

**Sac City Unified Hais Kom Cov Tub/Ntxhais Kawm Ntawv thiab Tsev Neeg Saib Cov Cim Ceeb  
Toom Txog Kev Tua Tus Kheej**

**Lub 9 Hlis Ntuj yog Lub Hlis Qhia Kom Paub Txog Kev Tiv Thaiv Kev Tua Tus Kheej**

**Sacramento** - yog ib feem ntawm Lub Hlis Qhia Kom Paub Txog [Kev Tiv Thaiv Kev Tuaj Tus Kheej](#), Sacramento City Unified School District xav kom cov niamtxiv thiab cov tub/ntxhais kawm ntawv mus nrhiav kev txhawb pab rau kev puas siab puas ntsws thaum muaj tus kab mob COVID-19 kis thooob teb chaws. Hauv paus tsev kawm ntawv xav txhawb cov tub/ntxhais kawm ntawv thiab cov niamtxiv kom paub txog cov cim ntawm kev ntxhov siab, thiab yuav thov kev pab licas. Qhov no muaj xws li kev qhia rau tsev neeg txog cov kev sib tshuam los ntawm kev tua tus kheej, kev puas siab puas ntsws, thiab kev quav yeeb quav tshuaj thiab dej cawv.

“Nws yog ib qho tseem ceeb uas peb yuav tsum qhia peb lub zej zog txog kev tua tus kheej, kev puas siab puas ntsws thiab teeb meem quav yeeb quav tshuaj thiab cov kev uas lawv cuam tshuam rau txhua tus neeg hauv zej zog,” **Superintendent Jorge Aguilar hais.** “Peb cov tub/ntxhais kawm ntawv tau ntsib ntau txoj kev mob los yog kev ntshai, tab sis nws yog ib qho uas tseem ceeb kom paub tias tsis yog koj ib leeg xwb, thiab paub tias koj muaj kev txhawb nqa nyob hauv koj lub tsev kawm ntawv zej zog, xws li lub chaw SCUSD Student Support Health Services Cov Neeg Ua Dejnum. Peb yuav tsum txhawb cov phooj ywg, cov tsev neeg, cov neeg ua dejnum uake, thiab cov neeg muab kev pabcuam kom paub txog cov cim ntawm qhov teeb meem, thiab qhia cov uas lawv xav tau kev pab kom tau txais cov kev txhawb nqa uas tsim nyog -vim tias lawv cov phooj ywg thiab kev tshaj xov xwm hauv social media yog cov lus qhia tseem ceeb rau cov hluas.”

Hauv paus tsev kawm ntawv tau taw qhia rau ib qho [kev ntsuam xyuas tsis ntev los ntawm California Healthy Kids Survey of SCUSD](#) cov tub/ntxhais kawm ntawv uas qhia tias, qhov nruab nrab, ib ntawm tsib tus tub/ntxhais kawm ntawv SCUSD tau xav txog tua lawv tus kheej nyob rau 12 lub hlis dhau los. Hauv paus tsev kawm ntawv xav txhawb ib tug neeg uas xav tua nws tus kheej lossis leej twg uas paub txog lwm tus neeg uas xav tau kev pab txhawb los ntawm hu rau tus xov tooj [National Suicide Prevention Lifeline](#) ntawm 800-273-8255. Cov tub/ntxhais kawm ntawv hu tau rau SCUSD tus xov tooj ntawm (916) 643-2333 lossis mus saib tau hauv paus tsev kawm ntawv lub vejxaij [Nplooj Ntawv Qhia Txog Kev Tiv Thaiv Kev Tua Tus Kheej](#) los nrhiav cov kev pab ntxiv.

Cov cim yuav muaj xws li:

- Tham txog tias xav tuag lossis xav tua tus kheej
- Siv yeeb tshuaj lossis dej cawv ntau ntxiv
- Tswj tsis tau kev npau taws
- Muab nws tej khoom pub rau lwm tus
- Ntxhov siab lossis nyob tsis tswm
- Tag kev cia siab, ntxov siab, lossis tws kev
- Kev pw tsaug zog hloov

“Ib txoj hauv kev zoo tshaj plaws uas peb paub tias tiv thaiv kev tua tus kheej yog tias koj pom dab tsi, hais lus. Yog yuav nug cov lus nug no, nws yuav yog ib qho nyuaj thiab tsis yooj yim ua, tab si qhov ntawd yog txoj kev cuam tshuam tiag,” **Victoria Flores hais, SCUSD Tus Thawj Tswj ntawm Student Support and Health Services**, “Yog tias koj xav tua koj tus kheej, thov kev pab lossis nrhiav kev pab.”

Ib qhov kev tshawb nrhiav tsis ntev los no nyob rau hauv American Medical Association journal JAMA Network Open tau pom tias nrog rau qhov COVID-19 pandemic thiab kev nyob sib nruag deb, muaj ze li ntawm ib feem plaub ntawm cov neeg nyob hauv teb chaws Meskas tau muaj cov tsos mob kev nyuaj siab tshwm sim, peb npaug ntau dua li ua ntej muaj qhov pandemic. Qhov txiaj ntsig ntawm kev tiv thaiv thiab kev kov yeej cov kev puas siab puas ntsws uas tsis yooj yim, kev sim tua tus kheej thiab swb, thiab kev quav yeeb quav tshuaj yog kev tseem ceeb thiab muaj nuj nqis rau cov tib neeg, cov tsev neeg, thiab peb lub zej zog ntau heev. [SCUSD Student Support & Health Services](#) pab pawg mob siab rau kev txhawb nqa thiab muab kev paub txog kev tiv thaiv kev tua tus kheej, kev kawm thiab kev pab uas tsim los kom muaj kev tiv thaiv zoo, tsim kom muaj kev nyab xeeb, thiab nrhiav kev cia siab. [Cov kev pab kuj muaj nyob rau ntawm nplooj ntawv Each Mind Matters](#).

#### Cov Xov Tooj Yog Muaj Kev Kub Ntxhov

- [National Suicide Prevention Lifeline](#): 800-273-8255
- [National Sexual Assault Hotline](#): 800-656-4673
- [National Domestic Violence Hotline](#): 800-799-7233
- The Trevor Project
  - TrevorLifeline: 866-488-7386
  - TrevorText: Text **START** mus rau 678678
  - TrevorChat nyob rau ntawm [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)
  - Trans Lifeline: 877-565-8860
- [Crisis Text Line](#): Ntaus “HOME” mus rau 741-741
- [The Source Sacramento](#): Hu/Text 1-916-787-7678 (Txhawb pab rau cov hluas/cov neeg saibxyuas 24 xuaj moos toj 7 hnuv)