

# Cov lus qhia

## zoo rau Kev Saib Xyuas Yus Tus Kheej Thaum Muaj Tus Kab Mob COVID-19

Vim muaj kev pauv hloov mus raws lub sijhawm thiab muaj tej yam tshwm sim txawv yog li ntawd qhov tseem ceeb tshaj plaws ces sawd daws yuav tau txhawj xeeb txog nyias li kev xav thiab nyias lub cev kom tau zoo tshaj plaws raws li qhov peb ua tau. Ntawm nov yog ib co lus qhia.

Ua ev xaws xais pab lub cev thiab kom muaj kev noj qab haus huv. txiv . Siv qee lub sijhawm tawm mus nraum zoov xws li taug kev ncig ua si, ua vaj zaub, los sis ncab ib ce rau ntawm lub qhov rais qhib los sis rau ntawm lub sam thiab.

### Kev noj khoom zoo

Kev pw yog ib qho tseem ceeb rau lub cev, nws pab tswj kev xav thiab kev tshai. Nws tseem ceeb uas yuav tau pw kom ntev li 7 txog 9 teev, tshwj xeeb mas thaum lub sijhawm muaj kev ntshov siab. Ua ntej mus pw, txuag tsis txhob saib tej xov xwm thiab social media li ob peb teev.

### Kawm thiab Tshawb Nrhiav

Kev noj mov kom raws lub sijhawm, kev mus pw thiab sawv ntshov kom raws lub sijhawm, kev ua ev xaws xais, thiab kev ua haujlwm los sis kev kawm kom raws lub sijhawm tuaj yeem pab tswj kev xav tau zoo. Qhov no tseem ceeb tshwj xeeb tshaj plaws rau cov menyam yaus thiab cov neeg laus.

### Mob Siab Nqis Tes Ua Pab yus tus kheej

Kev nyob nrog lwm cov neeg tuaj yeem pab peb tswj tau tej yam kev ntshov siab nyob hauv lub neej tau. Yuav tau nquag sib txuas lus nrog cov phooj ywg, tsev neeg thiab cov neeg ua haujlwm ua ke sib raws hauv xov tooj thiab hu xov tooj sib tham pom duab.

### Ua ev xaws xais

Peb yuav tau xaiv noj cov khoom noj zoo rau peb lub cev thiab ua tej yam peb nyiam yog ib qho pab tau zoo tshaj plaws rau kev noj qab haus huv ntawm peb txoj kev xav thiab lub cev. Thaum yuav rov qab mus yuav khoom noj, ua tib zoo xaiv. Yuav yam uas pab thiab muaj nuj qis rau koj kev xav thiab lub cev xwm lis txiv nuts thiab chocolate dub.

### Pw

Kev tshawb fawb pom tias cov neeg uas tau kawm yeej muaj kev ntseeg nws tus kheej dua, muaj kev cia siab thiab muaj hom phiaj. Ua kom koj lub hlwb nquag xav xws li saib cov vis dis aus hais txog khoom teej tug qub, kev nyeem ntawv, kev sim ua tej yam zaub mov noj tshaiab los sis kev daws teeb meem ua si (puzzle).

### Kev Npaj Txheej Txheem Ua thiab Yam Niaj Hnub Ua

Yuav tau nrhiav sijhawm so tas li rau yav nrub hnub, so xub thawj rau yav sawv ntshov los sis ua ntej yuav mus pw kom ua rau lub cev tau so thiab meej pem. Kev sim nres tsis ua pa thiab "ua pa" yog tseem ceeb rau kev noj qab nyob zoo ntawm peb txoj kev xav vim nws yuav pab txo kev ntshov siab, kev txhawj xeeb thiab pab txhawb ua rau xav zoo ntau yam.

### Tham nrog ib tug Phooj Ywg

1.800.273.8255

Muaj cov kws pab tswv yim ua haujlwm txhua 24/7 tuaj pab txhawb rau ntawm Lub Tsev Haujlwm Tiv Thaiv Kev Tua Yus Tus Kheej (National Suicide Prevention Lifeline) (muaj kev pab txhais lus).



Funded by counties through the Mental Health Services Act (Prop 63).