



FOX VALLEY RECOVERY LIBRARY

Mus Tom Ntej

Txoj Kev Rov Zoo Ntawm Lub Siab Tom Qab Kev Puas Tsuaj

PHAU NTAWV QHIA KEV ROV ZOO NTAWM LUB SIAB UAS SIV TAU NTEV
Hloov tshiab Lub Yim Hli 2026

Sijhawm yog ib feem ntawm kev rov zoo

Ib yam uas tsis muaj leej twg muab ntxiv rau lwm tus thaum rov zoo yog sijhawm.
Tab sis peb muab tau chaw rau ib leeg siv lub sijhawm uas peb muaj.

Pib ntawm qhov chaw uas koj nyob. Hwm koj txoj kev rov zoo. Hwm lawv txoj kev thiab.
Mus tom ntej.

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Hais txog phau ntawv qhia no

Kev rov zoo tom qab kev puas tsuaj yooj yim pom thaum nws yog tej khib nyiab, tsev puas, insurance claims, chaw nyob ib ntus, pab pawg tu vaj tu tsev, thiab kev kho. Tab sis qee feem ntawm kev rov zoo tsis tshua pom.

Tib neeg kuj tab tom rov zoo thiab.

Kev puas tsuaj yuav cuam tshuam kev ua neej txhua hnuv, kev sib raug zoo, cov phiaj xwm, tej chaw uas paub, thiab tej yam uas yav tas los ua rau ib hnuv zoo li ib hnuv qub. Cov neeg uas dhau tib qho xwm txheej yuav teb txawv heev, thiab lawv cov kev xav kuj yuav hloov raws sijhawm. Tsis muaj ib txoj kev xav xwb uas yog txoj raug rau kev rov zoo tom qab kev puas tsuaj.

Phau ntawv no yog rau cov neeg raug kev puas tsuaj ncaj qha, tsev neeg thiab phooj ywg uas nrog lawv, cov neeg nyob ze uas xav pab, thiab cov volunteers uas muab lawv lub sijhawm thiab zog rau zej zog uas tab tom rov zoo.

Lub tswv yim tseem ceeb

Hwm koj txoj kev rov zoo. Hwm lawv txoj kev thiab. Koj tsis tas yuav rov zoo raws lwm tus lub sijhawm. Tus neeg nyob ntawm koj ib sab kuj tsis tas.

Yuav siv phau ntawv no li cas

Nyeem yam uas pab tau koj tam sim no. Yam tsis pab, cia tseg. Rov qab los nyeem dua tom qab yog tias muaj ib yam pib tsim nyog rau koj.

Cov kev xyaum hauv phau ntawv no yog cov kev xaiv uas koj sim tau, tsis yog lus txib. Koj yuav pom cov lus xws li "koj yuav sim tau," "qee tus neeg pom tias," thiab "yog tias koj xis siab." Tsis muaj ib txoj kev ua pa, routine, grounding practice, kev sib tham, taug kev, sau journal, lossis lwm yam cuab yeej uas ua haujlwm zoo ib yam rau txhua tus.

Kev txwv tseem ceeb txog kev noj qab haus huv thiab kev nyab xeeb

Phau ntawv no muab ntaub ntawv kawm dav dav txog kev rov zoo ntawm lub siab thiab stress tom qab kev puas tsuaj. Nws tsis kuaj lossis kho medical lossis mental-health condition thiab tsis hloov medical care, mental-health care, crisis care, legal advice, lossis lwm professional guidance uas tsim nyog.

Koj txoj kev rov zoo tsis yog ib qho xeem uas koj yuav tsum dhau.

Yog ib yam hauv phau ntawv no tsis pab koj, cia tseg.

1. Pib ntawm qhov chaw uas koj nyob

Tsis yog qhov chaw uas lwm tus nyob.

Tsis yog qhov chaw uas koj xav tias koj yuav tsum nyob.

Tsis yog qhov chaw uas koj nyob ua ntej kev puas tsuaj.

Qhov chaw uas koj nyob hnuv no.

Tom qab kev puas tsuaj, tib neeg yuav pom kev hloov hauv kev pw tsaug zog, kev tsom siab, zog, qab los noj mov, kev ua siab ntev, kev xav, lossis txoj kev hnov tias nyab xeeb. Qee tus ntshov siab lossis tu siab. Qee tus chim yooj yim. Qee tus sab heev lossis hnov zoo li tsis muaj kev xav. Qee tus xav tham tas li. Lwm tus tsis xav tham txog qhov xwm txheej kiag li.

Thiab qee tus yuav xav tsis thoob tias lawv tseem hnov zoo li ib txwm.

Txawv tsis txhais tias yuam kev

Cov kev xav muaj zog tom qab kev puas tsuaj tsis yog ib leeg txaus los qhia tias koj muaj mental-health condition. Kev xav txawv ntawm ib tug mus rau ib tug thiab hloov tau raws sijhawm.

Ib tsev neeg tej zaum yuav poob yuav luag txhua yam. Lwm tsev neeg tej zaum muaj kev puas tsuaj ntawm lub tsev tsawg dua, tab sis tseem muaj kev ntshai, kev cuam tshuam, teeb meem nyiaj txiag, lossis txoj kev hnov tias lub tsev tsis nyab xeeb li qub lawm.

Ib tug neeg yuav zoo siab tias tsev neeg nyab xeeb thiab tseem quaj ntsuag yam uas ploj. Ib tug yuav paub tias lwm tus raug hnyav dua thiab tseem nyuaj siab. Lwm tus tej zaum npaj luag, ua haujlwm, rov txhim kho, lossis mus tom ntej sai dua cov neeg nyob ib puag ncig.

Tsis tas yuav muab kev mob sib piv ua ntej cia nws tseem ceeb.

Koj tsis tas yuav yuam kom koj muaj ib hom kev xav

- Koj tsis tas yuav quaj vim lwm tus xav tias koj yuav tsum quaj.
- Koj tsis tas yuav rov qhia zaj dab neeg ntau zaus.
- Koj tsis tas yuav hnov ua tsaug txhua lub sijhawm vim tej zaum qhov xwm txheej yuav phem dua tau.
- Koj tsis tas yuav nrhiav ib zaj kawm lossis yuam koj tus kheej kom "nyob ruaj khov."
- Koj tsis tas yuav saib pom tseeb tias tseem raug cuam tshuam kom qhia tias qhov uas tshwm sim tseem ceeb.

Ib qho chaw yooj yim pib

Thaum txhua yam zoo li loj dhau, koj yuav nug tau:

- Yam twg xav tau kuv txoj kev saib xyuas hnuv no?
- Yam twg tos tau?
- Yam twg nyob hauv kuv txoj kev tswj?
- Leej twg yuav pab yam uas tsis nyob hauv kuv txoj kev tswj?

Ib hnuv ntawm kev rov zoo tsis tas yuav nqa tag nrho txoj kev rov zoo.

2. Sijhawm yog ib feem ntawm kev rov zoo

Tsis muaj ib lub sijhawm qauv rau kev rov zoo ntawm lub siab tom qab kev puas tsuaj. Cov kev xav yuav nqis, rov los, hloov, lossis tshwm tom qab qhov xwm txheej ceev dhau lawm. Tej yam uas ua rau nco txog kuj yuav coj kev xav rov los yam tsis tau xav txog.

Tej yam uas ua rau nco txog tej zaum yog tej yam niaj hnub

Ib yam uas ua rau nco txog tej zaum yog...	Thiab tej zaum yuav tshwm tom qab
• Weather warning lossis siren • Ib qho suab lossis ntxhiab tshwj xeeb • Tsav dhau ib qho chaw puas • Insurance paperwork	• Hnub uas qhov xwm txheej rov txog xyoo • Lwm qhov cua daj cua dub • Lwm tus zaj dab neeg • Ib hnub nyuaj tom qab ob peb hnub zoo

Ib hnub nyuaj tsis txhais tias koj rov qab mus rau qhov pib.
Kev rov zoo tsis ntsuas los ntawm ib txoj kab uas du txhua lub sijhawm.

Tsis muaj leej twg pub sijhawm rau lwm tus tau

Cov neeg nyob ze nqa zaub mov tau. Volunteers pab tshem khib nyiab tau. Phooj ywg pab saib menyuum lossis thauj mus los tau. Cov kws tshaj lij muab kev paub thiab kev saib xyuas tau. Cov koom haum pab daws teeb meem tiag tiag tau.

Tab sis tsis muaj leej twg muab tau peb lub hlis ntawm kev kho siab rau lwm tus.

Sijhawm yuam tsis tau. Sijhawm ua qauv ib yam rau txhua tus tsis tau.
Yam uas cov neeg ib puag ncig muab tau yog chaw - chaw xav, nres, txiav txim tom qab, quaj ntsuag, hnov zoo, lossis hloov siab.

Mus tom ntej tsis yog hnov qab

Kev rov zoo tsis tas yuav txhais tias yuav rov tsim lub neej kom zoo nkaus li tsis tau muaj kev puas tsuaj. Tsis muaj txoj kev rov qab mus rau lub sijhawm uas qhov xwm txheej ntawd tsis tau tshwm sim. Muaj txoj kev mus tom ntej.

Mus tom ntej tsis txhais tias koj pom zoo rau qhov uas tshwm sim. Tsis txhais tias hnov qab. Tsis txhais tias yuav tsum nrhiav ib lub hom phiaj zais hauv kev txom nyem. Thiab tsis tas yuav hloov kev ploj mus ua ib zaj txhawb siab.

Pib ntawm qhov chaw uas lub neej nyob tam sim no.
Mus tom ntej txhais yooj yim tias lub neej txuas ntxiv ntawm qhov chaw uas koj nyob tam sim no.

3. Muab chaw rau koj tus kheej

Cov hnuv tom qab kev puas tsuaj yuav muaj kev kub siab txiav txim siab ntau heev: insurance calls, repair estimates, cleanup, haujlwm, tsev kawm, chaw nyob, lus nug hauv tsev neeg, volunteers, forms, messages, thiab tib neeg nug tias koj xav ua dab tsi tom ntej.

Qee zaum qhov uas pab tshaj tsis yog txiav txim dua ib qho. Yog tso sijhawm me ntsis.

Tsis yog txhua yam yuav tsum ua hnuv no

Thaum kev nyab xeeb tam sim ntawd thiab tej yam tseem ceeb twb raug saib xyuas lawm, koj yuav nug tau tias qhov kev txiav txim no puas yuav tsum ua tam sim no tiag. Qee yam yuav tsum ua ceev. Lwm yam yuav nyab xeeb thiab meej dua thaum muaj sijhawm txheeb xyuas, xav, thiab nkag siab qhov kev xaiv.

Koj muaj cai hais tias:

- "Tsis yog hnuv no."
- "Kuv xav txog qhov ntawd tso."
- "Thov cia qhov ntawd nyob ntawd tam sim no."
- "Kuv xav tham nrog kuv tsev neeg ua ntej."
- "Hnuv no peb ua txaus lawm."
- "Ua tsaug, tab sis kuv xav tau chaw me ntsis."

Kev teeb ciam tsis rhuav tshem kev ua tsaug. Kev tos ib pliag tsis txhais tias koj tsis kam rov zoo.

Ua kom qhov tom ntej me dua

Tsis txhob nug tias, "Kuv yuav rov zoo ntawm tag nrho qhov no li cas?" Sim nug tias, "Yam tom ntej uas yeej yuav tsum ua yog dab tsi?"

Ib yam uas tswj tau	Ces mam txiav txim yam tom ntej
• Hu ib qho call • Noj ib yam • Nrhiav khaub ncaws rau tag kis • Sau ib lo lus nug	• Thov kev pab rau ib txoj haujlwm • Zaum nraum zoov kaum feeb • Muab ib daim ntawv khaws • Mus pw

Koj muaj cai nres

Feem ntau tseem yuav tshuav haujlwm thaum koj nres hnuv ntawd. Qhov ntawd tsis txhais tias kev nres yog yuam kev. Tej sijhawm niaj hnuv kuj muaj chaw hauv kev rov zoo thiab - ib pluas mov qab, ib qho TV show, ib zaj tso dag, menyuam ua si, lossis ib teev uas tsis muaj leej twg tham txog kev puas tsuaj.

- Kev so tsis yog thim tawm ntawm kev rov zoo.**
Qee zaum kev so yog ib feem ntawm kev rov zoo.

4. Qee yam uas koj yuav sim tau

Tsis muaj ib txoj kev uas pab txhua tus hnov zoo dua. Cov no yog kev xaiv siv tau uas los ntawm cov lus qhia paub zoo txog kev puas tsuaj thiab kev tswj stress. Sim yam uas zoo rau koj. Yam tsis pab, cia tseg.

Nco ntsoov qhov uas nyob ntawm no tam sim no

Yog koj txoj kev xav raug rub mus rau qhov uas tau tshwm sim lossis qhov uas tej zaum yuav tshwm, koj yuav txhob txwm pom qhov tam sim no: ntsia ib puag ncig thiab pom yam koj pom, mloog tej suab, hnov qhov chaw uas koj ko taw lossis lub cev kov pem teb lossis lub rooj zaum, thiab hais rau koj tus kheej tias koj nyob qhov twg thiab dab tsi tab tom tshwm tam sim no.

Sim ua pa qeeb dua

Qee tus neeg pom tias ua pa qeeb thiab xis pab tau. Koj yuav cia ua pa raws li qub thiab cia qhov tso pa tawm ntev thiab maj mam dua. Tsis txhob yuam ua pa. Yog tsom rau kev ua pa ua rau tsis xis lossis kiv taub hau, nres thiab siv lwm yam cuab yeej.

Lwm yam uas koj yuav sim tau: cyclic sigh

Ua ib pa nkag xis. Ua ib pa nkag ntxiv me dua. Ces tso pa tawm maj mam thiab kom tag. Koj yuav rov ua tus qauv no maj mam yog tias xis rau koj.

Lus pov thawj: Ib txoj kev tshawb fawb randomized xyoo 2023 nrog cov neeg laus noj qab haus huv pom tias kev xyaum cyclic sigh txhua hnub muaj txiaj ntsig rau mood thiab respiratory rate. Qhov ntawd tsis yog kev sim kho kev puas siab ntsws tom qab kev puas tsuaj, thiab phau ntawv no tsis muab txoj kev no ua kev kho trauma, PTSD, anxiety disorders, lossis lwm yam mob.

Ua kom ib yam tswj tau

Sau txoj haujlwm tom ntej cia es tsis txhob tuav kaum txoj haujlwm hauv taub hau. Thov kom ib tug pab ib qho call. Xaiv ib chav. Teb ib email. Daws ib qho teeb meem. Ces mam txiav txim yam tom ntej.

Rov qab mus rau tej routine niaj hnub thaum koj ua tau

Koj yuav maj mam rov qab mus rau pluas mov, sijhawm pw, kev txav lub cev nyab xeeb, tej haujlwm paub, nyob nraum zoov, tsiaj, hobbies, haujlwm, tsev kawm, lossis tej kab ke hauv tsev neeg uas niaj hnub ua.

Sib txuas thaum kev sib txuas pab

Koj yuav tham nrog ib tug uas koj ntseeg. Koj yuav zaum nrog ib tug yam tsis tham txog kev puas tsuaj li. Koj yuav thov kev pab tiag tiag rau ib txoj haujlwm. Koj kuj yuav xaiv nyob ib leeg ib ntus. Kev sib txuas muaj nqis, tab sis kev sib txuas tsis yuam kom koj qhia txhua yam.

Qee zaum tawm ntawm kev puas tsuaj ib ntus

Yog xov xwm rov qab, duab, social media, lus xaiv, lossis kev sib tham txog kev rov zoo ua rau koj ntxhov siab ntau dua, koj yuav xaiv ib co sijhawm muab lawv tua lossis tso tseg.

Ib qho cuab yeej tsis yog ib txoj cai yuam. Yog ib yam pab, khaws siv. Yog tsis pab, cia tseg.

5. Hwm lawv txoj kev rov zoo thiab

Tib neeg yuav dhau tib qho xwm txheej tab sis hnov thiab paub nws txawv. Qhov ntawd suav nrog cov neeg nyob hauv tib lub tsev.

Ib tug tej zaum yuav...	Lwm tus tej zaum yuav...
• Xav rov txhim kho tam sim • Khaws duab ntawm kev puas tsuaj • Xav kom volunteers nyob ib puag ncig • Xav tham	• Tsis paub puas xav nyob ntxiv • Tsis xav pom cov duab dua • Xav tau privacy • Xav tau ntsiag to

Kev txhawb tsis yuam kom lwm tus rov zoo raws li koj yuav ua.

Tsis txhob yuam kom qhia zaj dab neeg

Koj yuav nyob ntawd pab yam tsis txhob nug tob dhau. Qee txoj kev pab tom qab kev puas tsuaj uas paub zoo qhia kom mloog yam tsis txhob yuam tib neeg piav txog tej kev paub lossis kev xav uas lawv tsis xav tham.

Ib lo lus nug yooj yim

"Kev tham puas yuav pab, lossis koj xav nyob ntsiag to me ntsis?" Ces txais ob qho lus teb tib si.

Menyuam kuj yuav qhia kev rov zoo txawv thiab

Menyuam cov kev xav yuav txawv raws hnuv nyoog thiab rov tshwm thaum muaj ib yam ua rau lawv nco txog kev puas tsuaj. Koj yuav muab sijhawm rau lawv tham yam tsis yuam, teb lus nug yooj yim thiab ncaj, kho cov lus tsis tseeb uas ua rau ntshai, piav yam uas paub txog qhov tom ntej, thiab rov mus rau routine paub thaum ua tau.

- Qhia rau xibfwb lossis tus saib xyuas tias tsev neeg tab tom rov zoo tom qab kev puas tsuaj thaum qhov ntawd yuav pab lawv txhawb tus menyuam.
- Ua tib zoo txog kev rov saib duab/video txog kev puas tsuaj thiab kev sib tham uas menyuam hnov tau.
- Nco ntsoov tias ib tug menyuam yuav xav tham ntau zaum thaum lwm tus tsis xav tham li.

Tsev neeg tsis tas yuav muaj tib lub sijhawm rau kev xav

Cov khub yuav mus txawv ceev. Menyuam thiab cov laus yuav mus txawv ceev. Cov txheeb ze deb dua yuav nkag siab qhov ploj txawv. Qhov no yuav tsim kev tsis sib haum txawm tias txhua tus yeej hlub thiab saib xyuas.

Lawv txoj kev xav tsis tas yuav tsim nyog rau kuv kom lawv tsim nyog tau txais kev hwm.

6. Pab yam tsis txhob txeeb kev tswj

Kev xav pab sai tom qab kev puas tsuaj yog ib qho zoo tshaj uas zej zog muab tau. Tab sis ib tug neeg uas nyob hauv nruab nrab ntawm kev pab ntau kuj yuav nyob hauv nruab nrab ntawm kev txiav txim ntau thiab.

Lub siab zoo tsis tshem qhov xav tau kev tso cai.

Ua ntej txav, muab pov tseg, ntxuav, thaij duab, kho, lossis nkag rau chaw ntiag tug, nug.

Yam uas ib tug pom zoo li khib nyiab tej zaum yog ib yam khoom, ib qho kev nco, pov thawj rau insurance claim, lossis tsuas yog ib yam uas tus tswv tseem tsis npaj kov.

Pab raws qhov ceev uas tus neeg koj pab npaj tau

Kev muab kev pab meej thiab tshwj xeeb yuav txo lub nra ntawm kev tswj txhua tus neeg lub siab zoo.

Tsis txhob...	Koj yuav muab kev pab li no...
• "Qhia kuv yog xav tau dab tsi." • Tuaj nrog ib txoj phiaj xwm uas tus neeg nyob hauv tsis tau thov • Xav tias cleanup tsis muaj kev cuam tshuam rau lub siab	• "Kuv nga tau hmo Thursday. Qhov ntawd puas pab?" • "Kuv saib menyuam tau thaum koj ntsib adjuster." • "Koj puas xav kom kuv pab thaij duab qhov no ua ntej txav?"

Hwm lo lus "tsis tau tam sim no"

"Kuv tsis paub" yog ib lo lus teb. "Thov cia nws nyob ntawd" yog ib lo lus teb. "Tsis yog hnuab no" yog ib lo lus teb. Ib tug neeg tsis tshuav nuj nqis yuav tsum txiav txim tam sim ntawd tsuas vim volunteers muaj sijhawm tam sim no.

Tiv thaiv kev ceev ntiag tug

Tsis txhob xav tias lwm tus lub tsev puas, khoom, kev sib tham, ntawv, tsev neeg qhov xwm txheej, lossis kev xav yog yam tsim nyog muab tso rau social media. Nug ua ntej thaij duab lossis faib. Kev rov zoo yuav tsum tsis txhob ua rau ib tug poob kev tswj ntawm nws zaj dab neeg.

Rov qab los tom qab

Nthwv kev pab thawj zaug tseem ceeb heev. Nthwv thib ob kuj tseem ceeb. Tsis yog txhua tus paub yam lawv xav tau hauv thawj ob peb hnuab. Qee zaum qhov kev pab muaj nqis tshaj tuaj tom qab cov neeg coob twb mus tsev lawm.

Kev pab kuj suav nrog muab chaw.

Qee zaum kev tsis kub siab ntau yog ib hom kev saib xyuas.

7. Rau cov neeg pab: Rov ntxiv zog thiab tso kev ntxhov tawm

Kev pab tom qab kev puas tsuaj muaj peev xwm muaj nqis heev. Nws kuj ua rau lub cev thiab lub siab sab heev. Cov lus qhia txog disaster response lees paub tias responders thiab volunteers yuav tsum saib xyuas lawv txoj kev noj qab haus huv, ciam, sijhawm so, kev txhawb, thiab kev rov zoo ntawm txoj haujlwm nws tus kheej.

ZeJ zog xav tau cov neeg uas kam pab.
Thiab zej zog kuj tau txiaj ntsig thaum cov neeg ntawd tiv thaiv lawv lub zog thiab peev xwm.

ROV NTXIV ZOG	TSO KEV NTXHOV TAWM
• Pw - muab sijhawm tiag tiag rau koj tus kheej so. • Zaub mov thiab dej - tsis txhob cia kev pab ua rau koj hla tej yam tseem ceeb tas hnuv. • Sijhawm so - so ua ntej kev sab yuam koj. • Txav lub cev - ncab, taug kev, lossis txav raws txoj kev uas nyab xeeb rau koj. • Kev sib raug zoo - siv sijhawm nrog cov neeg uas paub koj tshaj qhov uas koj yog volunteer. • Kev lom zem niaj hnuv - nkauj, mov, tsiaj, hobbies, luag, TV, ntsiag to, sijhawm tsev neeg. • Sijhawm tawm - tawm ntawm qhov chaw rov zoo qee zaum.	• Taug kev ntsiag to. • Ncab, da dej, thiab hloov khaub ncaws thaum txog tsev. • Zaum nraum zoov lossis mloog nkauj. • Tham nrog ib tug uas koj ntseeg. • Sau cov haujlwm tsis tau tiav kom tsis txhob rov xav tas hauv taub hau. • Siv kev ua pa xis yog qhov ntawd pab koj. • Siv sijhawm deb ntawm disaster news thiab social media. • Ua ib yam niaj hnuv kiag li - lossis tsuas nyob ntsiag to.

Paub thaum hnuv no txaus lawm

Koj yuav pom tias sab heev, tsum tsis tau, chim yooj yim, pw tsis zoo, nyob deb ntawm kev xav, lossis nyuaj zuj zus tso txoj haujlwm tseg thaum mus tsev. Qhov ntawd tsis txhais tias koj ua tsis tiav. Tej zaum txhais tias koj xav tau so, hloov assignment, tawm ib ntus, kev txhawb, lossis tham nrog ib tug kws tsim nyog pab.

Muab kev tso cai rau koj tus kheej kom muab txoj haujlwm rau lwm tus.
Yuav luag txhua zaus tseem muaj lwm ceg, lwm lub nra, lwm call, lwm tsev neeg, lwm qhov xav tau. Muaj ib lub sijhawm koj muaj cai hais tias: "Hnuv no kuv ua tau npaum no lawm. Cia lwm tus nqa ib ntus."

Kev so hnuv no tej zaum yog yam uas cia koj rov pab tau tag kis.

8. Thaum qhov kev kub ntxhov pib nqis

Cov hnuv thaum ntxov tom qab kev puas tsuaj yuav coj kev saib xyuas ntau heev. Volunteers tuaj. Tib neeg nga zaub mov. Donations tshwm. Cov koom haum npaj ua haujlwm. Cov neeg nyob ze saib xyuas ib leeg. News crews tshaj xov xwm txog kev puas tsuaj.

Ces lub neej niaj hnuv pib hu tib neeg mus rau lwm qhov chaw.

Kev pab uas pom tau yuav hloov	Thaum kev rov zoo tseem txuas ntxiv
- Haujlwm rov pib - Volunteers pib sab - Temporary operations kaw - Media attention txav mus lwm qhov	- Insurance tseem txuas ntxiv - Repairs tseem txuas ntxiv - Temporary housing tseem txuas ntxiv - Tsev kawm, haujlwm, nyiaj txiag, pw, thiab tsev neeg lub neej tseem txuas ntxiv

Tsis tshua pom tsis txhais tias tiav lawm.
Kev rov zoo yuav txuas ntxiv ntev tom qab kev puas tsuaj tsis yog xov xwm lawm.

Volunteers tsis tas yuav ua kom kev rov zoo tiav thaum pab pawg coob tseem nyob

Tej zaum muaj kev xav muaj zog tias txhua yam yuav tsum ua tiav thaum tib neeg thiab khoom siv tseem nyob. Qee yam ceev. Qee yam tsis ceev. Kev pab zoo kuj suav nrog muab sijhawm rau cov neeg nyob hauv kom txiav txim tom qab.

Zej zog tseem pab tau hauv lwm yam kev

Kev rov zoo tom qab tej zaum yuav xav tau chainsaws tsawg dua thiab kev ua siab ntev ntau dua.

- Ib qho kev thauj mus.
- Pab saib menyuam.
- Ib puas mov.
- Pab nkag siab cov ntawv.
- Ib qho contractor recommendation.
- Ib tav su ntsiag to.
- Nco txog hnuv uas qhov xwm txheej rov txog xyoo.
- Rov nug dua tias: "Tam sim no nej li cas lawm?"

Nco ntsoov nthwv kev pab thib ob.
Qee zaum kev pab uas muaj nqis tshaj pib tom qab thawj nthwv coob dhau lawm.

9. Thaum kev txhawb ntxiv tej zaum yuav pab

Kev saib xyuas tus kheej thiab kev txhawb ntawm zej zog muaj nqis. Tab sis tsis hloov professional care thaum professional care tsim nyog.

Xav txog kev hu rau ib tug healthcare lossis mental-health professional uas tsim nyog yog tias kev ntxhov siab nyob ntev, hnyav zuj zus, lossis ua rau nyuaj ua neej txhua hnuv. Qhov ntawd yuav suav nrog pw tsis zoo ntev, nyuaj ua haujlwm lossis mus kawm ntawv, tswj kev sib raug zoo, saib xyuas koj tus kheej lossis lwm tus, tswj kev xav hnyav, lossis daws teeb meem kom nyab xeeb.

**Koj tsis tas tos kom txhua yam dhau qhov koj ris tau.
Kev thov kev txhawb kuj yog ib txoj kev mus tom ntej tau.**

Rau menyuam thiab teenagers

Yog tus menyuam cov kev xav hnyav zuj zus, nyob ntev, lossis cuam tshuam ntau rau tsev kawm, kev sib raug zoo, lossis lub neej txhua hnuv, xav txog kev pab los ntawm tus kws tsim nyog xws li pediatrician, school counselor, child psychologist, lossis lwm tus kws uas paub txog menyuam cov kev xav.

Teeb meem ceev lossis kev phom sij tam sim ntawd

**Kev phom sij tam sim rau txoj sia lossis kev nyab xeeb: hu 911
Yog ib tug nyob hauv kev phom sij tam sim, emergency services yog qhov chaw pib raug.**

988 Suicide & Crisis Lifeline

Hu lossis text 988 rau kev txhawb thaum muaj emotional crisis uas dawb thiab ceev ntiag tug hauv United States. Online chat kuj muaj ntawm 988lifeline.org.

Disaster Distress Helpline

Hu lossis text 1-800-985-5990 rau kev txhawb txog kev ntxhov siab ntawm kev puas tsuaj los ntawm SAMHSA.

Wisconsin 211

Hu 211 lossis 877-947-2211 rau referrals tam sim no txog local health, human services, thiab community resources. Yam muaj yuav txawv.

Kev pab ntxiv yuav nyob ua ke nrog lwm yam tau

Professional support yuav nyob ua ke nrog tsev neeg, phooj ywg, zej zog, kev ntseeg ntawm tus kheej, exercise, so, grounding, ua pa, tshuaj thaum kws kho mob sau, routine niaj hnuv, thiab kev pab tiag tiag. Tsis muaj nqi zog rau tus uas ris txhua yam ib leeg.

Ib qho kev tshuaj xyuas ntsiag to

Kev rov zoo yuav muaj suab nrov thiab tej haujlwm ntau txog thaum nyuaj pom yam uas koj tiag tiag xav tau. Nplooj no tsis yog symptom checklist, diagnosis, lossis mental-health screening tool. Nws tsuas yog ib qho chaw kom koj qeeb me ntsis.

Hnub no, kuv pom tias:

Yam twg tiag tiag xav tau kuv txoj kev saib xyuas hnub no?

Yam twg tos tau?

Ib yam twg nyob hauv kuv txoj kev tswj?

Leej twg yuav pab ib yam uas tsis nyob hauv kuv txoj kev tswj?

Puas muaj ib qho ciam uas yuav muab chaw ntxiv rau kuv hnub no?

Ib yam uas kuv tsis tas yuav txiav txim hnub no:

Dab tsi yuav pab kuv rov ntxiv zog?

Dab tsi yuav pab kuv tso kev ntxhov tawm?

Ib kauj ruam tom ntej uas tswj tau:

Ua ntej koj tawm ntawm nplooj no

Koj tsis tas daws tag nrho kev rov zoo ntawm no. Pom qhov chaw uas koj nyob. Xaiv yam tseem ceeb tam sim no. Cia lwm yam tos thaum nws tos tau.

Cov chaw siv thiab ntaub ntawv tam sim no

Phau ntawv no muab kev kawm dav dav txog kev rov zoo tom qab kev puas tsuaj thiab emotional wellness.

Tib neeg thiab xwm txheej txawv. Thaum medical, mental-health, crisis, legal, lossis lwm professional care tsim nyog, siv ib tug professional uas tsim nyog lossis authority uas muaj lub luag haujlwm.

Cov chaw siv hauv phau no

- **U.S. Department of Veterans Affairs - National Center for PTSD** - Self-Care After Disaster Events
- **U.S. Department of Veterans Affairs / National Child Traumatic Stress Network** - Psychological First Aid: Field Operations Guide, including Provider Care materials
- **World Health Organization** - Doing What Matters in Times of Stress: An Illustrated Guide
- **Centers for Disease Control and Prevention** - Helping Children Cope with a Disaster
- **Substance Abuse and Mental Health Services Administration** - Disaster responder self-care resources and Disaster Distress Helpline information
- **Balban MY, et al.** - Brief structured respiration practices enhance mood and reduce physiological arousal. *Cell Reports Medicine*. 2023. *Used only to support the optional cyclic-sighing discussion.*

Kev txwv tseem ceeb

Phau ntawv no tsis hloov diagnosis, psychotherapy, crisis care, medical treatment, legal advice, financial advice, lossis professional guidance tshwj xeeb rau ib tug.

Thaum professional lossis emergency guidance tam sim no txawv phau ntawv no, ua raws guidance tam sim no.

Nyob txuas nrog ntaub ntawv tam sim no

Crisis systems, local providers, programs, support groups, thiab community services yuav hloov tau. Siv official sources tam sim no thiab Fox Valley Recovery Hub uas live rau yam muaj tam sim no thiab updates uas hloov raws sijhawm.

Mus rau FoxValleyRecovery.org rau ntaub ntawv kev rov zoo tam sim no, resources, thiab support. FoxValleyRecovery.org

FOX VALLEY RECOVERY LIBRARY

Pib ntawm qhov chaw uas koj nyob.

Tsis muaj ib txoj kev xwb rau kev rov zoo.

Siv lub sijhawm uas yog koj li.

Muab chaw rau koj tus kheej thaum koj ua tau.

Txais kev pab thaum kev pab pab tau.

So thaum koj xav tau.

Hwm cov neeg uas nrog koj taug txoj kev no, txawm lawv txoj kev txawv ntawm koj txoj.

Yog hnuv no koj muaj zog txaus pab, pab nrog kev saib xyuas.

Yog koj xav tawm ib ntus, tawm ib ntus.

Tsis muaj nqi zog rau tus uas mus txog ua ntej.

Koj tsis tas yuav rov tsim koj tus kheej kom zoo nkaus li koj ua ntej.

Mus tom ntej.

FoxValleyRecovery.org

Nrhiav kev pab. Muab kev pab. Rov zoo ua ke.



**Scan kom mus rau FoxValleyRecovery.org
Current Recovery Information • Resource
Directory • Recovery Map • Community
Board • Partner Board • Fox Valley
Recovery Library**

Lus nug lossis kev kho: info@foxvalleyrecovery.org
Tsim nrog kev saib xyuas los ntawm Decent Ops. © 2026