



COV KEV TXHAWB NQA
MUAJ LI NRAM QAB NO

QHIA COV HLUAS TXOG KEV MOB HLWB THIAB KEV NOJ QAB HAUS HUJ

SAIB XYUAS KOJ THIAB KOJ COV PHOOJYWG TXOJ KEV MOB HLWB



Kev Tiv Thaiv Yus Tua Yus Tus Xovtooj

1.800.273.TALK (8255)



Ntaus Ntawv Tuaj Qhia Peb Txog Kev Ntxhov Siab

Sau TALK to 741741
nrog peb tham dawb
xwb



California Warmline

1.855.845.7415 available 24/7
Sib tham thiab sib pab txhawb
nqa txog xwm txheej tsi ceev



Teebmeem

Ntaus ntawv tuaj sib tham
1.800.334.6622 /

Hu tus xov tooj 530.891.2810
(kev pab uas tsi yog xwm txheej ceev
thov hu rau 1.855.582.5554)



Tus Xov Tooj Menyuum



Kev Sib Ntaus

1.800.799.7233
Test LOVEIS to 22522

Kev pab rau cov hluas kev tsim txom ua tsi raws cai



My3 App

Nia my3app.org nrhiav kev pab thiab
kev nyab xeeb

Kev Sib Pab Sib Txhawb

[/5/Disaster%20Resources/peersup
portonline.pdf?ver=2020-04-22-
102240-093](#)



The Trevor Lifeline (LGBTQ+)

1.866.488.7386
Ntaus ntawv rau tus 678678
<https://www.thetrevorproject.org/ge>



Raug Tsim Txom

[t-help-now/](#)

Hu tus xov tooj 1.800.344.6000

(txhua lub sijhawm) yog koj losis koj ib
tus phooj ywg rau tsim txom los raug tso
tseg