



# Ataween: Eu nattö ngeni pwonuetan omw ngaselö.

**Aewin nattön ngaselö: Etiwa pwe mei wor omw osukosuk; Pusin filata pwe kopwe ukutiw le un sakau; Kuta alilis seni mei silelap ika fen pusin aramasomw.**

## Met pupun kopwe ukutiw le un sakau:

### Fefeitan Tumunun Inisumw

- Akukunatiw met epwe afisatä semwenin cancer, heart, me liver, ulcers, ika esapw angawa ekkewe semirit lupwen ar uputiw.
- Kosapw feiengau are mala lupwen omw uwou taksi nge kose sakau.

### Eöchulan Lefilan Aramas

- Aeöchuela lefilomw me aramasomw ika fen pwal chiechiomw.
- Forsefalin omw luku puisn inisumw me afona pusin inisumw.
- Aeöchuela omw angangöch me likitiw lon onw angang.

### Awattela Feiöchun Famili

- Noum moni epwe nounoueöch, esapw solap lon bar ika solap ngeni sakau.
- Noumw moni epwe lamot ngeni met osupwangan ika osuksukan owm famili.

*Chon eäni osuksukan ar angei sakau me pwal ekewe metochun apuchala ir mei tongeni pwäk.*

**Omw ukutiw le sakau a akukunatiw osupwangen inisumw ren omw unupuch me eaeangau.**

A ukukun **46% ekewe mei mukola** won Guam ir chon angei sakau; Ekewe ra puchola (67%) ir ra akangei alilisir ren ar lipwakingau ngeni sakau seni ewe DMHSA's Drug & Alcohol Branch.

\* BRFS. 2003

## Alilis a kawor seni:

### Putai me Ofes Lon Guam

Department of Mental Health and Substance Abuse (DMHSA)

Crisis Hotline: (671) 647-8833

Drug & Alcohol Branch

(671) 475-5438/39

**Sanctuary, Inc.**

For Adolescents

24-hr Hotline: (671) 475-7100

(671) 475-7101

**Oasis Empowerment Center**

For Women

(671) 646-4601

Elim Pacific Ministries

**Lighthouse Recovery Center**

For Men

(671) 477-7671/7673

The Salvation Army

**For Military Families:**

**Air and Family Readiness Center**

(671) 366-8136

**Navy Fleet Family Support Center**

333-2056/57

### Sakun Mwich Mei Alilisoeh

**Alcoholics Anonymous**

For Alcoholics

Check Observation Post in Pacific Daily News (PDN) for days, times and place for meetings

**AI-Anon Family Services**

For spouses of Alcoholics

(671) 864-8644

Check Observation Post in PDN for days, times and place for meetings

**ALA-Teen**

For Teens of Alcoholics

Check Observation Post in PDN for days, times and place for meetings

### Won Komputer

**DMHSA- PEACE**

www.dmhsa.guam.gov

www.peaceguam.org

www.healthychoicesguam.org

**National Council on Alcoholism and Drug Dependence** www.ncadd.org

**AI-Alcoholics Anonymous**

www.aa.org



DEPARTMENT OF MENTAL HEALTH AND SUBSTANCE ABUSE  
A FEFEITAN TUMUNUN LENIACH FAN ITAN MANAWACH REN LESOR ME PALELÖN

# Unupuch Me Alongolong Won Sakau