

Daim Ntawv Sib Mloog Txuas Lus

Kuv lub npe yog: _____

kuv AM... Lag ntseg Tsis hnov lus

Txoj kev zoo tshaj plaws uas kuv sib txuas lus
yog los ntawm:



tus txhais lus



xov tooj



sau ntawv



lub mloog pob ntseg



nyeem di ncauj

THOV qhia koj daim npav ID lossis daim ntawv tso cai tsav tsheb



Kuv muaj ntshav qab zib: Muaj los Tsis Muaj - Yog Muaj:
Hom 1 lossis Hom 2 (Kev txhaj tshuaj)



Kuv muaj kev tsis haum: YOG lossis Tsis TAU
Yog phib, kuv phib rau:

Tshuav yam txog kuv: _____

NPLOG TEB



KUV REGIONAL CENTER YOG:

Kev kub ntxhov ceev #1: _____

Kev kub ntxhov ceev #2: _____

Kev kub ntxhov ceev #3: _____



Coj koj mus rau koj:

Alta California Regional Center

(916) 978-6400



Alta California Regional Center

YAM PAB KEV RAUG MOB



Me ntsis

1



Nruab nrab

2



Mob heev

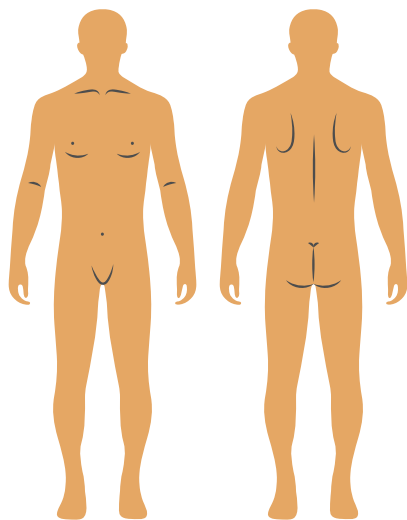
3



Mob phem

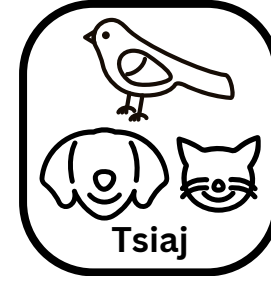
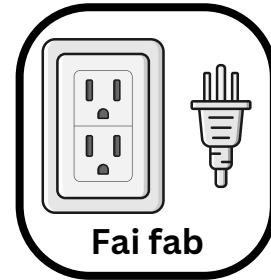
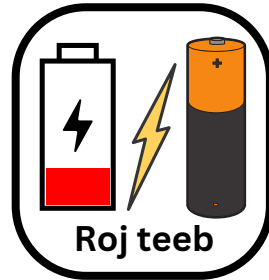
4

5



Taw tes rau qhov twg koj mob

CHAW NYOB TUAJ TXOG



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rau koj:

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YAM KEV SIB PAB



Tsev Nyob



Tsheb Thauj
Mus Los



Roog log



Kev Pab
Ntawm Kev
Ntseeg



Nyiaj Txiag



SNAP / EBT



Kev khomob

TSEEM CEEB



Muaj



Tsis



Kuv tsis paub



Khoom Zaub
Mov Noj



Dej



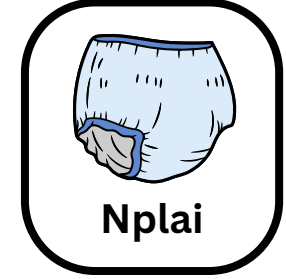
Chav dej



Chav Dej
Pab



Poj niam cov
khoom



Nplai



Tu yus tus
kheej



Khaub
ncaws

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KUV LUB TSEV MUAJ...



Tsis muaj hwj chim



Tsis muaj dej



Kev puas tsuaj



Dej puas



Hluav taws kub puas



Av qeeg txhua

KEV XAV



Zoo siab



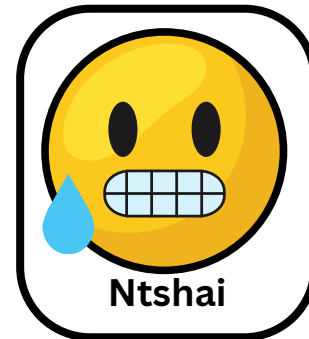
Tu siab



Npau taws



Xyua



Ntshai



Mob



KUV TUS KHEEJ TEJ YAM TSHWM SIM:

KEV SIB CUAG THIAB KEV PAB THAUM MUAJ XWM CEEV



California Hotline - Rau los nag, dej nyab, thiab mudslides

- Hu rau 1(888)-382-3406



KeV Pabcuam KeV Puas Tsuj KeV Puas Tsuj:

- Hu lossis Xa Ntawv 1(800)-985-5990



KeV Pab Raws Teeb Meem Loj:

- Hu rau 1(800)-621-3362



FEMA Chaw Nyob

- Sau ntawv "SHELTER" thiab (koj tus lej ZIP) rau 43362



National Alliance rau kev puas siab puas ntsws

- Hu rau 1(800)-845-6264
- LOSSIS Sau "HelpLine" rau 62640



RAINN Tus Numb Ntxiv Ntxiv Tso Tseg

- Hu rau 1(800)-656-4673



KeV Tsim Txom thiab KeV Puas Siab Puas Ntsws (SAMHSA) National Helpline:

- Hu rau 1(800)-662-4357



Yus tua yus tiv thaiv thiab ntsoog kev pab cuam

- Hu rau los yog lus 988

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