gaa-ayaawaad gichi-mookomaanakiing.

Giwiiji'indwaa gaa-ojaanimendamowaad. Mazina'igan ayaawan ge-wiiji'indwaa gitigewiniwag.

- Ganoozh **1-833-600-2670**
- Ozhibii'an "**FarmStress (GitigeMaanendamowin)**" to **898211**
- Daanginan [mda.state.mn.us/about/mnfarmerstress](https://mda.state.mn.us/about/mnfarmerstress)
- Ayaawan mazina'iganan Spanish, Hmong gaye Samaalii ge-wiiji'igoowaad aazhawaatebii'iganing

## Gitigewiniwag ayaawag ge-wiiji'igoowaad Maanendamowin

Ayaawan wiiji'idiwinan gaawiin awiya memwech gikendang ogowe gichi-mookomaani getigewaad.

- Ganoozh Ted Matthews **320-266-2390** gemaa gaye Monica McConkey **218-280-7785**

## NAMI Minnesota Gidaa-izhi-giigid

ayaa ge-onji-gikendaman ojaanimendamowin.

Ge-izhi-giigidong megwaa anokiwigizhigad ge-onji-wiiji'igooyan.

Gidaa-izhaa endazhi-gikinoo'amaading, gaa-wiijiwewaad nawaj geyaabi.

- ganoozh gaye leave a message at **1-888-626-4435**
- Email [namihelps@namimn.org](mailto:namihelps@namimn.org)
- daanginan [www.namimn.org](https://www.namimn.org)
- Spanish aazhawaatebii'iganing: [namimn.org/support/en-espanol-apoyo/#](https://namimn.org/support/en-espanol-apoyo/#)
- Ayaa gikinoo'amaadiwin Spanish

## Gichi-mookomaanakiing Minnesota wenji-ganoonindwaa wiiji'iwewaad

### Maanendamowin MN

Ge-gaganooninadiban Gaa-gii-gikinoo'amawindwaa ge-wiiji'iwewaad. Gabe niizhwaasogizhig baakisin **9 am biinish 9 pm**.

- Ganoozh **1-855-927-6546**
- Gidaa-izhi-ozhibii'ige "**Support (Wiiji'iwewin)**" imaa **85511**
- Aazhawaatebii'iganing imaa [mentalhealthmn.org](https://mentalhealthmn.org)

### Noopimiing Noojimowin

Ge-gaganooninadiban.Gaa-gii-gikinoo'amawindwaa ge-wiiji'iwewaad. Gabe niizhwaasogizhig baakisin **5 pm biinish 9 am**.

- Ganoozh **1-844-739-6369**

## Gezhiibideg ge-onji-wiiji'igooyan MN

### Maanendamowin

Mazina'igan gegoo ge-onji-gikendaman iwe maanendamowin ge-onji-mikiman noojimowigamig Jiigaya'ii eyaayan.

- Andone'an ge-baakinamaagooyan wiiba
- Andonewi' Hmong ezhi-giigidowaad, Samaalii, Spanish
- Izhi-daanginan [fasttrackermn.org](https://fasttrackermn.org)

## Mikan miziwe gaa-baakinamaading ge-izhi-giigidoyan ojaanimendamaman

Gaawiin awiya giga-noondaagosii giigidoyan apane go baakisin 24/7. Gaa-maazhidoodawindwaa ge-apa'iwewaad gaye ezhi-giigidoyan.

- Ganoozh **1-800-799-7233**
- Hmong, Ojibwe, Samaalii gaye spanish ge-aanikanootamaagewaad
- Gidaa-izhi-ozhibii'ige "**Start (Maajitoon)**" imaa **88788**
- Spanish aazhawaatebii'iganing omaa [espanol.thehotline.org](https://espanol.thehotline.org)

## Gaa-gwaashkonondawindwaa ge-izhi-giigidowaad

Gaawiin awiya giga-noondaagosii giigidoyan apane go baakisin 24/7.

Giishpin wii-wiiji'adwaa awiyag gidaa-miinaag, mazina'iganan gaye onizhishin igo iwidi aazha ningii-kikendaan.

- Ganoozh **1-800-656-4673**
- Aazhawaatebii'iganing ganoonindiwin imaa [rainn.org](https://rainn.org)
- Aazhawaatebii'iganing ganoonindiwin Spanish Hmong imaa [rainn.org/es](https://rainn.org/es)

## Gaa-gii-oniijaanizid Ge-izhi-giigidod Giishpin Gashkendaman

Gaawiin awiya giga-noondaagosii giigidoyan apane go baakisin 24/7.

Ge-onji-wiiji'indwaa gaa-gigishkawaasowaad oshki-omaamaa'imindwaa.

- Ganoozh **1-833-943-5746**
- Hmong, Ojibwe, Samaalii gaye Spanish ge-aanikanootamaagewaad

## Oko-anokiiyang 211

Ando-waabandan mazina'igan ge-onji-mikiman maanendamowigamig.

- Ganoozh **211** gemaa gaye **1-800-543-7709**
- Ge-onji-mikiman ge-izhi-giigidoyan imaa Zhaaganaashiimong, Spanish gaye Hmong
- Ozhibii'an **weniniman gidoozhibii'amaagoowinan gikinawaajibii'igan** imaa **898211**
- Daanginan **211unitedway.org/about-211**
- Aazhawaatebii'iganan naagwadoon Hmong, Rashin, Samaalii, gaye Spanish