



SAMHSA
Substance Abuse and Mental Health
Services Administration

Kev Sib Tham Nrog Cov Me Nyuam Yaus

COV TSWV YIM QHIA RAU COV NEEG ZOV, COV NIAM TXIV, THIAB COV XIB QHIA NTAWV RAU THAUM MUAJ TUS KAB MOB SIB KIS

Yam Koj Yuav Tsum Tau Paub Txog

Thaum cov me nyuam yaus thiab cov hluas saib xov xwm hauv TV txog kev sib kis ntawm ib tug kab mob, nyeem xov xwm txog tus kab mob, los sis hnov lwm tus neeg sib tham txog tus kab mob, lawv yeej ntshai, xav tsis tawm, los sis nyuaj siab—tau ib yam nkaus li cov neeg laus. Qhov no yeej muaj tseeb txawm tias lawv nyob deb ntawm thaj chaw sib tham txog kev sib kis tus kab mob thiab yeej tsis muaj feem yuav ua rau muaj mob los xij. Cov neeg hluas muaj kev npau taw thiab ntxhov siab sib txaww dua cov neeg laus. Qee cov yuav pom tshwm sim kiag tam sim ntawd; ho qee cov tsuas pom tshwm sim cov yam ntxwv muaj lub sij hawm nyuaj siab heev rau tom qab ntawd. Xws li cov neeg laus ib txwm tsis paub thaum ib tug me nyuam yaus xav tau kev pab.

Phau ntawv qhia no yuav pab cov niam txwv, cov neeg zov, thiab cov xib fwb qhia ntawv kawm txog qee yam kev tshwm sim los ntawm cov hluas, kev tiv thaiv tau zoo, thiab paub tias nrhiav kev pab txhawb li cas.

Yam Yuav Tshwm Sim Tau thaum muaj ib Yam Kab Mob Sib Kis

Thaum cov me nyuam yaus thiab cov neeg hluas tswj kev ntxhov siab ib txwm pom tshwm sim ntawm cov hluas, kev tiv thaiv tau zoo, thiab paub tias nrhiav kev pab txhawb li cas.

COV ME NYUAM YAUS ME, 0–5 XYOOS

Cov me nyuam yaus me yuav tshwm sim kev npau taws thiab kev ntxhov siab los ntawm kev nqus tus ntiv tes maum xoo los sis lag zis rau saum txhaj yav hmo ntuj. Lawv yuav ntshai muaj mob, ntshai neeg txaww, ntshai qhov txaus ntuj, los sis ntshai dab. Cov me nyuam yaus me ib txwm nyiam nyob nrog ib tug niam los yog txiv, tus neeg zov, los sis tus xib fwb qhia ntawv los sis xav nyob rau ntawm ib lub chaw uas lawv pom tias muaj kev nyab xeeb. Lawv yuav ua rau pom txog lawv qhov kev nkag siab ntawm kev rov qab tshwm sim tus kab mob sib kis rau hauv lawv txoj kev ua si los sis qhia txog cov dab neeg txog tej kab mob sib kis no. Qee cov me nyuam yaus yuav hloov pauv tus xeeb ceem kev noj thiab kev pw. Lawv kuj yuav mob taub hau thiab mob ub mob no uas tsis tuaj yeem piav tau tias mob qhov twg tiag. Yuav tau saib txog lwm cov yeeb yam xws li kev txhoj puab los sis kev coj tus yeeb yam npog cia rau hauv nruab siab, kev nquag txawv heev, kev hais lus nyuaj, thiab kev tsis mloog hais.

- **Cov me nyuam mos thiab Cov me nyuam xyaum mus kev, 0–2 xyoos**, tsis tuaj yeem nkag siab txog tej yam tshwm sim tsis zoo rau hauv lub ntiaj teb no, tab sis lawv paub thaum lawv tus neeg zov muaj kev tu siab. Lawv yuav pib ua rau pom txog tib yam kev xav li lawv cov neeg zov, los sis lawv yuav coj txaww xws li quaj yam tsis muaj laj thawj los sis npog cia hauv nruab siab thiab tsis xav ua si nrog tej khoom ua si lawm.
- **Cov Me Nyuam Yaus, 3–5 xyoos**, tej zaum muaj peev xwm nkag siab txog yam cuam tshuam los ntawm ib tug kab mob sib kis. Yog lawv pom muaj kev tu siab heev los ntawm cov xov xwm hais txog tus kab mob sib kis, lawv yuav muaj teeb meem txog kev yoog raws li yam hloov pauv thiab ua rau yoog tsis tau. Lawv xav tau cov neeg loj nyob puab ntawm lawv pab ntxias kom zoo siab.

COV ME NYUAM YAUS MUS RAU COV HLUAS, 6–19 XYOOS

Cov me nyuam yaus thiab cov neeg hluas nyob rau lub hnub nyoog no yuav pom tshwm sim zoo li ib yam rau qee yam xws li kev npau taws thiab kev ntxhov siab vim ntsig txog kev sib kis ntawm tus kab mob ib yam nkauj li cov me nyuam yaus me thiab. Feem ntawu cov me nyuam yaus me nyob rau lub hnub nyoog no yeej ntsia los ntawm cov niam txiv los sis cov neeg zov. Lawv yuav tso tseg tsis ua lawv cov hauj lwm los tom tsev kawm los sis cov hauj lwm hauv vaj hauv tsev. Qee cov neeg hluas xav zoo li pab tsis tau dab tsu li thiab xav ua phem vim tam sim no lawv nyob rau lub neej uas tsis raug cuam tshuam los ntawm tus kab mob sib kis, los sis nyob rau ntawm thaj chaw uas muaj feem saib xyuas kev noj qab haus huv tiv thaiv cov neeg tawm tsam rau tus kab mob sib kis uas tsis pom tshwm sim rau lwm qhov chaw ntawm lub ntiaj teb no.

- **Cov me nyuam, 6–10 xyoo**, yuav ntshai mus tom tsev kawm ntawm thiab tsis kam ua si nrog cov phooj ywg. Lawv yuav muaj teeb meem txog kev mob siab thiab kawm ntawm tsis tau rau tom tsev kawm. Qee cov me nyuam yaus yuav dhau los ua neeg txhoj puab yam tsis paub tseeb tias yog vim li cas. Los sis lawv yuav coj tus yeeb yam mos dua lawv lub hnub nyoog xws li hais kom lawv niam lawv txiv los sis tus neeg zov pub mov rau lawv noj los sis kho ris tsho rau hnav.
- **Cov hluas thiab Cov Neeg Loj, 11–19 xyoos**, tab tom nyob rau zeeg sij hawm pauv hloov ntawu yam rau lub cev thiab kev xav vim yog nyob rau lawv lub hnub nyoog muaj kev lob hlob. Yog li ntawd tej zaum lawv yuav tswj kev npau taws los ntawm kev hnov tej xov xwm thiab nyem ntawv xov xwm txog tus kab mob sib kis tau nyuaj dua. Cov hluas uas muaj hnub nyoog siab zog yuav tsis kam lees yam tshwm sim ntawm lawv rau lawv tus kheej thiab lawv cov neeg zov. Lawv yuav hais tias "kuv yeej tsis ua li cas" los sis nyob ntsiag to thaum lawv muaj kev chim siab. Los sis lawv yuav yws tias mob ib ce los sis mob ub mob no vim lawv tsis tuaj yeeb txheeb xyuas tau tias lawv dhua dab tsu tiag. Kuj yuav pom tshwm sim qee cov yeeb yam rau ntawm lawv lub cev vim kev npau taws txog tus kab mob sib kis. Qee cov yuav pib sib cav rau tom tsev thiab/los sis rau tom tsev kawm ntawv, tsis pom zoo nrog cov txheeb txheem nqis tes ua los sis feem muaj cai tau hais kom lawv ua raws. Kuj yuav ua rau lawv coj tus yeeb yam tsis zoo xws li kev siv dej siv caww los sis haus yeeb haus tshuaj.

Cov Niam Txiv, Cov Neeg Zov, thiab Cov Xib Fwb Qhia Ntawv Tuaj Yeem Pab Txhawb Cov Me Nyuam Yaus Tswj Kev Xav Ntawm Lawv Li Cas rau Tus Kab Mob Sib Kis

Nrog rau kev pab txhawb tau zoo los ntawm cov neeg loj nyob ze lawv, cov me nyuam yaus thiab cov neeg hluas tuaj yeem tswj kev ntxhov siab ntawm lawv rau tus kab mob sib kis thiab nqis tes saib xyuas kom lawv tus kheej xav zoo thiab tsis muaj mob. Cov tswv yim pab tau zoo tshaj plaws ces ua kom cov me nyuam yaus paub tias lawv muaj neeg txhawj txog, muaj neeg xav sib tham nrog thiab muaj neeg hlub lawv.

- **Mob siab saib xyuas lawv thiab ua tib zoo mloog lawv hais.** Cov niem txiv, cov xib fwb qhia ntawv, thiab lwm cov neeg zov tuaj yeem pab ua kom cov me nyuam yaus hais tawm txog yam lawv xav los ntawm kev sib tham, kev sau ntawv, kev kos duab, kev ua si, thiab kev hu nkauj. Cov me nyuam yaus feem ntawu xav tham txog yam uas ua rau lawv npau taws thiab ua kom lawv ntxhov siab—yog li ntawd cia lawv tham lawv txog tej ntawd. Lees raws qhov kev xav ntawm lawv thiab qhia rau lawv tias nws yeej tsis ua cas txog tej kev xav tu siab, chim siab, los sis ntxhov siab. Kev quaj ib txwm yog yam pab npliag kev ntxhov siab thiab kev tus siab.



- **Cialawv nug cov nqe lus nug.** Nug koj cov me nyuam hluas seb lawv paub txog kev sib kis tawm tus kab mob yog dab tsu. Yam lawv hnov hauv tsev kawm ntawv los sis pom hauv TV yog dab tsu? Sim saib xov xwm hauv TV los sis hauv Internet nrog lawv. Thiab, txhob pub lawv saib ntawu yog li ntawd lawv thiab tsis paub tas li tej xov xwm ceeb toom txog kev sib kis ntawm tus kab mob no. Tsis txhob sib ntev txog kev sib kis ntawm tus kab mob rau hauv tsev neeg los sis rau hauv chav kawm.

- **Kev txhawb ua cov hauj lwm zoo.** Cov neeg loj tuaj yeem pab cov me nyuam yaus thiab cov neeg hluas saib tej yam zoo uas tshwm sim los ntawm kev sib kis tus kab mob. Kev nqis tes pab, cov tsev neeg thiab cov phooj ywg uas mus pab tswj xyuas kev sib kis ntawm tus kab mob, thiab cov neeg uas nqis tes tiv thaiv kev sib kis ntawm tus kab mob rau txhua hom kev muaj mob, piv txvv xws li kev qhia kev ntxuav tes. Cov me nyuam yaus tuaj yeem tswj xyuas kev sib kis ntawm tus kab mob tau zoo dua los ntawm muaj lwm cov neeg pab. Lawv tuaj yeem sau ntawv hais txog kev txhawj thiab hlub tshua mus rau cov neeg uas muaj mob los sis muaj neeg ploj tuag ntawm tsev neeg mus txog rau kev muaj mob; lawv tuaj yeem tsav tsheb mus sau tej khoom siv kho mob thiab xa mus rau ntawm cov chaw raug cuam tshuam.
- **Coj tus qauv saib xyuas tus kheej, teeb lub caij nyooq ua, noj cov pluas mov noj zoo, pw kom tsaus, ua ev xaws xais, thiab ua pa kom tob txhawm rau tswj kev ntxhov siab.** Cov neeg loj tuaj yeem ua rau cov me nyuam yaus thiab cov neeg hluas pom tias muab kev saib xyuas rau lawv li cas. Yog koj tsis muaj mob thiab tsis nyuaj siab, koj yuav tau los pab txhawb rau cov me nyuam yaus uas koj txhawj txog.



Cov Tswv Yim Qhia Sib Tham Nrog Cov Me Nyuam Yaus thiab Cov Neeg Hluas ntawm Pawg Neeg Muaj Hnub Nyoog Sib Txawv Rau Thaum Lub Sij Hawm Muaj Kev Sib Kis Kab Mob

KEV NCO CEEV FAJ! Yuav tau ceev faj txhob yuam cov me nyuam yaus tham txog kev sib kis ntawm tus kab mob los sis txhob hais kom lawv mus koom sib tham txog tej hauj lwm zoo li no. Cov me nyuam yaus feem ntau yeej tham txog kev sib kis ntawm tus kab mob tau yooj yim thiabb qee cov kuj ntshai. Qee cov kuj npau taws thiab ntxhov siab yog lawv tham txog nws, mloog lwm cov neeg tham txog nws, los sis saib cov hauj lwm ntsig txog kev tswj tus kab mob sib kis. Tshem cov me nyuam yaus tawm mus ntawm lawv cov hauj lwm zoo li no, thiab soj qab xyuas cov yeeb yam kev ntxhov siab ntawm lawv.

COV ME NYUAM YAUS ME, 0–5 XYOOS

Cov me nyuam yaus tseem me li no yuav tau pab txhawb ntau txog feem kev xav thiab kev hais lus.

- Saib lawv lub qhov muag thiab maj mam ntxhi, maj mam hais lus yaus thiab siv cov lus uas lawv nkag siab.
- Qhia rau lawv tias koj ib txwm txhawj txog lawv thiab koj yuav muab kev saib xyuas rau lawv, yog li ntawd lawv thiaj xav tias muaj kev nyab xeeb.
- Ua raws li cov hauj lwm niaj hnub npaj ua, xws li kev noj pluas hmo ua ke thiab kev mus pw tib lub caij kom xwm yeem.

COV ME NYUAM HLUAS MUS RAU COV NEEG LOJ, 6–19 XYOOS

Kev txhawb thiab qhuab qhia pawg hnub nyoog ntawm cov me nyuam yaus thiab cov neeg hluas no:

- Nug koj tus me nyuam los sis cov me nyuam yaus uas koj saib xyuas tias yam koj txhawj txog lawv yog dab tsi thiab yam yuav pab lawv tswj tau yog dab tsi.
- Siv cov lus mos los sis tsuas nyob nrog lawv xwb.
- Siv lub sij hawm ntev me ntsis nyob nrog cov me nyuam yaus, txawm tias yuav muaj lub sij hawm luv xwb los xij.
- Yog koj tus me nyuam ntxhov siab heev, zam txhob muab tej hauj lwm hauv tsev rau nws ua li ib hnub los sis ob hnub.
- Hais kom cov me nyuam yaus nrhiav lub sij hawm nyob ntsiag to los sis hais kom lawv sau ntawv txog yam lawv xav los sis kos duab ua si.

Cov Chaw Pab Tau Zoo

Substance Abuse and Mental Health Services Administration (SAMHSA)
(Feem Tswj Xyuas Kev Quav Yeeb Tshuaj thiab Saib Xyuas Kev Nyuaj Siab Ntxhov Plaww)
5600 Fishers Lane -- Rockville, MD 20857
Tus Xov Tooj Hu Dawb: 1-877-SAMHSA-7 (1-877-726-4727)
Email: info@samhsa.hhs.gov
SAMHSA Store: <https://store.samhsa.gov>

SAMHSA Disaster Technical Assistance Center
(Lub Chaw Pab Tswv Ylm Txog Kev Puas Tsuaj ntawm SAMHSA)
Tus Xov Tooj Hu Dawb: 1-800-308-3515
Email: DTAC@samhsa.hhs.gov
Website: <https://www.samhsa.gov/dtac>

Cov Xov Tooj Hu Tau Sai

SAMHSA Tus Xov Tooj Hu Ceev Txog Kev Ntxhov Siab
Los Ntawm Kev Puas Tsuaj
Xov Tooj Hu Dawb: 1-877-SAMHSA-7 (1-877-726-4727)
(Lus As Kiv thiab español)
SMS: Ntaus kab ntawvTalkWithUs xa rau 66746
SMS (español): "Hablamos" al 66746 TTY: 1-800-846-8517
Website (Ntawv As Kiv): <https://www.disasterdistress.samhsa.gov>
Website (español): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

SAMHSA Tus Xov Tooj Hu Ceev Hauv Lub Teb Chaws
Xov Tooj Hu Dawb: 1-800-662-HELP (24/7/365 Cov Ntaub Ntawm Hais Txog Kev Xa Mus Kho Mob sau ua ntawv As Kiv thiab ntawv español)
Website: <https://www.samhsa.gov/find-help/national-helpline>

Child Welfare Information Gateway (Lub Chaw Tshaj Tawn Cov Ntaub Ntaw Pab Txhawb Rau Me Nyuam Yaus)
Xov Tooj Hu Dawb: 1-800-4-A-CHILD (1-800-422-4453)
Website: <https://www.childwelfare.gov/topics/responding/reporting/how>

Cov Chaw Kho Mob

SAMHSA Tus Xov Tooj Hu Ceev Hauv Lub Teb Chaws
Xov Tooj Hu Dawb: 1-800-662-HELP (1-800-662-4357) (24/7 Lus As Kiv thiab español);
TTY: 1-800-487-4889
Website: <https://findtreatment.gov>

Cov Chaw Pab Daws Yam Xav Tau Ntawm Cov Me Nyuam Yaus

Kev Tswj Xyuas rau Cov Me Nyuam Yaus thiab Cov Tsev Neeg
Website: <https://www.acf.hhs.gov>

Lwm Cov Chaw Pab Cuam Ntxiv

Tus Xov Tooj Hu Ceev Tiv Thaiv Kev Tua Tus Kheej Hauv Lub Teb Chaws
Xov Tooj Hu Dawb (Lus As Kiv): 1-800-273-TALK (8255)
Tus Xov Tooj Hu Dawb (español): 1-888-628-9454
TTY: 1-800-799-4TTY (4889)
Website (Ntawv As Kiv): <https://www.suicidepreventionlifeline.org>
(español): <https://suicidepreventionlifeline.org/help-yourself/en-espanol>

Lub Chaws Pab Tswv Xyuas Kev Ntxhov Siab Rau Me Nyuam Yaus Hauv Lub Teb Chaws

Website: <https://www.nctsn.org>

- Hais kom cov me nyuam yaus mus koom cov hauj lwm ua lom zem yog li ntawd lawv thiab tau ncig mus los thiab ua si nrog lwm cov me nyuam.
- Siv lub tswv yim pab txhawb zoo daws koj tus kheej kev npau taw thiab kev ntxhov siab.
- Cia kom cov me nyuam yaus paub tias koj txhawj txog lawv — siv sij hawm ua tej yam tshwj xeeb; saib xyuas kom lawv txhob ua tej yam txaus ntshai.
- Ua xwm yeem raws li cov hauj lwm niaj hnub ua, xws li ua cov hauj lwm kom tiav thiab ua si tua games ua ke.

Thaum Cov Me Nyuam Yaus, Cov Neeg Hluas thiab Cov Niam Txiv, Cov Neeg Zov, los sis Cov Xib Fwb Qhia Ntawv Xav Tau Kev Pab Ntau Ntxiv

Hauv qee kis, cov me nyuam yaus muaj teeb meem tswj xyuas kom dhau rau kev sib kis ntawm tus kab mob, tshwj xeeb mas yog muaj ib tug neeg hlub tab tom nyob los sis tab tom pab tswj xyuas hauj lwm rau hauv ib lub chaw uas muaj neeg muaj mob coob. Sab laj txog kev coj tus me nyuam yaus mus tham nrog ib tug kws npliag kev nyuaj siab ntxov plawv txhawm rau pab txheeb xyuas txog feem tswj xyuas tau nyuaj. Yog ib tug me nyuam muaj ib tug neeg hlub tau ploj tuag, yuav tau sib tham nrog ib tug neeg uas paub los pab txhawb rau cov me nyuam uas muaj kev tu siab no.¹ Nrhiav ib tug kws saib xyuas hauv Cov Chaw Pab Tau Zoo uas nyob ntawm phau ntawv qhia no.

¹ National Commission on Children and Disasters (Pawg Kws Saib Xyuas Cov Me Nyuam Yaus thiab Kev Puas Tsuaj Hauv Lub Teb Chaws). (2010). National Commission on Children and Disasters (Pawg Kws Saib Xyuas Cov Me Nyuam Yaus thiab Kev Puas Tsuaj Hauv Lub Teb Chaws): 2010 tshaj qhia mus rau Tus Thawj Tswj Hwm Kav Teb Chaws thiab Xab Pha Congress (AHRQ Daim Ntawv Luam Tawm nab npawb. 10-MO37). Rockville, MD: Agency for Healthcare Research and Quality (Lub Chaw Saib Xyuas Kev Tsawb Fawb thiab Kev Saib Xyuas Zoo Txog Kev Saib Xyuas Mob Nkeeg). Tau kho los ntawm <http://archive.ahrq.gov/prep/nccdreport/nccdreport.pdf> [PDF - 1.15 MB]

*Nco tseg: Cov ntsiab Ius xaus los sis cov ntaub ntawv hais txog rau hauv phau ntawv no tsis yog kev lees los ntawm Center for Mental Health Services (Lub Chaw Pab Saib Xyuas Kev Nyuaj Siab Ntxhov Plaww), Substance Abuse and Mental Health Services Administration (Feem Tswj Xyuas Kev Quav Yeeb Tshuaj thiab Kev Nyuaj Siab Ntxhov Plaww), los sis U.S. Department of Health and Human Services (Lub Tuam Tsev Hauj Lwm Saib Xyuas Tib Neeg thiab Kev Noj Qab Haus Huv Hauv Teb Chaws Mes Kas).



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