



## Kev pabcuam rau neeg ua haujlwm txog kev nyuab-siab thiab kev nojqab nyobzoo rau lub caij muaj mob COVID-19



Peb lub hlwb txojkev xav, kev nyuab-siab thiab kev nojqab nyobzoo yog ib qhov tshwj-xeeb heev. Peb lub hlwb txojkev xav yog peb lub neej. Tus kabmob COVID-19 thiab lwm yam kev ntxhov-siab tau ua rau peb coob leej ntsib txojkev:

- tsis muaj kev kaj-siab - down
- tsis paub xyov yuav ua zaj twg - confused
- npau-taws - frustrated
- txhawj - anxious
- ntxhov-siab - depressed
- txhawj txog cov kev txawv-txav uas ib sij pauv es tsis paub xyov thaum twg lub neej thiajli yuav rovqab los zoo liqub.

Tus kabmob COVID-19 tau pauv peb feemcoob txojkev ua neej thiab ua haujlwm. Peb tau ntsib ntau yam txawv heev xwsli peb thajchaw nyob losyog peb txoj haujlwm los yeej nphav raug tag tibi. Muaj ib txhia neeg tau pauv los ua haujlwm nyob hauv tsev, tau kawm kev tiv-thaiv tshiab tom chaw ua haujlwm losyog tau pauv kev ua haujlwm thiab kev saib-xyuas tsev neeg rawsli nom-tswv cov kev txwv. Tsis hais tus laus losyog tus hluas, nws tshwj-xeeb heev ntawm txhua leej yuav tau saib-xyuas nyias txojkev xav thiab paub txog cov kev pabcuam uas muaj tshwm-sim los pab rau sawvdaws thaum ntsib kev nyuab-siab ntxhov-plawv. Tejzaum tseem yuav muaj chaw pab nrhiav haujlwm losyog kev pib mus kawm haujlwm tshiab ntxiv tibi.



## Rovqab mus ua haujlwm (*Returning to the workplace*)

Muaj ib txhia neeg nyiam ua haujlwm nyob hauv tsev ces tejzaum twb pib txhawj, yog yuav rovqab mus ua haujlwm hauv chaw ua haujlwm. Muaj ib txhia kuj xav rovqab mus ua haujlwm thiab yeej laj tos txog hnuv yuav rov tau mus ntsib cov phoojywg ua haujlwm uake. Txawm peb yuav xav licas los, peb yuavtsum paub tias, cov tswv-ntiav tau npaj cov kev tiv-thaiv sibkis mob COVID nyob hauv chaw ua haujlwm ntawm txhua leej yuav tau ua raws. Yog leej twg xav paub, mus thov saib tau daim ntawv COVIDSafe plan hauv chaw ua haujlwm.

Muaj ib txhia neeg yog kis tau tus kabmob COVID-19 lawm ces yuav ua rau mob nyhav heev. Yog koj muaj cov kev mob es txhawj-xeeb tias yuav kis tau tus kabmob yoojyim, thov mus sablaj nrog koj tus kws khomob uantej yuav rovqab mus ua haujlwm. Koj yuav tau mus sablaj nrog koj tus tswv-ntiav kom paub xwv lawv thiajli yuav paub txog koj txojkev nojqab nyobzoo thiab nrhiav kev tiv-thaiv rau thaum koj rovqab mus ua haujlwm hauv chaw ua haujlwm.

Cov tswv-ntiav yuavtsum:

- nrog cov neeg ua haujlwm sibtham txog cov them kev ntawm yuav tiv-thaiv kom tsis txhob muaj kev sibkis kabmob COVID-19
- tsis txhob pub neeg coob tuaj ua haujlwm uake rau tib ib lub caij thiab kom lawv nyob sib nrug-deb xwvli kho tej rooj tog kom muaj chawv dav
- hais kom cov neeg ua haujlwm ntxuav tes thiab npaj chaw ntxuav-tes rau lawv
- hais kom cov neeg ua haujlwm nyob hauv tsev yog tsis xis neej
- tu thiab cheb chaw ua haujlwm tsis-so kom du-dais
- npaj qhia rau lawv kom paub saib yuav ua licas thaum muaj neeg mob COVID-19 hauv chaw ua haujlwm lawm.



## Kev caij tsheb ntiav public transport mus ua haujlwm

Sawvdaws yuavtsum nyob sib nrug-deb ntawm lwm tus li 1.5 metres. Yog tias lub tsheb koj yuav caij ntawm muaj neeg coob heev ces yog tos tau, koj yuav tau tos lwm lub. Yog txojkev caij tsheb no yuav ua teebmeem rau koj tuaj ua haujlwm, thov mus sablaj nrog koj tus tswv-ntiav, xwvli saib puas kam cia koj ua haujlwm nyob hauv tsev losyog pib haujlwm ntxov losyog lig zog.

Yog thaum muaj mob COVID-19 sibkis tsawg lawm ces koj tsuas muab ntaub npog qhov-ncauj thaum tawm mus sab-nrauv zoov xwb ho yog nyob zoo ces tsis tas npog los tau.

Nyob rau thaum tseem muaj mob sibkis ntau, koj yuav tau npog qhov-ncauj los tejzaum cov thawjtswj saib kev kuaj mob rau pejxeem yuav hais kom koj rau daim ntaub npog qhov-ncauj. Yog nyob hauv cov tsheb muaj neeg coob heev, koj yuav tau npog qhov-ncauj xwv thiajli pab tiv-thaiv ntxiv rau koj. Mus xyuas ntxiv hauv Tsoomfww lub tsev saib kev kuajmob txojkev npog qhov-ncauj [www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/masks](http://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/masks) mus saib ntxiv hauv Safe Work Australia's website txog kev npog qhov-[www.safeworkaustralia.gov.au](http://www.safeworkaustralia.gov.au) txog kev npog qhov-ncauj hauv chaw ua haujlwm.

## Cov them uas neeg ua haujlwm yuav tau ua raws thiaj nyob ntsib kev nyab-xeeb

Txhua leej, txawm yuav nyob tom chaw ua haujlwm losyog chaw muaj neeg coob, yuavtsum tiv-thaiv kev sibkis kabmob COVID (COVIDSafe):

- ntxuav-tes tsis so
- nyob nrug-deb 1.5 metres ntawm lwm tus yog ua tau
- nyob twjywm hauv tsev yog tsis xis neej
- yog hnov lub cev muaj cov mob zooli tau khaub-thuas losyog Flu, kom mus kuaj mob.

Mus kuajmob thaum tsis xis-neej thiaj yuav pab cov neeg saib kev kuajmob txheeb tau sai thiab nrhiav kev tiv-thaiv kom tsis txhob sibkis mus rau lwm tus.

Yog muaj tus COVIDSafe App cia hauv xovtooj, nws yuav pab cov neeg kuaj mob public health authorities hu tuaj qhia rau koj tau sai yog koj tau mus nyob ze cov neeg muaj mob COVID-19. Txojkev no yuav pab qhia rau koj kom caiv xwv thiaj tsis kis mob mus rau lwm tus neeg zejzog.

## Saib-xyuas koj txojkev xav kev nyuab-siab thiab kev nojqab nyobzoo

Kev saib-xyuas koj tus kheej lub hlwb txojkev xav, kev nyuab-siab thiab kev nojqab nyob zoo yeej tseemceeb sib npaug li koj txojkev nyab-xeeb hauv chaw ua haujlwm. Peb yuav tau kawm cov kev tiv-thaiv tshiab uas peb yeej tsis tau kawm dhau los. Yog tias koj muaj kev txhawj-xeeb, nco ntsoov tias nws muaj ntau qhov chaw muab kev pabcuam rau cov neeg ntsib kev ntshov-siab. Koj mus nrhiav cov chaw nyob tau ntawm cov nqe lus kev pabcuam hauv tsab ntawv no.

Rau cov neeg uas twb ntsib kev nyuab-siab ntshov-plawv lawm, nws tshwj-xeeb ntawm koj yuav tau mus nrhiav kev pab. Kev kho thiab kev saib-xyuas yuav pauv tsis-so vim lino koj yuav tau siv xovtooj thiab ua internet mus nrog koj tsev neeg thiab phoojywg sibtham kom muaj kev sib xaxov.

## Kev sibtham hauv chaw ua haujlwm

Vim muaj ntau yam kev pauv tsis-so, nws tshwj-xeeb ntawm koj yuav tau sibtham nrog koj tus thawjtswj thiab koj pawg neeg ua haujlwm uake. Qhia rau lawv paub tseeb txog koj txojkev txhawj-xeeb uas rovqab tuaj ua haujlwm hauv chaw ua haujlwm losyog txoj haujlwm. Txojkev sibtham no yuav pab kom lawv nkagsiab txog koj qhov teebmeem thiab ua rau kom txojkev sib yoog mus tau zoo.



## Txojkev pauv hauv chaw ua haujlwm

Txojkev pauv yog ib qhov uas sawvdaws yeej tsis nyiam thiab tsis paub tseeb. Qhia rau koj tus kheej tias, nws tsis ua cas yog koj yuav muaj txojkev tsis tshua zoo siab -off balance rau thaum koj thiab cov neeg ua haujlwm uake yuav tau pauv txojkev ua haujlwm nyob tom chaw ua haujlwm. Majmam yoog ua ib hnuv dhau ib hnuv thiab xav tias nws tseem muaj ntau txojkev uas peb yuav tau siv yoog cojlos pab peb cov kev pauv tshiab no.

## Cov kev Routine uas yuav pab koj

Teev ib txojkev routine tshiab los txhawb npaj pab rau koj txojkev rovqab mus ua haujlwm tom chaw ua haujlwm xwv koj thiajli yoog ua tau rawsli txojkev COVIDSafe – kom tsis sibkis mob. Nws yog lub caij zoo rau koj los npaj tej tswyim tshiab pab rau koj txojkev rovqab mus ua haujlwm. Tej tswyim tshiab xwsli kev sib xaxov, kev ua exercise, kev so ua meditation losyog kev nyeem ntawv.

## Npaj kom muaj lub caij rau koj tus kheej

Txojkev mloog tej xovxwm kom koj paub tseeb txog cov kev pauv tshiab kuj yog ib txoj uas sab tsawv. Nws tseemceeb ntawm koj yuavtsum npaj caij kom tau pw txaus, tau ua exercise thiab tau mus haus cua txhawb lub zog ua rau kom koj muaj zog mus daws cov teebmeem uas yuav ntsib.



## Mus nrhiav kev pab - Get support

Yog koj muaj kev txhawj-xeeb, koj yuavtsum mus nrhiav kev pab xwv thiajli yuav pab rau koj rovqab mus ua haujlwm tau sai tshaj qhov uas koj khaws cia. Tejzaum koj yuav mus piav qhia rau koj tsevneeg losyog cov phoojywg los cov kws sablaj los tau tibs vim tias muaj qho lub caij peb yeej xav tau txais kev pab thiab.

## Kev mus cuag -Contacts

### Kev nthuav xov rau cov tswv-ntiav thiab neeg ua haujlwm

**Safe Work Australia:** muaj cov ntaub ntawv sau qhia rau cov tswv-ntiav thiab neeg ua haujlwm thiab muaj phau ntawv tool kits qhia txog kev txhim kho hauv chaw ua haujlwm kom muaj kev nyab-xeeb. [www.safeworkaustralia.gov.au](http://www.safeworkaustralia.gov.au)



### 24/7 services muab kev sablaj thiab pabcuam

**Head to Health:** Tsoomfwm Australian cov kev pabcuam kev nyuab-siab ntshov-plawv hauv xovtooj losyog saum huab-cua (digital mental health), muab kev pab nthuav xov, kev sablaj thiab xa koj mus ntsib cov chaw pab hauv xovtooj thiab hauv huab-cua rau kev nyuab-siab ntshov-plawv – online mental health services uas them nyiaj tsis kim heev: [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

**Beyond Blue:** Kev txawb pab txog kev nyuab-siab thiab kev nojqab nyobzoo txog kabmob Coronavirus, yog kev pabcuam ntau yam txog kev nyuab-siab ntshov-plawv uas pab hauv xovtooj, losyog saum huab-cua losyog sau email

1800 512 348 | <https://coronavirus.beyondblue.org.au/>

**Lifeline Australia:** muab kev pabcuam luv-luv (short-term) rau txhua lub caij thaum koj ntsib teebmeem ti-tes ti-taw (crisis) xwsli ntshov-siab heev thiab nrhiav kev daws tsis tau losyog ntsib kev nyob tsis tau luag. 13 11 14 | [www.lifeline.org.au](http://www.lifeline.org.au)

**Kids Helpline:** muab kev pab sablaj dawb hauv xovtooj thiab saum huab-cua online rau cov luas muaj hnuv nyoo 5 txog 25 xyoo thiab yuav khaws txhua yam lus sibtham zais cia.

1800 55 1800 | [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Suicide Call-Back Service:** muab kev pabcuam rau cov neeg muaj txojkev xav tua nws tus kheej, losyog nyob nrog ib tus neeg uas xa tua nws tus kheej, losyog twb pom dua cov neeg tua nws tus kheej lawm (bereaved by suicide), Lub xovtooj the Suicide Call Back Service yuav pab tau. [1300 659 467](tel:1300659467) | [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**MensLine Australia:** yog muab kev sablaj hauv xovtooj pabcuam rau cov txiv neej. [1300 78 99 78](tel:1300789978) | [www.mensline.org.au](http://www.mensline.org.au)

**Open Arms:** muab kev pabcuam Sablaj rau cov Qub Tub-rog -Veterans thiab lawv Tsevneeg: muab kev pab sablaj, pab khomob dawb thiab pab xa mus ntsib phoojywg tshiab hauv zos rau cov tub-rog, cov qub tub-rog thiab lawv tsevneeg.

[1800 011 046](tel:1800011046) | [www.openarms.gov.au](http://www.openarms.gov.au)

## Kev pabcuam sib ntsib tim-ntsej tim-muag

### Koj tus Kws Khomob - Your General Practitioner

Yog koj tsevneeg losyog koj tus kheej muaj kev ntxhov-siab, thov mus sablaj nrog koj tus Kws Khomob hauv zos, uas yuav yog tus xa koj mus ntsib cov chaw pabcuam txog kev mob nyuab-siab ntxhov-plawv thiab cov chaw uas pab txog lwm yam kev mob.

[www.healthdirect.gov.au/australian-health-services](http://www.healthdirect.gov.au/australian-health-services)

### Kws sablaj - Counsellors

Lub koomhaum The Australian Psychological Society muab kev txhawb pab xa koj mus ntsib cov kws khomob psychologist uas yog hu xovtooj telehealth sibtham nyob hauv koj lub zos. Cov neeg Australia uas muaj cai siv daim Medicare- lawv yuav siv coj mus them kev kuajmob hauv xovtooj tau tibi rau lub caij muaj kabmob coronavirus. Mus tshawb xyuas ntxiv nyob hauv:

[www.psychology.org.au/Find-a-Psychologist](http://www.psychology.org.au/Find-a-Psychologist)

### headspace

headspace muab kev pabcuam pub dawb losyog them nyiaj me-ntsis pub rau cov hluas muaj hnuv nyoog 12 txog 25 xyoos, nrog rau lawv tsevneeg thiab cov phoojywg. headspace muab kev txhawb pab holistic care plaub yam tseemceeb – xwsi tej kev nyuab-siab ntxhov-plawv, kev mob hauv lub cev, kev haus cawv, kev siv yaj-yeeb, kev ntaus phoojywg thiab kev uasi. Mus nrhiav headspace cov chaw nyob hauv nws lub website. [www.headspace.org.au](http://www.headspace.org.au)

### Australian Indigenous Mentoring Experience (AIME)

AIME yog tus program qhia ntawv thiab qhia kev xyaum ua tus qauv-zoo, uas muaj lub homphiaj txhawb pab cov neeg hluas Aboriginal thiab Torres Strait Islander kom nyob kawm ntawv thiab paub muaj txojkev ntsaw (growing their aspirations).

AIME ua ib thajchaw rau cov hluas kawm nyob cov tsev qhia ntawv qhib-siab thiab cov thawjcoj hauv zej zog tuaj muab kev qhuab-qhia ua ib tug qauv-zoo, kev cob qhia mentorship uas muaj nyob rau 33 thajchaw thiab tseem muaj kev qhuab-qhia saum huab-cua online thiab tseem mus koom nrog rau 250 lub tsev qhia ntawv tibsis. <https://aimementoring.com/>

### Positive Partnerships Program

Tus program no qhia txojkev sibkoom tes ntawm cov tsev qhia ntawv thiab cov niam thiab txiv nrog rau cov neeg zov menyua kom txawj qhia ntawv zoo rau cov menyua hno-qauj autism. Nws siv cov kev qhia workshop thiab qhia saum huab-cua online txog cov ntsiab-lus tseemceeb uas siv qhia tamsis no nrog rau cov ntsib lus uas yeej tau raug kev tshawb-fawb tias siv ua tau haujlwm zoo. [www.positivepartnerships.com.au/](http://www.positivepartnerships.com.au/)

## Cov ntaub-ntawv hauv Online

### Student Wellbeing Hub

Lub tsev The Student Wellbeing Hub muab kev pab rau cov menyuam yaus thiab muab kev qhuab qhia hauv online kom haum rau cov xibfwb, niam thiab txiv losyog cov menyuam kawm ntawv nqa koj mus siv. Koj mus nrhiav saib cov kev pab tswv-yim uas sau ua tus ntawv nyeem tau yoojyim ntawm yuav siv koj los pab cov menyuam thiab cov hluas kom tsis txhob muaj jkev txhawj thiab kev ntxhov-siab heev. [www.studentwellbeinghub.edu.au](http://www.studentwellbeinghub.edu.au)

### ReachOut

ReachOut muab kev pab rau cov hluas hnuv nyooq nqi tshaj 25 xyoos uas niaj hnuv ntsib kev txom nyem. Lub website no muaj tej ntaub ntawv thiab twj-taig kev pab rau cov tub-ntxhais kom lawv nkag siab thiab txawj daws teebmeem ib theem zuj-zus thiab paub tswj lawv txojkev nyuab-siab ntxhov-plawv mental health. Lub website no tseem yog ib lub muaj txojkev txhawb pab thiab muaj kev nyab-xeeb rau cov hluas tau tuaj tham pem sib pauv tswvyim nrog cov neeg uas lawv tsis sib paub thiab tsis sib qhia npe txog lawv cov teebmeem ntawm lawv tau ntsib.

[www.au.reachout.com](http://www.au.reachout.com)

### TEN – The Essential Network

Nws yog ib tus App hauv xovtooj txhawb pab rau cov kws saib mob -health professionals ntawm ua haujlwm hauv tsev khomob, hauv tsev laus thiab chaw pab neeg xiam-oob-khab, kom lawv paub txuag thiab tiv-thaiv lawv tus kheej thiab lawv txojkev ua haujlwm rau lub caij muaj mob COVID-19. Mus saib tau ntxiv rau hauv no:

[Download the app for Apple](#) | [Download the app for Android](#)

## Kev txhawb pab haujlwm thiab cov xovxwm information

### National Careers Institute

Muab kev txhawb pab support rau cov hluas kom paub thaum kawm ntawv tiav lawm yuav mus nrhiav yam haujlwm twg ua, mus saib tau ntxiv rau hauv no

[www.nci.dese.gov.au](http://www.nci.dese.gov.au).

### Nrhiav Cov Kev Kawm -Course Seeker

Nws muaj txog 1000 tawm yam kev kawm hauv online losyog hauv tsev qhia ntawv campus uas qhia zoo tiblyam (consistent and comparable) mus saib tau ntxiv rau hauv no:

[www.courseseeker.edu.au](http://www.courseseeker.edu.au).

### Kev Npaj Haujlwm - Career Planning

Kev nthuav xov txog txojkev npaj nrhiav haujlwm, kev ua haujlwm career pathways thiab kev pauv haujlwm tshiab, mus saib tau ntxiv rau hauv no: [www.myfuture.edu.au](http://www.myfuture.edu.au).

### Kev pab tawm tswv yim txog haujlwm - Career Mentoring

Kev nthuav xov Information nyob rau hauv headspace Digital Work and Study Program and Career Mentoring Program muaj kev pabcuam npaj haujlwm, nrhiav haujlwm losyog xa cov tub-ntxhais hluas hnuv nyooq 15-25 xyoo mus kawm ntawv ntxiv – mus saib tau ntxiv rau hauv no: <https://headspace.org.au/our-services/digital-work-and-study-service/>