

Naaiv norm 988 Hnangv Haaix Tengx Duqv Meih



Haix nanv jienv hoic zuqc fai? Haix kuonx hnyiou v nzaux taux haaix laanh mienh dungh meih nzaux heiz fai?

Mv daan meih ganh ndoqc laanh mienh oc. Mborqv finx heuc, juix nzangc, a'fai fie v nzangc fungx gorngv caux **988** hiaax zanc yaac duqv oc – lungh hnoi a'fai lungh muonx yaac longx.

Wangv hen h longc mv hoic ndortv nyaanh, gem mbueix, aengx caux wangv hen h gorngv waac mv hoic ndortv nyaanh cingv.

Lorz taux ninh mbuo se gorngv meih:

- Haix maaih dorngx guaax hnyiou v camv, mv maaih dorngx kauz, a'fai haix ndoqc haic
- Haix oix daix ga'ganh daic – coqc hnamv-taux yaac baac
- Haix oix tengx pong-yiou v doic lorz jauv caeqv nqoi hnyiou v
- Qiemx zuqc gorngv mbuox haaix laanh mienh haix

Mv gunv gorngv sic hlo lomh haaix a'fai faix-fiuv sic yaac duqv oc. Ninh mbuo mbenx ziangx tengx – haaix zanc yaac longc da'faanh meih qiemx zuqc longc.

Hoqc hiuv camv faaux a'fai bieqc online gorngv waac buangh ninh mbuo yiem lorqc njiec 988lifeline.org

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CaIMHSA
California Mental Health Services Authority



Doz-leiz-maac paaiv bun Nquenc zangc dipc nyaanh tengx ziux goux Corngh Zingh Baengc
yiem njiec maaih mbuoz bieqc nzangc sienv jien nyei mienh nqoi nzuih bun nyei gong (Prop. 63)