



LUS TAW QHIA KEV NOJ QAB NYOB ZOO

12/14/2020

TXHUA HNUB SAIB XYUAS TUS KHEEJ

Thaum sawv tsim los

- Koj yeej pw txog xya xaub moos
- Kuaj xyuas koj tus kheej thiab noj tshuaj
- Nyob tsev yog tias mob

Thaum nyob tom chaw haujlwm

- Mus taug kev ceev li ntawm 30 feeb lossis ua lwm yam kis las
- Noj cov zaub mov huv siab thiab tsis rog
- Siv sijhawm los tu tus kheej
- Mus so mloog nkauj, nyob twj ywm xav tob tob, nrog ib tug twg tham, tej ntawd.

KEV SAIB XYUAS TSEV NEEG

Peb puas tau...

- Teem ib co "kev cai" uas pab peb tsev neeg nyob nyab xeeb: tu xyuas tus kheej, tu tsev, kev ua neej tshwj xeeb twg?
- Siv tej txuj ci pab kom nyob tus nrog tsev neeg thiab ua raws li tej haujlwm tau npaj tseg?
- Hu mus tham lossis siv is taws nej mus xyuas tsev neeg?
- Koom tes yam li ib tse neeg los tawm tsam tej kev nyuaj siab thiab piav qhia kom tej menyuum paub txog tus kab mob COVID-19?

XYUAS TSWJ TEJ KEV NYUAJ SIAB

Kuv puas...

- Meej txom, chim, lossis tsis xav lees ib yam twg?
- Tsis paub ua cas, ntshai, lossis txhawj?
- Tsis xav ua dabtsi lossis tswm seeb tsis tau?
- Qaug zog lossis mloog tau li muaj ntau yam dhau lawm?
- Tu siab lossis nyuaj siab?
- Pw tsis tsaug zog?
- Pib haus cawv, haus yeeb tshuaj ntau ntxiv?
- Tu siab vim muaj ib tug neeg twg tuag vim lawv mob COVID-19?
 - *Mus tham nrog ib tug neeg koj tias koj nyuaj siab.*

TEJ KEV LOS PAB TSWJ TEJ KEV NYUAJ SIAB THIAB KEV TU SIAB

Kuv puas tau...

- Tham nrog tsev neeg, phoojywg, cov tibneeg tom chaw haujlwm, lossis cov thawj coj ntawm kev ntseeg txog tej uas kuv xav hauv nruab siab?
- Muab tej kuv xav hauv nruab siab sau tawm kom tswj taus (mus nyeem cov tswv yim sau ntawv)?
- Xyaum ua pa thiab nyob so; mus koom tes nyob hauv ib txoj kev ntseeg?
- Tsuas xav txog tej yam uas kuv tswj tau xwb?
- Muab kev tu xyuas tus kheej kom zoo thiab saib xyuas lub cev kom zoo ua yam tseem ceeb tshaj?
- *Yog tias koj xav ua mob rau koj tus kheej lossis lwm tus. Hu mus tham nrog kab xov tooj National Suicide Prevention Lifeline (800-273-8255)*

MUS CUAG KEV PAB TXHAWB QHOV TWG

- "COVID Cares" Kev Pab Txhawb tham hauv xov tooj li ntawm 20 feeb pib thaum 9 teev sawv ntxov mus rau 9 teev tsaus ntuj; www.mnpsychsoc.org/covid-care-schedule.html
- Disaster Distress Hotline (kab xov tooj pab kev kub ceev), hu rau 800-985-5990 lossis ntaus ntawv "TalkWithUs" mus rau 66746
- Crisis Text Line (kab xov tooj ntaus ntawv rau kev kub ceev), Ntaus ntawv "MN" mus rau 741741
- National Suicide Prevention Lifeline, hu rau 800-273-8255

TSWV YIM SAU NTAWV TXHUA HNUB

- Kuv cheem tsum dabtsi thiaj li pab kuv ua tau zoo tshaj?
- Yam nyuaj tshaj rau kuv hnuv no yog dabtsi?
- Dabtsi ua rau kuv zoo siab hnuv no?
- Dabtsi txhawb kuv siab hnuv no?
- Dabtsi ua rau kuv muaj kev vam kev cia siab hnuv no?
- Kuv puas nij qhia siab rau kuv tus phoojywg paub?
- Kuv kawm paub kuv tus kheej li cas hnuv no?
- Kuv yuav npau suav txog dabtsi hmo no?
- Kuv yuav txhim kho dabtsi kom zoo tshaj qub?
- Kuv yuav nij dabtsi thiaj pab kuv nyiaj dhau tag kis thaum rov pib dua?

LUS SAU TSEG