



FOX VALLEY RECOVERY LIBRARY

Moog Tom Ntej

Txuj Kev Rov Zoo Ntawm Lub Sab Tom Qaab Kev Puas Tsuj

PHOO QHA KEV ROV ZOO NTAWM LUB SAB UAS SIV TAU NTEV
Hloov tshiab Lub Yim Hli 2026

Sijhawm yog ib feem ntawm kev rov zoo

Ib yaam kws tsi muaj leej twg muab ntxiv rua lwm tug thaum rov zoo yog sijhawm.
Tab sis peb muab tau chaw rua ib leeg siv lub sijhawm kws peb muaj.

Pib ntawm qhov chaw kws koj nyob. Fwm koj txuj kev rov zoo. Fwm puab txuj kev hab.
Moog tom ntej.

FoxValleyRecovery.org

Hais txug phoo qha nuav

Kev rov zoo tom qaab 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, hab kev khu. Tab sis qee feem ntawm kev rov zoo tsi tshua pom.

Tib neeg kuj tab tom rov zoo hab.

Kev puas tsuaj yuav cuam tshuam kev ua neej txhua hnuv, kev sib ruag zoo, cov phiaj xwm, tej chaw uas paub, hab tej yam uas yav tas los ua rua ib hnuv zoo li ib hnuv qub. Cov neeg uas dhau tib qho xwm txheej yuav teb txawv heev, hab puab cov kev xaav kuj yuav hloov raws sijhawm. Tsi muaj ib txuj kev xaav xwb uas yog txuj ruag rua kev rov zoo tom qaab kev puas tsuaj.

Phoo ntawv no yog rua cov neeg ruag kev puas tsuaj ncaj qha, tsev neeg hab phooj ywg uas nrog puab, cov neeg nyob ze uas xaav pab, hab cov volunteers uas muab puab lub sijhawm hab zog rua zej zog uas tab tom rov zoo.

Lub tswv yim tseem ceeb

Fwm koj txuj kev rov zoo. Fwm puab txuj kev hab. Koj tsi tas yuav rov zoo raws lwm tug lub sijhawm. Tug neeg nyob ntawm koj ib sab kuj tsi tas.

Yuav siv phoo ntawv no li cas

Nyeem yam uas pab tau koj tam sim no. Yam tsi pab, cia tseg. Rov Qaab los nyeem dua tom qaab yog tias muaj ib yam pib tsim nyog rua koj.

Cov kev xyaum huv phoo ntawv no yog cov kev xaiv uas koj sim tau, tsi yog lug txib. Koj yuav pom cov lug xws li "koj yuav sim tau," "qee tug neeg pom tias," hab "yog tias koj xis siab." Tsi muaj ib txuj kev ua pa, routine, grounding practice, kev sib tham, taug kev, sau journal, lossis lwm yam cuab yeej uas ua haujlwm zoo ib yam rua txhua tus.

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

Phoo ntawv no muab ntaub ntawv kawm dav dav txog kev rov zoo ntawm lub siab hab stress tom qaab kev puas tsuaj. Nws tsi kuaj lossis khu medical lossis mental-health condition hab tsi hloov medical care, mental-health care, crisis care, legal advice, lossis lwm professional guidance uas tsim nyog.

Koj txuj kev rov zoo tsi yog ib qho xeem uas koj yuav tsum dhau.

Yog ib yam huv phoo ntawv no tsi pab koj, cia tseg.

1. Pib ntawm qhov chaw kws koj nyob

Tsi yog qhov chaw uas lwm tug nyob.

Tsi yog qhov chaw uas koj xaav tias koj yuav tsum nyob.

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

Qhov chaw uas koj nyob hnuv nuav.

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

Hab qee tug yuav xaav tsi thoob tias puab tseem hnov zoo li ib txwm.

Txawv tsi txhais tias yuam kev

Cov kev xaav muaj zog tom qaab kev puas tsuaj tsi yog ib leeg txaus los qha tias koj muaj mental-health condition. Kev xaav txawv ntawm ib tug mus rua ib tug hab hloov tau raws sijhawm.

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

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

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

Koj tsi tas yuav yuam kom koj muaj ib hom kev xaav

- Koj tsi tas yuav quaj vim lwm tug xaav tias koj yuav tsum quaj.
- Koj tsi tas yuav rov qha zaj dab neeg ntau zaus.
- Koj tsi tas yuav hnov ua tsaug txhua lub sijhawm vim tej zag qhov xwm txheej yuav phem dua tau.
- Koj tsi tas yuav nrhav ib zaj kawm lossis yuam koj tug kheej kom "nyob ruaj khuv."
- Koj tsi tas yuav saib pom tseeb tias tseem ruag cuam tshuam kom qha 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 xaav tau kuv txuj kev saib xyuas hnuv nuav?
- Yam twg tos tau?
- Yam twg nyob huv kuv txuj kev tswj?
- Leej twg yuav pab yam uas tsi nyob huv kuv txuj kev tswj?

Ib hnuv ntawm kev rov zoo tsi tas yuav nqa tag nrho txuj kev rov zoo.

2. Sijhawm yog ib feem ntawm kev rov zoo

Tsi muaj ib lub sijhawm qauv rua kev rov zoo ntawm lub siab tom qaab kev puas tsuaj. Cov kev xaav yuav nqis, rov los, hloov, lossis tshwm tom qaab qhov xwm txheej ceev dhau lawm. Tej yam uas ua rua nco txog kuj yuav coj kev xaav rov los yam tsi tau xaav txog.

Tej yam uas ua rua nco txog tej zag yog tej yam niaj hnub

Ib yam uas ua rua nco txog tej zag yog...	Hab tej zag yuav tshwm tom qaab
• 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 tug zaj dab neeg • Ib hnub nyuaj tom qaab ob peb hnub zoo

Ib hnub nyuaj tsi txhais tias koj rov qaab mus rua qhov pib.
Kev rov zoo tsi ntsuas los ntawm ib txuj kab uas du txhua lub sijhawm.

Tsi muaj leej twg pub sijhawm rua lwm tug 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 hab kev saib xyuas tau. Cov koom haum pab daws teeb meem tiag tiag tau.

Tab sis tsi muaj leej twg muab tau peb lub hlis ntawm kev khu siab rua lwm tus.

Sijhawm yuam tsi tau. Sijhawm ua qauv ib yam rua txhua tug tsi tau.
Yam uas cov neeg ib puag ncig muab tau yog chaw - chaw xaav, nres, txav txim tom qaab, quaj ntsuag, hnov zoo, lossis hloov siab.

Mus tom ntej tsi yog hnov qab

Kev rov zoo tsi tas yuav txhais tias yuav rov tsim lub neej kom zoo nkaus li tsi tau muaj kev puas tsuaj. Tsi muaj txuj kev rov qaab mus rua lub sijhawm uas qhov xwm txheej ntawd tsi tau tshwm sim. Muaj txuj kev mus tom ntej.

Mus tom ntej tsi txhais tias koj pom zoo rua qhov uas tshwm sim. Tsi txhais tias hnov qab. Tsi txhais tias yuav tsum nrhav ib lub hom phiaj zais huv kev txom nyem. Hab tsi 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 rua koj tug kheej

Cov hnuv tom qaab kev puas tsuaj yuav muaj kev kub siab txav txim siab ntau heev: insurance calls, repair estimates, cleanup, haujlwm, tsev kawm, chaw nyob, lug nug huv tsev neeg, volunteers, forms, messages, hab tib neeg nug tias koj xaav ua dlaab tsi tom ntej.

Qee zag qhov uas pab tshaj tsi yog txav txim dua ib qho. Yog tso sijhawm me ntsi.

Tsi yog txhua yam yuav tsum ua hnuv nuav

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

- Koj muaj cai hais tias:
- "Tsi yog hnuv nuav."
 - "Kuv xaav txog qhov ntawd tso."
 - "Thov cia qhov ntawd nyob ntawd tam sim no."
 - "Kuv xaav tham nrog kuv tsev neeg ua ntej."
 - "Hnuv Nuav peb ua txaus lawm."
 - "Ua tsaug, tab sis kuv xaav tau chaw me ntsi."

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

Ua kom qhov tom ntej me dua

Tsi txhob nug tias, "Kuv yuav rov zoo ntawm tag nrho qhov nuav li cas?" Sim nug tias, "Yam tom ntej uas yeej yuav tsum ua yog dlaab tsi?"

Ib yam uas tswj tau	Ces mam txav txim yam tom ntej
• Hu ib qho call • Noj ib yam • Nrhav khaub ncaws rua tag kis • Sau ib lo lug nug	• Thov kev pab rua ib txuj haujlwm • Zag nruam 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 tsi txhais tias kev nres yog yuam kev. Tej sijhawm niaj hnuv kuj muaj chaw huv kev rov zoo hab - ib puas mov qab, ib qho TV show, ib zaj tso dag, menyuam ua si, lossis ib teev uas tsi muaj leej twg tham txog kev puas tsuaj.

- Kev so tsi yog thim tawm ntawm kev rov zoo.
- Qee zag kev so yog ib feem ntawm kev rov zoo.

4. Qee yam uas koj yuav sim tau

Tsi muaj ib txuj kev uas pab txhua tug hnov zoo dua. Cov no yog kev xaiv siv tau uas los ntawm cov lug qha paub zoo txog kev puas tsuaj hab kev tswj stress. Sim yam uas zoo rua koj. Yam tsi pab, cia tseg.

Nco ntsoov qhov uas nyob ntawm no tam sim no

Yog koj txuj kev xaav ruag rub mus rua qhov uas tau tshwm sim lossis qhov uas tej zag yuav tshwm, koj yuav txhob txwm pom qhov tam sim no: ntsia ib puag ncig hab pom yam koj pom, mloog tej suab, hnov qhov chaw uas koj ko taw lossis lub cev kov pem teb lossis lub rooj zag, hab hais rua koj tug kheej tias koj nyob qhov twg hab dlaab tsi tab tom tshwm tam sim no.

Sim ua pa qeeb dua

Qee tug neeg pom tias ua pa qeeb hab xis pab tau. Koj yuav cia ua pa raws li qub hab cia qhov tso pa tawm ntev hab maj mam dua. Tsi txhob yuam ua pa. Yog tsom rua kev ua pa ua rua tsi xis lossis kiv taub hau, nres hab 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 hab kom tag. Koj yuav rov ua tug qauv no maj mam yog tias xis rua koj.

Lug pov thawj: Ib txuj kev tshawb fawb randomized xyoo 2023 nrog cov neeg laus noj qab haus huv pom tias kev xyaum cyclic sigh txhua hnuv muaj txiaj ntsig rua mood hab respiratory rate. Qhov ntawd tsi yog kev sim khu kev puas siab ntsws tom qaab kev puas tsuaj, hab phoo ntawv no tsi muab txuj kev no ua kev khu truama, PTSD, anxiety disorders, lossis lwm yam mob.

Ua kom ib yam tswj tau

Sau txuj haujlwm tom ntej cia es tsi txhob tuav kaum txuj haujlwm huv taub hau. Thov kom ib tug pab ib qho call. Xaiv ib chav. Teb ib email. Daws ib qho teeb meem. Ces mam txav txim yam tom ntej.

Rov Qaab mus rua tej routine niaj hnuv thaum koj ua tau

Koj yuav maj mam rov qaab mus rua puas mov, sijhawm pw, kev txaav lub cev nyab xeeb, tej haujlwm paub, nyob nruam zoov, tsiaj, hobbies, haujlwm, tsev kawm, lossis tej kab ke huv tsev neeg uas niaj hnuv ua.

Sib txuas thaum kev sib txuas pab

Koj yuav tham nrog ib tug uas koj ntseeg. Koj yuav zag nrog ib tug yam tsi tham txog kev puas tsuaj li. Koj yuav thov kev pab tiag tiag rua ib txuj haujlwm. Koj kuj yuav xaiv nyob ib leeg ib ntus. Kev sib txuas muaj nqis, tab sis kev sib txuas tsi yuam kom koj qha txhua yam.

Qee zag tawm ntawm kev puas tsuaj ib ntus

Yog xov xwm rov qaab, duab, social media, lug xaiv, lossis kev sib tham txog kev rov zoo ua rua koj ntxhov siab ntau dua, koj yuav xaiv ib co sijhawm muab puab tua lossis tso tseg.

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

5. Fwm puab txuj kev rov zoo hab

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

Ib tug tej zag yuav...	Lwm tug tej zag yuav...
• Xaav rov txhim khu tam sim • Khaws duab ntawm kev puas tsuaj • Xaav kom volunteers nyob ib puag ncig • Xaav tham	• Tsi paub puas xaav nyob ntxiv • Tsi xaav pom cov duab dua • Xaav tau privacy • Xaav tau ntsiag to

Kev txhawb tsi yuam kom lwm tug rov zoo raws li koj yuav ua.

Tsi txhob yuam kom qha zaj dab neeg

Koj yuav nyob ntawd pab yam tsi txhob nug tob dhau. Qee txuj kev pab tom qaab kev puas tsuaj uas paub zoo qha kom mloog yam tsi txhob yuam tib neeg piav txog tej kev paub lossis kev xaav uas paub tsi xaav tham.

Ib lo lug nug yooj yim
"Kev tham puas yuav pab, lossis koj xaav nyob ntsiag to me ntsi?" Ces txais ob qho lug teb tib si.

Menyuam kuj yuav qha kev rov zoo txawv hab

Menyuam cov kev xaav yuav txawv raws hnuv nyoog hab rov tshwm thaum muaj ib yam ua rua puab nco txog kev puas tsuaj. Koj yuav muab sijhawm rua puab tham yam tsi yuam, teb lug nug yooj yim hab ncaj, khu cov lug tsi tseeb uas ua rua ntshai, piav yam uas paub txog qhov tom ntej, hab rov mus rua routine paub thaum ua tau.

- Qha rua xibfwb lossis tug saib xyuas tias tsev neeg tab tom rov zoo tom qaab kev puas tsuaj thaum qhov ntawd yuav pab puab txhawb tug menyuam.
- Ua tib zoo txog kev rov saib duab/video txog kev puas tsuaj hab kev sib tham uas menyuam hnov tau.
- Nco ntsoov tias ib tug menyuam yuav xaav tham ntau zaus thaum lwm tug tsi xaav tham li.

Tsev neeg tsi tas yuav muaj tib lub sijhawm rua kev xaav

Cov khub yuav mus txawv ceev. Menyuam hab cov laus yuav mus txawv ceev. Cov txheeb ze deb dua yuav nkag siab qhov ploj txawv. Qhov nuav yuav tsim kev tsi sib haum txawm tias txhua tug yeej hlub hab saib xyuas.

Puab txuj kev xaav tsi tas yuav tsim nyog rua kuv kom puab tsim nyog tau txais kev hwm.

6. Pab yam tsi txhob txeeb kev tswj

Kev xaav pab sai tom qaab kev puas tsuaj yog ib qho zoo tshaj uas zej zog muab tau. Tab sis ib tug neeg uas nyob huv nruab nrab ntawm kev pab ntau kuj yuav nyob huv nruab nrab ntawm kev txav txim ntau hab.

Lub siab zoo tsi tshem qhov xaav tau kev tso cai.

Ua ntej txaav, muab pov tseg, ntxuav, thaij duab, khu, lossis nkag rua chaw ntiag tug, nug.

Yam uas ib tug pom zoo li khib nyiab tej zag yog ib yam khuom, ib qho kev nco, pov thawj rua insurance claim, lossis tsuas yog ib yam uas tug tswv tseem tsi npaj kov.

Pab raws qhov ceev uas tug neeg koj pab npaj tau

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

Tsi txhob...	Koj yuav muab kev pab le nuav...
"Qha kuv yog xaav tau dlaab tsi." • Tuaj nrog ib txuj phiaj xwm uas tug neeg nyob huv tsi tau thov • Xaav tias cleanup tsi muaj kev cuam tshuam rua lub siab	• "Kuv nqa tau hmo Thursday. Qhov ntawd puas pab?" • "Kuv saib menyuam tau thaum koj ntsib adjuster." • "Koj puas xaav kom kuv pab thaij duab qhov nuav ua ntej txaav?"

Hwm lo lug "tsi tau tam sim no"

"Kuv tsi paub" yog ib lo lug teb. "Thov cia nws nyob ntawd" yog ib lo lug teb. "Tsi yog hnuv nuav" yog ib lo lug teb. Ib tug neeg tsi tshuav nuj nqis yuav tsum txav txim tam sim ntawd tsuas vim volunteers muaj sijhawm tam sim no.

Tiv thaiv kev ceev ntiag tug

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

Rov Qaab los tom qaab

Nthwv kev pab thawj zaug tseem ceeb heev. Nthwv thib ob kuj tseem ceeb. Tsi yog txhua tug paub yam puab xaav tau huv thawj ob peb hnuv. Qee zag qhov kev pab muaj nqis tshaj tuaj tom qaab cov neeg coob twb mus tsev lawm.

Kev pab kuj suav nrog muab chaw.

Qee zag kev tsi kub siab ntau yog ib hom kev saib xyuas.

7. Rua cov neeg pab: Rov ntxiv zog hab tso kev ntxhov tawm

Kev pab tom qaab kev puas tsuaj muaj peev xwm muaj nqis heev. Nws kuj ua rua lub cev hab lub siab sab heev. Cov lug qha txog disaster response lees paub tias responders hab volunteers yuav tsum saib xyuas puab txuj kev noj qab haus huv, ciam, sijhawm so, kev txhawb, hab kev rov zoo ntawm txuj haujlwm nws tug kheej.

Zej zog xaav tau cov neeg uas kam pab.

Hab zej zog kuj tau txiaj ntsig thaum cov neeg ntawd tiv thaiv puab lub zog hab peev xwm.

ROV NTXIV ZOG	TSO KEV NTXHOV TAWM
• Pw - muab sijhawm tiag tiag rua koj tug kheej so. • Zaub mov hab dej - tsi txhob cia kev pab ua rua koj hla tej yam tseem ceeb tas hnub. • Sijhawm so - so ua ntej kev sab yuam koj. • Txaav lub cev - ncab, taug kev, lossis txaav raws txuj kev uas nyab xeeb rua koj. • Kev sib ruag zoo - siv sijhawm nrog cov neeg uas paub koj tshaj qhov uas koj yog volunteer. • Kev lom zem niaj hnub - nkauj, mov, tsiaj, hobbies, luag, TV, ntsiag to, sijhawm tsev neeg. • Sijhawm tawm - tawm ntawm qhov chaw rov zoo qee zag.	• Taug kev ntsiag to. • Ncab, da dej, hab hloov khaub ncaws thaum txog tsev. • Zag nruam zoov lossis mloog nkauj. • Tham nrog ib tug uas koj ntseeg. • Sau cov haujlwm tsi tau tiav kom tsi txhob rov xaav tas huv taub hau. • Siv kev ua pa xis yog qhov ntawd pab koj. • Siv sijhawm deb ntawm disaster news hab social media. • Ua ib yam niaj hnub kias li - lossis tsuas nyob ntsiag to.

Paub thaum hnub nuav txaus lawm

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

Muab kev tso cai rua koj tug kheej kom muab txuj haujlwm rua lwm tus.

Yuav luag txhua zaus tseem muaj lwm ceg, lwm lub nra, lwm call, lwm tsev neeg, lwm qhov xaav tau. Muaj ib lub sijhawm koj muaj cai hais tias: "Hnub Nuav kuv ua tau npaum no lawm. Cia lwm tug nqa ib ntus."

Kev so hnub nuav tej zag yog yam uas cia koj rov pab tau tag kis.

8. Thaum qhov kev kub ntxhov pib nqis

Cov hnuv thaum ntxov tom qaab kev puas tsuaj yuav coj kev saib xyuas ntau heev. Volunteers tuaj. Tib neeg nqa 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 rua 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 txaav mus lwm qhov	- Insurance tseem txuas ntxiv - Repairs tseem txuas ntxiv - Temporary housing tseem txuas ntxiv - Tsev kawm, haujlwm, nyaj txiag, pw, hab tsev neeg lub neej tseem txuas ntxiv

Tsi tshua pom tsi txhais tias tiav lawm.
Kev rov zoo yuav txuas ntxiv ntev tom qaab kev puas tsuaj tsi yog xov xwm lawm.

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

Tej Zag muaj kev xaav muaj zog tias txhua yam yuav tsum ua tiav thaum tib neeg hab khuom siv tseem nyob. Qee yam ceev. Qee yam tsi ceev. Kev pab zoo kuj suav nrog muab sijhawm rua cov neeg nyob huv kom txav txim tom qaab.

Zej zog tseem pab tau huv lwm yam kev

Kev rov zoo tom qaab tej zag yuav xaav tau chainsaws tsawg dua hab 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 zag kev pab uas muaj nqis tshaj pib tom qaab thawj nthwv coob dhau lawm.

9. Thaum kev txhawb ntxiv tej zag yuav pab

Kev saib xyuas tug kheej hab kev txhawb ntawm zej zog muaj nqis. Tab sis tsi hloov professional care thaum professional care tsim nyog.

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

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

Rua menyuum hab teenagers

Yog tug menyuum cov kev xaav hnyav zuj zus, nyob ntev, lossis cuam tshuam ntau rua tsev kawm, kev sib ruag zoo, lossis lub neej txhua hnuv, xaav txog kev pab los ntawm tug kws tsim nyog xws li pediatrician, school counselor, child psychologist, lossis lwm tug kws uas paub txog menyuum cov kev xaav.

Teeb meem ceev lossis kev phom sij tam sim ntawd

Kev phom sij tam sim rua txuj sia lossis kev nyab xeeb: hu 911
Yog ib tug nyob huv kev phom sij tam sim, emergency services yog qhov chaw pib ruag.

988 Suicide & Crisis Lifeline

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

Disaster Distress Helpline

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

Wisconsin 211

Hu 211 lossis 877-947-2211 rua referrals tam sim no txog local health, human services, hab 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 tug kheej, exercise, so, grounding, ua pa, tshuaj thaum kws khu mob sau, routine niaj hnuv, hab kev pab tiag tiag. Tsi muaj nqi zog rua tug uas ris txhua yam ib leeg.

Ib qho kev tshuaj xyuas ntsiag to

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

Hnub Nuav, kuv pom tias:

Yam twg tiag tiag xaav tau kuv txuj kev saib xyuas hnub nuav?

Yam twg tos tau?

Ib yam twg nyob huv kuv txuj kev tswj?

Leej twg yuav pab ib yam uas tsi nyob huv kuv txuj kev tswj?

Puas muaj ib qho ciam uas yuav muab chaw ntxiv rua kuv hnub nuav?

Ib yam uas kuv tsi tas yuav txav txim hnub nuav:

Dlaab tsi yuav pab kuv rov ntxiv zog?

Dlaab tsi yuav pab kuv tso kev ntxhov tawm?

Ib kauj ruam tom ntej uas tswj tau:

Ua ntej koj tawm ntawm nplooj no
Koj tsi 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 hab ntaub ntawv tam sim no

Phoo ntawv no muab kev kawm dav dav txog kev rov zoo tom qaab kev puas tsuaj hab emotional wellness.

Tib neeg hab 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 huv phoo 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

Phoo ntawv no tsi hloov diagnosis, psychotherapy, crisis care, medical treatment, legal advice, financial advice, lossis professional guidance tshwj xeeb rua ib tug.

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

Nyob txuas nrog ntaub ntawv tam sim no

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

Mus rua FoxValleyRecovery.org rua ntaub ntawv kev rov zoo tam sim no, resources, hab support.FoxValleyRecovery.org

FOX VALLEY RECOVERY LIBRARY

Pib ntawm qhov chaw kws koj nyob.

Tsi muaj ib txuj kev xwb rua kev rov zoo.

Siv lub sijhawm uas yog koj le.

Muab chaw rua koj tug kheej thaum koj ua tau.

Txais kev pab thaum kev pab pab tau.

So thaum koj xaav tau.

Hwm cov neeg uas nrog koj taug txuj kev no, txawm puab txuj kev txawv ntawm koj txuj.

Yog hnuv nuav koj muaj zog txaus pab, pab nrog kev saib xyuas.

Yog koj xaav tawm ib ntus, tawm ib ntus.

Tsi muaj nqi zog rua tug uas mus txog ua ntej.

Koj tsi tas yuav rov tsim koj tug kheej kom zoo nkaus li koj ua ntej.

Moog tom ntej.

FoxValleyRecovery.org

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



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

Lug nug lossis kev khu: info@foxvalleyrecovery.org

Tsim nrog kev saib xyuas los ntawm Decent Ops. © 2026