

Cov Chaw Muaj Kev Pab

- National Suicide Hotline: 1-800-273-8255
- [Suicidepreventionlifeline.org/help-yourself/youth/](https://suicidepreventionlifeline.org/help-yourself/youth/)
- Crisis Text Line: Text HOME to 741741 txuas nrog ib tus kws pab tswv yim thaum muaj xwm txheej los yog mus saib www.crisistextline.org
- Northcentral Healthcare Center: 715-845-4326 www.norcen.org/services/crisis-services/ Xov Tooj Hu Dawb 800-799-0122 TDD 715-845-4928, rau cov muaj teeb meem hnov lus tsis zoo los yog hais lus tsis tau.

Txuas koj rau kev sib pab thaum muaj xwm txheej hauv Marathon, Langlade, thiab Lincoln Counties

Cov Pab Pawg Muab Kev Sib Txhawb

Koj mus nrhiav tau ntau pab pawg muab kev sib txhawb hauv zos uas paub zoo txog kev sib pab thaum muaj kev tu siab. Ib cov hau kev yooj yim los mus nrhiav tau ib pab pawg uas haum rau koj cov kev xav tau muaj xws li:

- Nug Txoj Kev Kho Mob (Health Care System) hauv koj lub zos seb muaj cov pab pawg twg
- Nug koj lub tsev teev hawm (church)
- Nug koj lub tsev kawm ntawv
- Tham nrog tus thawj coj lub tsev txias
- Nrhiav hauv online uas muaj cov pab pawg muab kev sib txhawb

“Qhov tseeb ces yog tias koj yuav tu siab mu sib txhis. Koj yuav “nco tsis ploj” tus neeg koj hlub uas tau nruam sim; koj yuav tau kawm kom paub nyob nrog qhv no. Koj yuav zoo thiab tus kheej rov muaj lub zog kom dim ntawm txoj kev nyuaj siab. Koj yuav zoo tab sis tsis zoo li qub lawm. Yog koj rov zoo los li qub, koj kuj yuav tsis xav kom zoo li ntawd.”

Elisabeth Kubler-Ross and David Kessler

Cov Kev Pab Tswv Yim Hauv Zos

Koj yuav pom tau tias nws yog ib qho zoo rau koj mus saib ib tus kws kho mob nyuaj siab (therapist) twg cov ntaub ntawv txog nws kom thiab paub zoo tias seb nws puas yog ib tug txawj kho thiab paub zoo txog txoj kev tu siab. Ntau cov chaw ua hauj lwm muaj cov neeg ua hauj lwm uas paub zoo txog kev tu siab los yog paub cov chaw muaj kev pab rau lub sij hawm muaj txoj kev tu siab no. Koj tus kws kho mob los kuj yuav xa tau koj mus rau cov kev pab tswv yim no thiab.

Yog xav paub txog cov npe ntawm cov kws pab tswv yim (counselors) hauv zos, mus saib United Way:

www.unitedway.org

Los Yog

Hu rau 211 kom paub ntxiv

haw Muaj Ntaub Ntawv

Kev tu siab thiab tswj tus kheej vim muaj kev ploj tuag rau qhov noj tshuaj ntau - pcss, (2019, October 07). Retrieved April 27, 2021, from <https://pcssnow.org/event/grief-and-managing-an-overdose-death/>

Tsev neeg txoj kev tu siab. (2021, February 10). Retrieved April 27, 2021, from <https://www.chawisconsin.org/initiatives/grief-and-bereavement/grieving-families/>

Kev tsim kom tau qhov ntaub ntawv no yog tau nyiaj pab los ntawm Kev Pom Zoo Koom Tes (Cooperative Agreement) NU17CE925003-02-02 Centers for Disease Control and Prevention (CDC). Nws cov lus nyob hauv tsis tau txhais tias yog cov lus pom zoo raws cai los ntawm CDC los yog U.S. Department of Health and Human Services.

To Taub Qhov Koj Tu Siab



Ib qhov ntaub ntawv muab los ntawm Marathon County Medical Examiner's Office.



Kev Tu Siab Yog Dab Tsi?

Kev tu siab yog yam ib txwm muaj, kheev muaj, thiab yuav tau muaj thaum yus muaj ib tus neeg ncaim lawm. Nws yog ib yam muaj mus tsis tu ncu, tsis yog muaj tshwm sim ces paub tas. Nws yuav siv sij hawm thiab mus dhau koj qhov kev tu siab. Nws tsis muaj qhov zoo los yog phem, yog los tsis yog thaum koj muaj kev tu siab, nws yog ib qho uas ib leeg yuav siv sij hawm txawv ib leeg. Kev tu siab yog ib yam uas muaj tuaj nruab siab thiab muaj qhov hloov pauv tau yus.

Kev tu siab muaj ntau hom. Ib txhia yuav muaj tej yam uas lwm tus tsis muaj. Qhov no nws kuj tsis txhais hais tias qhov koj tu siab ua tsis yog kev lawm, nws tsuas txhais hais tias koj tu siab mus raws li yog KOJ TXOJ KEV.

Cov Websites Uas Yuav Pab Tau Koj

- Grieving.com
- 7cups.com
- Centerforloss.com
- Whatsyourgrief.com
- Opentohope.com
- Dougy.org (rau me nyuam)
- Griefshare.org
- Wingsgrief.org
- Childmind.org
- Chawisconsin.org

Cov Me Myuam Muaj Kev Tu Siab

Me nyuam muaj kev tu siab txawv. Nws yuav quaj ib pliag ces ho mus ua si, qhov ntawd tsis tau txhais hais tias nws tsis muaj kev tu siab lawm, los yog nws tsum tsis muaj qhov tu siab lawm. Me nyuam tsuas yog tu siab txawv cov laus xwb. Kev mus ua si yog ib txoj kev ua los tiv thaiv tus kheej.

Cov me nyuam uas tseem yau heev yuav tsis loj hlob zoo, pib zis lav dua, los yog rov hais lus mos ab. Txhawb kom ib tus me nyuam uas muaj kev nyuaj siab qhia nws cov kev xav. Yog nws hais tsis tau koj kuj sim:

- Kos duab
- Tsim ib phau ntawv kos duab ua ke
- Saib duab
- Hais dab neeg
- Nyeem me nyuam cov phau ntawv hais txog txoj kev tuag ua ke los pib sib tham seb muaj dab tsi tshwm sim rau nws

Sim txhob tham ntau. Tsuas teb nws cov lus nug raws li qhov koj ua tau. Tej zaum nws kuj tsis to taub tias kev tuag yog tas mus ib sim neej. Qhia kom ncaj es tsis txhob siv cov lus, xws li, "mus pw tsaug zog lawm xwb."

Kev Pab rau Cov Me Nyuam Muaj Kev Tu Siab

- Website: <https://whatsyourgrief.com/childrens-books-about-death/>
- e Nyuam Cov Phau Ntawv
 - The Invisible String
 - The Memory Box
 - Invisible Dad
 - The Bench
 - This I Know
 - I Miss You
 - Someone I Love Died
 - God Gave Us Angels
- Cov worksheets muaj nyob online uas muab siv tau nrog cov me nyuam muaj kev tu siab: https://www.mylemarks.com/store/c30/Grief_and_Loss_Worksheets.html

Thaum Twg Yuav Tau Nrhiav Kev Pab

Nrhiav kev pab yuav tsum txhob muab saib li yog qhov kawg thiab nws kuj pab tau tsis hais koj yuav nyob rau ntu twg ntawm txoj kev tu siab. Mus nrhiav kev pab yog koj hnov zoo li txoj kev tu siab yog ib qho nyuaj heev los yog loj tuaj tom qab ntau lub hlis thiab koj hnov zoo li koj raug "ntxiab tais" rau hauv koj txoj kev nyuaj siab. Koj yuav tau xav txog qhov mus nrhiav kev pab los ntawm ib tus kws txuj uas tau kawm paub txoj kev tu siab los lawm:

- Yog koj xav tias koj tsis muaj peev xwm pab tau koj tus kheej xws li khoom noj, ris tsho hnab, thiab vaj tse nyob
- Yog koj xav tias koj tsis muaj peev xwm pab tau koj cov me nyuam, los yog lwm tus los yog tsiaj yug hauv tsev uas tseem tos ntsoov koj
- Yog koj xav tias koj txoj kev tu siab yeej tsis hloov tom qab lub sij hawm dhau los mus, thiab koj hnov zoo li koj tsis muaj lub zog ua tau tej yam tseem ceeb hauv lub neej, xws li txoj hauj lwm, kev sib raug zoo, thiab lwm yam, thiab koj tsis paub tias yuav mus tom ntej tau li cas

Thaum koj muaj kev tu siab tsis hais lub sij hawm twg uas ua rau koj muaj tej yam zoo li hauv qab no, koj yuav tau nrhiav kev pab tam sid los ntawm koj tus kws kho mob, kws pab tswv yim los yog tus muab kev pab thaum muaj xwm txheej:

- Npau taws, chim siab, los yog xav ua phem
- Xav tsis tau lwm yam tab sis tsuas xav txog txoj kev tuag ntawm tus uas yus hlub xwb
- Tsiv ntsoov rau tej khoom uas ua rau nco txog tus tuag lawm los yog zam tsis tau tej no
- Hnov zoo li kho siab heev, mob, nrug deb, tu siab, tsis muaj kev cia siab, siab khoob lug, saib tus kheej tsis muaj nqis, chim siab, los yog nco txog tus tuag uas tsis nyob ntawd lawm
- Lees txais tsis tau qhov tias nws yeej tuag lawm tiag
- Coj tus cwj pwm txov tus kheej, xws li haus dej cawv los yog yeeb tshuaj
- Muaj cov kev xav tua tus kheej