

Xauv kom ruaj. Kom me nyuam muaj kev nyab xeeb thiab nyob ruaj ntseg.



Xauv Kom Ruaj Ntseg

Yog koj los sis ib tug neeg koj paub muaj phom, kev nyab xeeb yuav tsum yog qhov tseem ceeb tshaj plaws.

Koj puas paub tias phom yog yam ua rau cov me nyuam tuag ntau tshaj plaws hauv teb chaws Meskas raws li lub chaw Centers for Disease Control tau soj ntsuam?

Txoj kev zoo tshaj plaws los txo kev raug mob thiab kev tuag muaj feem xyuam nrog phom, suav nrog kev tua tus kheej, yog muab cov phom xauv cia, rho kom txhob muab mos txwv, thiab cais mos txwv ntawm rab phom thiab muab khaws rau lwm qhov chaw.

Khaws phom kom ruaj ntseg



Siv tus cwj xauv daig rab phom kom txhob tua tau.



Siv ib lub tuj los sis ib lub thawv los xauv rab phom uas tsis muaj mos txwv.



Muab cov mos txwv xauv cia rau lwm qhov chaw.



Khaws cov yuam sij los sis xauv lwm txoj hauv kev qhib kom ruaj ntseg.

Yam uas txoj cai lij choj yuam kom ua

Minnesota txoj cai lij choj yuam kom khaws phom kom nyab xeeb kom lwm tus, tshwj xeeb yog cov me nyuam, txhob mus muab tau.

Muab cov phom zais los sis tso rau qhov chaw uas cov me nyuam yuav ncav tsis cuag tsis yog ib txoj hauv kev zoo txaus los tiv thaiv lawv.

Siv tej lub thawv kom ruaj ntseg los xauv phom tom vaj tom tsev los sis hauv tshab thiab lwm yam chaw uas koj muaj phom. Nws yuav tiv thaiv kom koj tsev neeg tsis txhob raug xwm txheej.



Nrhiav seb yuav tau tus cwj xauv daig rab phom pub dawb rau qhov twg thiab kawm paub txuas ntxiv txog txoj kev xauv phom kom ruaj ntseg.

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Tham nrog cov me nyuam thiab lwm tus niam txiv txog kev khaws phom kom ruaj ntseg



Kev sib tham tias yuav ua li cas khaws phom kom nyab xeeb thiab ruaj ntseg kuj muaj feem yuav hloov pauv tau tib neeg lub neej kom txhob raug xwm txheej.



Qhia cov me nyuam thaum ntxov tias rab phom tiag txawv ntawm rab phom ua si thiab rab phom tiag ua tau rau neeg raug mob hnyav.



Tham nrog koj cov me nyuam txog yam lawv yuav tsum ua yog lawv pom ib rab phom. Qhia kom yooj yim thiab meej. Nres! Tsis txhob kov. Tawm ntawm qhov chaw ntawd mus. Mus nrhiav ib tug neeg laus tam sim ntawd.



Kev tshawb fawb ntawm Johns Hopkins tau pom tau tias ntawm peb yim neeg muaj me nyuam yaus nyob teb chaws Meskas no, ib yim no yeej muaj phom nyob rau hauv tsev. Koj cov me nyuam puas mus rau lwm tus neeg lub tsev? Nug cov niam txiv los sis tswv tsev ntawd seb lawv puas muaj phom thiab seb lawv muab khaws li cas.

Txhawb kev noj qab haus huv ntawm lub paj hlwb

Kev noj qab haus huv ntawm lub paj hlwb yog ib feem tseem ceeb ntawm koj tus me nyuam txoj kev noj qab nyob zoo. Muaj kev pab los txheeb xyuas cov cwj pwm txawv txav muaj feem xyuas rau kev xav txo yus tus kheej thiab lwm yam teeb meem cuam tshuam txog sab no. Yog koj xav tias koj tus me nyuam xav ua phem rau nws tus kheej los sis lwm tus, yuav tsum ceev faj ntxiv, xws li xauv thiab khaws phom kom ruaj dua. Txhua txoj kev thaiv kom txhob muab tau phom yuav pab txo kev phom sij.

988

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Yog muaj lus nug ntxiv, hu rau Minnesota Department of Education's Community Support Message Line.

651-785-4064

Thov tso lus ua koj hom lus los tau.