

KEV PAB TEEB MEEM PUAS SIAB NTSWS PUAS HLWB LOJ

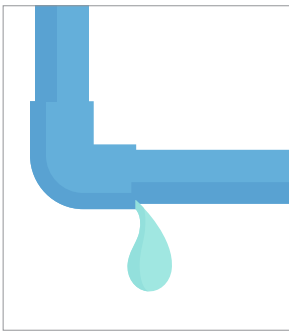
(HANDLING A MENTAL HEALTH CRISIS)

Yeej tiv thaiv tau txoj kev muaj teeb meem

puas siab ntsws puas hlwb loj ib tug neeg uas tu xyuas

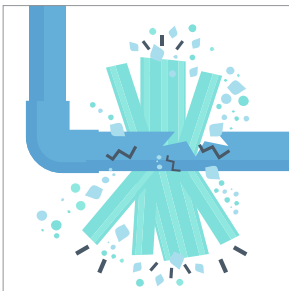
lawv tus kheej vim yog txoj kev puas ntsoog los sis lwm cov kev cov nyom nyuab.

Yeej paub tau los sis pom tshwm dog dig teeb meem loj, yeej muab qhia tau thiab yeej muaj taus mus ntev heev. Teeb meem puas siab ntsws puas hlwb loj zoo xws li cov kav dej pheej txia dej tsuj tsawv. Nram no yog qee cov tswv yim kev pab koj tus me nyuam los sis tus hluas txoj kev puas siab ntsws puas hlwb loj.



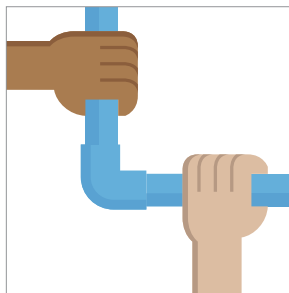
THAUM KOJ POM PIB TXIA DEJ

- ▶ Cheem. Nqus ib pas tob. Mloog koj tus kheej cov kev xav hauv siab ntsws
- ▶ Siv sij hawm los xav – koj cov lus teb tseem ceeb
- ▶ Txuas nrog. Mloog tus me nyuam thiab qhia txoj kev txaus siab thiab kev pab txhawb
- ▶ Xav rau qhov zoo thiab qhib siab. Cia lawv them txog los sis qhia lawv cov kev xav hauv siab ntsws
- ▶ Hwm txog cov lawv tau ntsib muaj thiab nrog pab lawv cov kev txhawb xeeb
- ▶ Nug seb lawv puas xav txog kev txov tus kheej siav
- ▶ Mus cuag kev pab, nrog rau cov phooj ywg, tsev neeg los sis cov xib fwb



YOG TIAS COV KAV DEJ TAWG

- ▶ Ua siab tus yees – koj tus me nyuam yuav xav kom muaj koj
- ▶ Tswj xyuas kom muaj txoj kev nyab xeeb thiab qhia tias koj yeej nyob rau ntawd yuav pab
- ▶ Siv cov nqe lus meej, luv kom xyeej tau txoj kev tsis nkag siab zoo
- ▶ Muab cov kev taug nyab xeeb kom koj tus me nyuam muaj txoj kev tso siab tswj tau dua
- ▶ Tshem tawm cov khoom lawv yuav siv tau los ua mob rau lawv tus kheej
- ▶ Hu rau koj lub cheeb koog tus xov tooj pab teeb meem loj heev. Yog tias koj hu 911, thov tham nrog tus neeg kho kev puas siab ntsws puas hlwb loj heev



KEV ROV KHO COV KAV DEJ LI CAS TOM QAB

- ▶ Muab kev tso siab, kev pab txhawb thiab kev txhawb zog
- ▶ Qhia cov kev pab thiab kev pab txhawb (cov phooj ywg, cov xib fwb) uas yuav pab tau koj lub tsev neeg
- ▶ Ib sij nug seb tus neeg hauv lub tsev zoo li cas lawm
- ▶ Siv thiab teeb cov kev niaj hnuv ua thiab cov txheej txheem hauv tsev
- ▶ Pab cov neeg hauv tsev nrhiav thiab xyaum cov kev coj kom txo tau txoj kev ntxhov siab
- ▶ Sau [Mental Health Crisis Card \(Daim Yuaj Teev Kev Puas Siab Ntsws Puas Hlwb\)](#) rau ib tug neeg hauv tsev twg

▶ **Wisconsin Hopeline**
(Tus Xov Tooj Muaj Kev Vam)
Sau "HOPELINE" hauv xov tooj
mus rau 741741

▶ **Suicide & Crisis Lifeline**
(Xov Tooj Cawm Kev Txov Tus
Kheej Siav & Teeb Meem Loj)
Hu, sib tham los sis sau 988
hauv xov tooj



children.wi.gov
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LWM COV CHAW MUAJ KEV PAB RAU KEV PUAS SIAB NTSWS PUAS HLWB

▶ NRHIAV IB TUG NEEG UAS KOJ XIS
NYOB NROG

Nyeem NAMI qhov Kev Coj
Nrhiav Kev Pab Rau Kev
Puas Siab Ntsws Puas Hlwb
Loj Heev



Nrhiav tus xov tooj pab teeb
meem loj hauv koj zos nyob
rau ntawm Prevent Suicide
Wisconsin (Tiv Thaiv Kev
Txov Tus Kheej Siav hauv
Wisconsin) qhov vas sab



Teen Line (Xov Tooj Pab Neeg Hluas) — cov neeg hluas rov pab neeg hluas

- ▶ (800) 852-8336
8 teev tsaus ntuj - lb tag hmo
- ▶ Sau TEEN hauv xov tooj mus rau 839-863
8 teev tsaus ntuj - 11 teev tsaus ntuj

National Youth Crisis Hotline (Tus Xov Tooj Pab Ceev Rau Neeg Hluas Teeb Meem Loj Hauv Teb Chaws)

- ▶ (800) 442-4673

BlackLine (Tus Xov Tooj Pab Neeg Dub) — rau cov Neeg Dub, Neeg lb Txwm Xeeb Txawm, thiab Neeg Lwm Xim Nqaj Daim Tawv

- ▶ Hu los sis Sau Ntawv Hauv Xov Tooj (800) 604-5841

Trevor Project LGBT Lifeline (Tus Xov Tooj Cawm Siav rau Trevor Project LGBT)

- ▶ (866) 488-7386
- ▶ Sau lo lus START mus rau 678-678

The Parenting Network Helpline (Tus Xov Tooj Pab Lub Koom Haum Niam Txiv)

- ▶ (414) 671-0566
Monday (Zwj Hli) - Thursday (Zwj Teeb):
8:30 sawv ntxov - 5:30 teev tsaus ntuj
Friday (Zwj Kuab): 8:30 sawv ntxov - 3:00 teev tav su

2-1-1 Wisconsin Mental Health Guided Search (Kev Qhia Tshawb Nrhiav Txog Kev Puas Siab Ntsws Puas Hlwb hauv Wisconsin)

- ▶ <https://211wisconsin.communityos.org/mentalhealthguidedsearch>

Well Badger Resource Center Children's Mental & Behavioral Health Resource Navigator (Well Badger Chaw Muab Kev Pab rau Me Nyuam Txoj Kev Puas Siab Ntsws Puas Hlwb & Kev Coj Nrhiav Chaw Pab rau Kev Coj Yam Ntxwv)

- ▶ <https://www.wellbadger.org/s/cmh-resource-navigator>



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