



Australian Government

Department of Health

Kev saib-xyuas koj txojkev nyuab-siab ntxhov-plawv - Caring for your mental wellbeing

Kabmob Coronavirus ua rau txhua tus ntsib kev nyuab-siab. Nws nphav-raug tag rho cov neeg nyob tebchaws Australia thiab thoob-plaws qab ntuj. Txhua lub tebchaws, txhua haiv neeg nyob thoob ntiaj teb los yeej tau txhim kho lawv lub neej kom sibpab tiv-thaiv tus kabmob virus kom tsis txhob muaj kev sibkis xwv sawvdaws thiaj nyob ntsib kev nyab-xeeb.

Tus kabmob coronavirus tau ua rau peb coob leej ntsib kev txhawj-xeeb, nyuab-siab losyog khosiab. Tejzaum nej yuav muaj kev txhawj-xeeb txog tsevneeg thiab tej phoojywg uas nyob nej lub qub tebchaws. Nws tshwj-xeeb uas peb txhua leej txhua tus yuav tau saib-xyuas peb txojkev xav thiab kev nyuab-siab ntxhov-plawv, tibyam li peb saib-xyuas peb txojkev nojqab haus-huv rau lub caij muaj kabmob no.

Tejzaum koj yuav pom tias uacas koj tus kheej yuav npau-taws thiab muaj kev txhawj heev losyog koj pom txojkev txawv no nyob ntawm lwm tus xwvli:

- Nyuab-siab losyog txhawj-xeeb heev.
- Ntsoos-ntsoos, koj tus kheej muaj kev chim-taus tsis zoo li tus qub.
- Pw tsis tsaug-zog losyog nyob tsheej tag hmo dab-ntub tsis tuaj.
- Koj lub cev poob/nce kilo losyog tsis qab-los noj dabtsi.
- Muaj kev txhawj heev thiab zooli kev ua neej ib hnuv dhau ib hnuv mas nyuab heev.

Tejzaum muaj ib txhia neeg yuav ntshai mus tham qhia lawv txojkev nyuab-siab rau lwm tus ib tsam lawv ho xav tias yus vwm. Tabsis qhov-tseeb tiag ces tamsis no, cov neeg pejxeem hauv-zos coob-coob leej yeej ntsib tib txojkev xav lino.

Mus cuag cov neeg koj ntseeg-siab thiab tham qhia rau lawv mloog. Kev hu xovtooj, ua video losyog xaxov saum huab-cua mus nrog yus tsev neeg los tej txheeb-ze sibtham yog ib qhov yuav pab ua rau koj tsis txhob xav ntau. Tham qhia koj txojkev ntxhov-siab rau lawv thiab hais kom lawv ho tham lawv txojkev ntxhov-siab rau koj mloog.

Txojkev saib-xyuas kom muaj kev nojqab haus-huv yog qhov zoo rau koj txojkev xav thiab lub cev. Sim npaj cov kev routine ua haujlwm kom nyob-zoo tibyam. Ua tus neeg kom cus-plaws xwvli mus taug-kev uasi sab nraum-zoov, mus ncab lub cev tom tej tiaj uasi losyog hauv tsev. Pw kom txaus, noj zaub mov kom zoo xwvli noj txiv-hmab, txiv ntoo thiab zaub kom ntau, thiab noj cov khoom txom-ncauj thiab haus dej qab-zib kom tsawg.

Nws muaj cov kev pab - Help is available

Nws tsis uacas yog koj xav tau txais kev pab sablaj saib yuav ua licas rau koj lub neej nyuab-siab tamsis no. Mus tham qhia koj tej kev ntxhov siab rau koj tsevneeg, tej phoojywg losyog koj tus kws khomob GP losyog lwm tus kws khomob uas koj ntseeg-siab kom lawv pab xyuas saib yuav muaj kev pab licas ntxiv rau koj.

Tshooj ntxiv no, koj yuav hu xovtooj mus tham dawb thiab tham lub caij twg los tau, nrog cov kws sabljaj counsellor hauv chaw Pab-cuam kev Nyuab-siab Ntxhov-plawv txog Coronavirus - (the Coronavirus Mental Wellbeing Support Service) uas xovtooj yog **1800 512 348** los tau tibs. Yog xav tau neeg txhais-lus pab dawb -confidential interpreter, thov hu rau **131 450** thiab qhia yam lus koj hais. Ces koj mam hais kom tus neeg txhais-lus txuas xovtooj rau koj tham nrog lub chaw-pab kev nyuab-siab ntxhov-plawv txog Coronavirus -the Coronavirus Mental Wellbeing Support Service.

Tsis yog tias txhua leej yuav zoo mus tham nws txojkev nyuab siab rau lwm tus mloog thaum sib ntsib tim-ntsej tim-muag. Yog koj txaj-muag tham ces koj mus xyuas hauv cov websites uas muaj kev nthuav-xov, losyog siv cov Application thiab program ntawm muab kev sabljaj saum huab-cua online forums losyog hu xovtooj, hu webchat/xaxov text thiab sau ntawv email mus tham nrog cov kws sabljaj thiab khomob los tau tibyam.

Mus xyuas hauv lub chaw-pab Head to Health lub website headtohealth.gov.au uas muaj kev tshaj-xov, kev sabljaj thiab muaj kev xa koj mus ntsib cov kws sabljaj txog kev nyuab-siab ntxhov-plawv hauv xovtooj thiab saum huab-cua, ntawm tus nqi tsis kim heev. Tshooj ntxiv no lawv tseem yuav qhia koj mus nrhiav cov ntaub-ntawv kev pab uas sau ua koj yam lus tibs.