

Yus tus kheej yuav ua li cas thaum muaj kev puas ntsoog loj thiab khaub zeeg cua (Hmong)

Ntxhov siab yeej yog cai lawm thiab yeej ntxhov li no thaum raug ib qhov kev puas ntsoog li lub zeeg cua Le rij (Larry). Qhov tseem ceeb, ntshai tsam raug yus, yus tsev neeg thiab tej phooj ywg. Tej zaus yus kuj pom lwm tus raug kiag ntawm yus qhov muag los sis ho ntshai heev tsam raug yus kiag ces ntshai heev tsis paub ua cas li. Qhov yus pom thiab raug no yuav ua rau yus nco ntsoov txog thiab tseem cim xav ntsoov mus li los kuj muaj.

Feem ntau sawvdaws thaum raug lub zeeg cua Le rij no ua rau muaj kev chim siab, ntxhov siab heev, tiamsis muaj ntau leej kuj ua tau siab taws thiab uv tau lawm. Li ntawd los muaj tej zaus tseem rov ua rau nco txog pom tus duab zim zuag nrog yus thiab. Muaj ib txhia neeg lawv kuj uv tau vim muaj tej neeg ze sib pab. Muaj qee lub sijhawm yeej yuav tau sib pab ntxiv mus thiab.

Yog leejtwg ho muaj neeg ploj, raug mob loj los yog ntxhov siab heev, nws yuav tsum tau kev pab thiab saib xyuas ntau dua lwm tus.

Peb pawg neeg yeej muaj dua los lawm tias, yuav ua li cas thiab daws tau los ntawm kev txhawb zog thaum muaj teebmeem.

Muaj peb yam uas yuav tsum tau paub:

- yog teebmeem zoo no, coj kom tus li qub
- xav mus rau qhov yog thiab uv
- nrhiav kev pab ntxiv.

Ibtxwm yog thaum raug puas ntsoog yus yuav zoo li no:

- ntshai ces yoob tag, zoo li loog tag lawm
- chim siab heev yog muaj qhov puas ntsoog lawm
- npau taws thiab meem txom heev
- tsis muaj kev cia siab lawm yog poob ntau dhau
- Rov xav txog tej kev ntshai thiab kev txhawj xeeb qub.

Cov kev xav zoo li no yuav dhau mus tom qab li tsis ntev ntawd.

Yam yuav yog los daws zoo li:

- ibleeg pab ibleeg ntawm yus tsev neeg thiab tej neeg zej zog
- ibleeg pab pliag ibleeg siab
- muaj hauj lwm yeejmeem muab ua kom tag zuj zus
- maj mam qhia tej yus paub thiab qhov yus xav rau lwm tus paub yog tias tsim nyog
- saib xyuas koj thiab tsev neeg lub ces zoo li - noj zaub mov, so kom txaus, ua tawm dag zog (exercise) sib ua luag, (ceev faj txhob hauv caws los sis yeeb).

Muaj ntau leej yeej chim siab heev yog raug zeeg cua zoo li lub Le rij nyuam qhuav dhau no. Neeg feem ntau kuj rov muaj zog zis khov kho li qub tuaj. Li cas los lwm hnuv yus kuj tseem rov xav txog thiab nco zim zuag qhov chim siab thaum ntawd.

Me nyuam yaus:

Ntau cov laus yeej txhawj txog tej me nyuam tsam qhov tshwm sim no yuav ua rau lawv poob siab, nyuaj siab. Cov niam txiv yuav tau nrog me nyuam tham, teb lawv tej lus nug thiab qhia tias qhov ntshai twb dhau lawm.

Tsis txhob cia tej yam duab txaus ntshai tawm hauv TV uas zoo li qub rau tej me nyuam rov pom tsam lawv rov ntshai thiab ntxhov siab tuaj.

Thaum twg thiab zoo nug kev pab ntxiv:

Muaj tej zaus, chim siab los ntawm kev puas tsuaj zoo li no yuav ua yus siab ntsws puas, noj tsis qab pw tsis tsaug mus li.

Yog sijhawm nug lawm yog tias koj:

- pw tsis tsaug zog
- mloog zoo li meem txom thiab chim siab heev
- txhawj tas li xwb
- ua tsis tau dabtsi li, siab plag plas
- ua neej tsis tau li lawm
- cim xeeb tsis tau, ua tsis tau yam niaj hnuv ua tau li
- zoo li ib ce tsis zoo neej li
- ua npau suav phem thiab xav ntsoov txog qhov ntawd xwb
- Muaj mob tshwm sim lwm yam los yog yam mob qub rov mob tuaj, zoo li ua pa txawv lawm, mob plawv thiab plab.

Me nyuam yaus, yog tawm ntawv, coj tsiv, ua nyuaj rau tom tsev kawm ntawv, tsis xa nrog niam txiv nyob, tsis kam mus pw, yuav tsum tau nrhiav kev pab.

Mus nrhiav kev pab:

- Tsis tag li no koj tus kws tshuaj los kuj yog ib qhov chaw zoo mus nrog tham txog kev txhawj xeeb thiab.
- The Queensland Transcultural Mental Health Centre (QTMHC) can give advice and assist with referral to mental health professionals or support groups.

This fact sheet is available in Croatian, English, Greek, Hmong, Italian, Maltese, Punjabi and Tagalog.

Lwm phau ntawv thiab nploog ntawv hais txog tej no los kuj muaj li hauv qab:

- Yuav ua cas thaum muaj kev puas ntsoog (Coping with a disaster - information for times of stress)
- Coping with a disaster - helping children and young people

(Yog xav tau txhais ua lus Hmoob los kuj muaj yog xav tau)

For more information:

For more information, please contact the Queensland Transcultural Mental Health Centre.

Telephone: (07) 3317 1234

Email: QTMHC@health.qld.gov.au

Website: www.health.qld.gov.au/metrosouthmentalhealth/qtmhc/default.asp

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