



# Pab Koj Tus Menyuam Los Ntawm Kev Poob Plig

Kev poob plig los ntawm hluav taws kub yuav siv sijhawm ntev. Yog li ntawd peb yuav tsum los nrog peb cov menyuam sib tham txog kev mob hlwb. Peb yeej muaj cov cuab yeej xws li niam txiv, xib fwb, losis cov laus neeg uas ua hauj lwm pab menyuam, los pab peb cov menyuam.

## Kev Ntxhov Siab

Txhua tus menyuam txoj kev tu siab tsi sib thooj. Nram qab no yog cov ntsiab lus uas cov menyuam yuav muaj teebmeem txog.

- Pws tsi tsaug zog
- Tsi pw ua ke
- Ntshai mus tom tsev
- kawm ntawv
- Muaj teebmeem txog kev xav
  - Tsi nrog lwm tus ua si
- Txhawj xeeb heev
- Tsi muaj siab kawm ntawv
- Zis lav thiab npau taws
- Nyuaj siab, tsi xav ua si raws li yav tas los
- Quav yeeb quav tshuaj
- Mob taub hau lossis nkees
- Poob plig lawm ces tsi meej pem txog dabtsi

## Kev Pab Txhawb Nqa

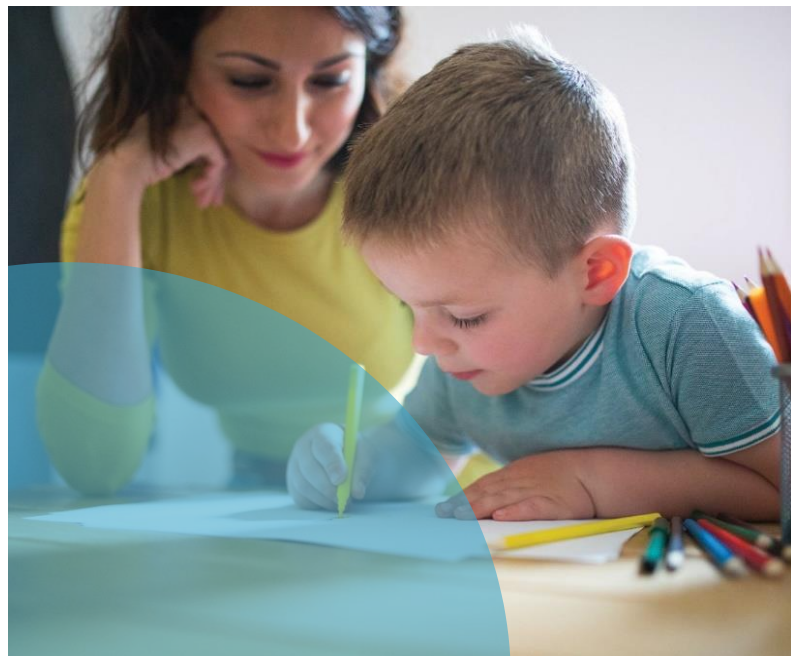
BCOE Trauma Fire Recovery Team: 530-487-4418

Butte County Behavioral Health: 1-800-334-6622

Disaster Distress Line: 1-800-895-5990



Mary Sakuma



## Koj Yuav Yeem ua Dab Tsi

Kev sis pab yuav pab daws tau menyuam tom qab uas lawv poob plig. Nram qab no yog ib cov ntsiab lus tseem ceeb:

- **Nyob nrog koj tus menuam:** Tej zaum qhov tseem ceeb tshaj plaws ces koj nrog koj tus menyuam tham thiab mloog nws. Qhia rau koj tus menyuam hais tias nws nug tau thiab qhia nws li kev xav rau koj.
- **Yoog nrog kev cia siab:** Siab ntev, ua yooj yim thiab muab sijhawm rau lawv los daws lawv teb kev ntxhov siab, Tej yam uas yuav pab tau ces yog kom lawv txhob hnov qab txog lawv cov ntaub ntawv ua nqa tom tsev kawm ntawv los ua thiab sib pab tu vaj tse.
- **Ua tus qauv zoo:** Raws li kev tshawb fawb ntawm lub koom haum National Child Traumatic Stress Network, menyuam Txawj daws teebmeem vim lawv kawm los ntawm niam thiab txiv uas ua tu qauv zoo.
- **Saib xyuas koj tus kheej:** Koj twb hnov los lus ua luag hais tias 'npog koj daim ntaub npog qhov ncauj ua ntej nawb.' Yog hais tias koj tsi meej pem thiab ua tu qauv tsi zoo ces koj yuav pab tsi tau lwm tus. Nco ntsoov noj mov, pws zoo thiab saib xyuas kom koj tus kheej kev noj qab haus huv.
- **Nrhiav kev pab.** Yog hais tias koj tus menyuam muaj kev ntxhov siab tom qab ua hluav taws kub, thov mus nrhiav kev pab los ntawm cov kw soj ntsuam hlwb thiab lwm yam.

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