

#5 – How to help a friend deal with thoughts of suicide

Aan kekiishi wijihaakanooch odoodemimaa kaamaamidonendak ewii nihsidisij

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Aadit kekoonan naakwanoon keyashwaabadamanin egwa kekoonan kedoodamanin kewiji debinach awiya kibimaadisowinik kiishpin e-iinendamowanen ewiinihsidisich.

Kiishpin ewaabadaman ewiji mayakisenik awiya kaa-iinadisich, amiwe iitok ewaabadahiiwemakak kekoon emajisek. Naanda ewawiyadisiikewaach ewiwiidaapinamowaach obimaadisowiniwaan, egaa eyayamich naanda emamisiwe iikitich egaa kaakiwijji wawijijiwik. Kikakiwaabadaan kaye aawe awiya

ewahkewinawesich naanda enaanishkaadisich, esaasookenimoch naanda egaa emooshdooch kekoonini. Dakii iikitowak okweniwan kekoonan dokaan:

- “Kaawin awiya jisaakihiihich.”
- “Kaawin kyaabich nikiidoodasiin.”
- “Owe ahki nawach dawiji minoseban egaa omaa ayaayaan.”
- “Kaawin jikichiinendaakwak.”
- “Kaawin nibakamishkaakosiin.”
- “Aasha kekaad kaawin omaa nikayaasiin.”

Eshkam iisise, ewaabamach awiya kedadawen ewiji kichi wawakawiich egwa ekichi minowendak. Awiya kaamaamidonendak jinihsitisich dakiwijji minowendam ahpii ekiiwawenahtowaach iishkwaayaach odowawenahjikewiniwaan egwa edebwedamowaach iiweni owiisakendamowaan jiyanishkwaasenik. Kichiinendaakwan jikanookenaaniwak awiya kaadashidak ewiinihsitisich kaawin dakaach jiwishkwaabimaadisich, shaakooch ewiwiabadaahiiwewaach eyaanimihtowaach okichi wiisakendamowiniwaan. Dashijikaadek iiwe nihsitiisowin amiwe beshikwayek aawe awiya ewiji kakwedebeiniwech jiwiijihaakanooch.

Aan kekii doodamaan?

Aan wiiniko egaa egiiwinendaman aan ke-iishisekwen awiya, kidaawaabadahiwe esaakihiiweyan kakwedebeiniweyan. Owe doodan:

- **Ayamihiihik:** Wiidamao awiya esaakihach egwa emikoshkaadendaman. Owe kidaa iikit:
 - “kikichidabasaadis nookomiike. Kiwi dashidaan na?”
 - “kimikoshkaadenimin. Aan e-iishiwebak?”
 - “kiwiwijijihiin. Aahti kadashidaamin.”
- **Kakwejimik:** Kaawiniin naanda awiya kejowe kakwejimach kiishpin maamidonendamowaakwen nihsitisowinini. Kaawin dakiwijji awashime iiisesinoon naanda “jiwiji miinadwaa jinendamowaach.” Kiishpin bayatakisewanenimowanen jikakwejimach, dakiwijji wijihiwiwesen aawe awiya jimaajii ayamich. Kidaa iikit, “kikiimaamidonendaan na ewiinihsitisigan?”
- **Nadodamaan wijihiikosowin:** ayamihaakanooch awiya iiweni nihsitisowinini dakii aaniman, shaakoch kaawin kidaakii mohji beshikosiin iimaa kaa-iishi bimisek iiwe. Ayamihaakanooch ayamihiiwewinik owijijihiwe, odoodemimaa, okinohamaake naanda oniikihiikomaa/obamihiiwe kikakiwijji wijihiikook anohkaadamanin kidinamajihoonan. Kichiinendaakwan jikanawenimidisiyan, kekiin.

Awiya dakii mamajenimo egwa egaa ewiwiidamowaajin awiyan. **Kanooken, nihsitisowin maawach kichiinendaakwan egwa kaawin iiwe kaawiikaadooyan.** kichiinendaakwan aawe awiya jiwijihiikosich. Wiidamao jiishiwijiwach aandawi ayamihaawaajin kaakanaadenimowenich awiyan naanda miish akidaasonini iimaa awaashishag wiijihiiwewinik maajiikitoon: 1-800-668-6868. Kidoodem kikakiiji kishiwaahaa kaakiwiidamawimach awiyan, shaakooch dawiji kanawendaakosi.

Kiishpin iinendamowanen kidoodem ekohtaadikwaninik kaa-iishisech, kanooshik dashiikewinik maamidonjenjikanik minoyaawinik odanohkiik, ayamihiiwewinik owijijihiwe naanda shimaakanishak. Kichi iisise kiishpin mikoshkaadendaman aawe awiya kekoonini jidoodak kewiji nishiwanaajihidiwaach. Kaawin biihon. Kanoonik jiwijijihiikwaa egwa wiidamawik kaa-iisisek iikweniwak kichi iisisewinik owijijihiwek.

Kanooken, nihtaa iisise jiwiijihaakanooch awiya kaawiisakendak, shaakoch dibiminikok iisise kekii doodaman. Iimaa kakwe Ayaan aawe oji awiya jishaashiikimach jindawi wiijihiikoswaach, kanooken dash kaawin kiin kikanawaabamikosiin iweni aawe awiya kaadodak. Kaawin kiin kidoonendasin aan ke-iishisekwen, shaakoch kidaakii kichiinenimidis kaasaakihach kidoodem.

