

Phau Ntawv Cob Qhia Rau Hauv Tsev Kawn Ntawv MATC

Kawm Ntawv Qib Siab Zoo
thiab Kev Mob Hlwb

MATC



Nthuav Txog

Tsis hais tias koj nyiam qhuav kawm ntawv tiav hoob kaum ob los sis twb tiav tau ntau xyoo lawm, txoj kev kawm ntawv qib siab yog ib yam ua rau yus zoo siab thiab nyuab siab tib yam. Nyob rau hauv tsev kawm ntawv qib siab MATC, peb xav kom koj tuaj kawm ntawv txhua txhua hnuv, xav kom koj kawm tau zoo li tau, thiab kom koj kawm kom cuag koj lub hom phiaj kom tiav txoj hauj lwm koj xav tau. Peb xav kom koj nyob zoo thiab tau txais kev noj qab haus huv.

Qhov ua peb tsis xav kom koj ua ib leeg, yog hais tias koj pom tias koj kawm tsis tau zoo nyob rau ib hoob twg, koj muaj cai xaiv ntau yam. Koj muaj cai tham nrog koj tus xib fwb, tham nrog koj cov phooj ywg hauv hoob, los sis nrhiav kev pab ntxiv los ntawv chav pab ntawv. Yog tias koj muaj kev nyuab lwm yam xws li kev ntxhov siab, kho siab, kev ntsim siab, kev sib ntau, los yog koj txhawj txog koj tsev neeg los sis ib tug phooj ywg, koj muaj kev xaiv tau tib yam.

Phau ntawv no yuav qhia rau koj los sis ib tug neeg twg ua nws tau txais kev nyuaj siab mob hlwb. Ntxiv mus, phau ntawv no tseem yuav qhia txog kev ntxov siab thiab yuav daws li cas nrog rau cov chaw ua muaj kev pab tau koj.

Peb xav kom koj nco txog tias MATC yog ib qho chaw zoo rau koj. Saib xyuas koj tus kheej kom zoo yog ib yam ua yuav pab tau koj raws li hais saum no. Txawm tias MATC ho tsis muaj kev pab cuam daws kev ntxov siab ntau ntau los peb muaj cov chaw ua koj yuav mus nrhia tau cov kev pab xws li nram no: mate.edu/stuentlresources/AcademicCounseling/PersonalCounseling.html.

MATC chav saib ntawv muaj cov ntawv qhia txog kev txhawj xeeb, nyuab siab mob hlwb. Nrhiav tau rau ntawm:

http://book.matc.edu/screens//Bibliography_for_Mental_Health_Conf_N20 ll.pdf:f



Phau ntauv no yuav tshim sim tau yog tau kev pab los ntawm Charles E. Kubly Foundation



Kev Txhawj Xeeb

Kev txhawj xeeb yog ib qhov kev nyuab siab los ntawv kev kawm ntawv qib siab vim yog yuav tau kawm yam tshiab thiab pauv tswv yim tshiab. Yuav muaj kev txhawj txog ua ntaub ntawv tsaws sij hawm thiab kawm kom tau qab nias zoo thiaj li yuav nce tau ib nqeb zuj zus.

Tsis hais tias koj kawm ib hnuv los sis ib tav su, tsis hais tias koj ua hauj lwm los sis muaj cuab muaj yig txhawj txog, nws yeej yog ib yam ua ntau heev. Koj yuav tsum npaj thiab paub hais tias qhov twg yog qhov tseem ceeb tshaj rau koj.

Daws kev ntxhov siab tsis yog yuav tsum siv tshuaj xwb, tab sis kev ntxhov siab yog ib yam ua nws tshim sim ntev ua rau yus puas hlwb thiab muaj kev mob nkeeg. Nrhiav kev pab los ntawv cov kwv kho mob yog hais tias koj tau txais kev ntxhov siab ntau heev es koj pab tsis tau koj tus kheej los sis koj siv dej caw, yeeb tshuaj los pab koj daws teeb meem.

Kev Mob

Kev mob los ntawm kev txhawj xeeb muaj ntau hom thiab ib tus neeg mob lawm ib yam. Thaum twg yog koj mob taub hau, pw tsis tsaug zog, mob plab, chim siab, npau taws sai sai lawm, nws txog caij lawm ua koj yuav tsum tau nrhiav kev pab cuam.

Kev Pab

Xav paub ntxiv txog kev txhawj xeeb, kho siab, thiab lwm yam kev mob hlwb, xyuas hauv National Institute of Mental Health's website at www.nimh.nih.gov

Cov Koom Haum Muaj Kev Pab

Cov Chaw Pib

Mental Health America of Wisconsin (MHA)

600 W. Virginia St.

Suite 502

414-276-3122

www.mhawisconsin.org

Lub koom haum no yog tshim sim nyob ran hauv lub xeev Wisiconsin. Lub koom haum no muaj ntau yam kev pab rau txhua tus neeg. Sij hawm ua hauj lwm yog:

9:00 sawv ntxov -5:00 tsaus ntuj

Monday-Thursday

9:00 sawv ntxov-3:00 tsaus ntuj Friday

Cov neeg ua hauj lwm hauv lub koom haum no muaj peev xwm yuav teb tau cov lus noog txog kev txhawj xeeb mob hlwb thiab yuav pab xa tau koj mus cuag lwm lub koom haum ua nws tseem yuav pab koj ntxiv.

National Alliance on Mental Illness of Greater Milwaukee (NAMI)

3732 W. Wisconsin Ave.

414-344-0447

www.namigrm.org

Lub koom haum no yog tshim sim nyob rau hauv lub xeev Wisiconsin no thiab. NAMI muaj ntau yam kev pab rau txhua tsev neeg thiab nws kuj muaj ib qhov kev pab cog phooj ywg los mus sib pab daws teeb meem. Lub koom haum no yog lub hauv paus rau qhov ASK Program, uas yog muab kev pab rau pawg neeg tawv dub.

Kev Pab Thiab Cov Chaw

Grand Avenue Club (GAC)

210 E. Michigan St.

414-276-6474

www.grandavenueclub.com

Grand Avenue Club yog ib lub koom haum rau cov neeg laus ua tau raug kev txhawj xeeb mob hlwb. Lub koom haum no muaj kev qhia tsis tus ncuu. GAC muaj qhia kev ua hauj lwm, kev nrhia hauj lwm, pab kev kawm ntawv, vaj tsev, kev noj qab haus huv, thiab lwm yam kev li kev cai. Xav paub ntxiv los yog xav tuaj ncig qhov chaw no, thov hu tuaj teem sij hawm.

Warmline

414-777-4729 (Milwaukee)

7 -11 p.m.

Friday - Wednesday

(Closed Thursday)

262-353-3540 (Washington County)

6-9 p.m. Friday and Saturday.

www.warmline.org/#wisconsin

Qhov chaw no yog muab kev sib pab los ntau cov neeg ua tau txais kev txhawj xeeb mob hlwb.

**Xav nrhiav kev pab los sis nrhiav cov chaw yais zaub mov,
hu rau IMP ACT ntawm 2-1-1**

Providers that accept Title 19 or offer sliding-scale or reduced fees

Aurora Family Service

3200 W. Highland Blvd.
414-345-4941
www.aurorahealthcare.org/services/familysocial/index.asp

Catholic Charities

2021 N. 60th St.
414-771-2881
www.ccmke.org

Children's Service Society

620 S. 76th St. Suite 120
414-453-1400
www.chw.org/display/PPF/DocID/35152/router.asp

Columbia St. Mary's

Center for Psychotherapies
Women's Hospital
2323 N. Lake Dr.
414-291-7020

Jewish Family Services

1300 N. Jackson St.
414-390-5800
www.jfsmilw.org

Lutheran Social Services

1545 S. Layton Blvd.
414-671-5920
www.lsswis.org

Milwaukee Health Services Isaac Cogg

Heritage Health Center
8200 W. Silver Spring Dr.
414-760-3900
www.mhsi.org

Marquette University Center for Psychological Services

604 N. 16th St., Room 307
414-288-3487
www.marquette.edu/psyc/cps.html

Recovery Behavioral Health (Health Care for the Homeless)

210 W. Capitol Dr.
414-727-6320
www.hchm.com

Sixteenth Street Community Health Center

1032 S. Cesar Chavez Dr.
414-672-1353
www.sschc.org
Staff is bilingual (Spanish)

University of Wisconsin-Milwaukee (UWM) Psychology Clinic

2513 E. Hartford Ave.
Pearse Hall 179
414-229-5521; clinic@uwm.edu
Specialty clinics include depression, PTSD and other anxiety disorders.

Cov Koom Haum Muaj Kev Pab

Cov chaw pab rau tej pawg neeg

African-American

Access, Support and Knowledge (ASK)

414-344-0447

A NAMI yog ib qho chaw muaj kev pab rau cov neeg tawv dub.

Hispanic

Aurora Family Service

3200 W. Highland Blvd.

414-345-4941

Linea de Apoyo (“Warmline”)

Linea de Apoyo (“Wanuline”)

Muaj neeg pab thaum 7:00 saww

ntxov txog 10:00 tsau ntuj

Saturday and Sunday

www.warmline.or/#wisconsin

Qhov kev pab no muaj rau cov neeg hais lus Mev ua muaj kev txhawj xeeb mob hlwb.

NAMI of Greater Milwaukee

(see “Places to Start” section)

414-344-0447

Muaj kev qhia thiab kev pab cuam hais ua lus Mev.

Sixteenth Street Community Health Center (see previous page)

414-672-3145

United Community Center

1111 S. 6th St.

414-384-3100

www.unitedcc.org

Muaj kev pab ntau yam rau cov neeg hais lus Mev uas tau txais kev txhawj xeeb mob hlub thiab kev quav yeeb, quav tshuaj, thiab dej caw.

Lesbian, Gay, Bisexual, Transgendered

Milwaukee LGBT Community Center

252 E. Highland Ave.

414-271-2656

www.mkelgbt.org

Muaj kev pab rau cov tib neeg ua poj niam nyiam poj niam, txiv neej nyiam txiv neeg, thiab cov tib neeg ua nws tau hloov nws tuj kheej xws lis poj niam hloov mus ua txiv neej, txiv neej hloov mus ua poj niam.

Native American

Gerald L. Ignace Indian Health Center

1711 S. 11th St.

414-383-9526

www.gliihc.net/

Muaj kev pab rau pawg neeg Khab ua nyob rau lub nroog Milwaukee. Kuj muaj kev pab rau lwm hom neeg thiab.

Southeast Asian

Aurora Family Service

414-345-4941

(See complete listing under Hispanic resources)

Veterans

Clement J. Zablocki

Veterans Affairs Medical Center

5000 W. National Ave.

414-384-2000 ext. 42098

www.milwaukee.va.gov

Dry Hootch

1030 E. Brady St.

414-763-2785

www.dryhootch.org

Lub Koom Haum no yog tsim los ntawm cov qub tub nrog thiab lawv yog cov muab kev pab.

Txo Yus Txoj Sia

Muaj Kev Pab Dawb 24 Teeb

IYog tias koj los sis tus neeg koj paub xav tau kev pab, hu tau rau National Suicide Prevention Lifeline at 800-273-8255 (1-800-273-TALK) los sis hu rau chat line ntawm www.suicidepreventionlifeline.org/

Cov neeg uas nws txoj nws txoj sia tuag muaj coob tshaj li cov nceg ua tuag los ntawm kev sib tua nyob rau teb chaws Asmisiskas txhua xyoo. Yog koj paub txog cov kev ua vim li ca ib tugneeg nws thiaj txo nws txoj sia, koj yuav pab tau koj tus kheej, koj tsev neeg, tus neeg koj paub los sis koj tus phooj ywg.

LEEJ TWG MUAJ FEEM NTAU

Tsis hais poj niam los txiv neej, laus los hlluas, pawg neeg twg los xij, txhua tus yeej tau txais txoj kev no. Cov neeg feem coob ua tau txais txoj kev no yog cov neeg li nram no:

- Muaj kev txhawj xeeb los ntawm kev xiam hlwb, siv yeeb, siv tshuaj
- Sim txo nws txoj sia ua ntej lawm
- Nws tsev nceg muaj keeb txo lawv txoj sia los sis siv yeeb siv tshuaj
- Nws tsev neeg muaj kev sib ntau sib tua los ntawm kev ua niam txiv
- Muaj nriam phom nyob rau hauv lub tsev
- Tau mag kaw rau hauv tsev loj kuj
- Nrog cov nceg los sis phooj ywg ua tau txo lawv txoj sia

Muaj coob leej ua muaj feem txo nws txoj sia tab sis lawv ho tsis txo lawv txo sia. Kev txo txoj sia yog ib yam ua tsis zoo los ntawm kev txhawj xeeb. Thaum muaj kev txhawj xeeb heev dhau lawm, nws tsis yog ib txoj kev ua yuav muab saib ua si. Yuav tsum pom tau tias yog tsis nrhiav kev pab tiag tiag, tus neeg ntawv yuav txoj nws txoj sia.

KUV YUAV HU LEEJ TWG?

Yog tias koj los sis ib tug neeg koj paub yuav txo nws txoj sia, tsis txhob cia nws nyob ib leeg. Hu rau nws tus kwv kho mob los sis 911.

KUV YUAV TSHAWB LI CAS THIAJ PAUB NTXIV?

Qhov chaw Tiv Thaiv Tsis Pub Txo Txoj Sia nyob Milwaukee muaj kev qhia pub dawb rau txhua txhua tus neeg ua xav kawm los pab cov neeg ua nws xav txo nws txoj sia. Cov kev qhia los ntawm QPR Gatekeeper yuav qhia koj txog cov kev vim li cas ib tus neeg thiaj li yuav txo nws txoj sia thiaj koj yuav pab li cas. QPR txhais hais tias: Questions-Nug, Persuade-Ntxias, Refer-Nriav kev pab. Ib yam lis CPR, QPR yog it txoj kev pab ceev li ceev tau los mus daw neeg txoj sia. Xav paub ntxiv, hu rau Martina Gollin-Graves ntawm 414-336-7972 los sis mus rau hauv www.mhawisconsin.org/psgm.aspx

Cov chaw rau neeg muaj kev ntxov siab www.metanoia.org/suicide/

Yog hais tias koj xav txo koj txoj sia tab sis tsis xav pub leej twg paub, thov nyeem tsab ntawv no. Martha Ainsworth muaj tej yam yuav qhia rau koj paub.

<http://suicideproject.org/>

Yog tias koj xav txo koj txoj sia, lub chaw no muaj peev xwm cia koj qhia koj txoj kev ntxov siab. Yog koj xav paub tias ib tug neeg nws xav txo nws txoj siab zoo li cas, los sis koj xav pab tus neeg ntawv, koj muaj peev xwm sau ib cov lus pab txhawb nws lub zog rau hauv no.

Koj muaj peev xwm daws tau txoj kev txhawj xeeb mob hlwb.

KOJ MUAJ PEEV XWM YUAV PAB TAU LWM TUS TIB YAM. Hu tau dawb 24 teev

Yog tias koj los sis tus neeg koj paub xav tau kev pab, hu tau rau National Suicide Prevention Lifeline at 800-273-8255 (1-800-273-TALK) los sis hu rau (chat line) ntawm www.suicidepreventionlifeline.org/

Muaj cov neeg ua hauj lwm rau phab no yuav pab koj rau txhua txhua lub sij hawm yog tias koj los sis ib tug neeg koj paub xav txo nws txoj sia los ntawm kev txhawj xeeb, kev haus yeeb, haus tshuaj, kev sib ceg, sib ntau, kev ua niam txiv, los sis kev poob laj kam.

* Yog hais tias koj tsis nhov lus los sis hais tsis tau lus, hu rau 800-799-4889.

*Para obtener asistencia en español durante las 24 horas, llame a/888-628-9454.

911

Yog koj nyob rau lub nroog Milwaukee, hu rau 911, thov kev pab los ntawm: Crisis Intervention Team. Cov tub ceev xwm mam lis muab cov neeg muaj peev xwm daws tau cov kev ntxhawj xeeb mob hlwb los pab koj.

Milwaukee County Behavioral Health Division Psychiatric Crisis Line

Tus xoov tooj no hu tau 24 teev tauj 7 hnuv thiab muaj kev pab ceev lis ceev tau.

414-257-7222

www.milwaukeecounty.org/BehavioralHealthDivi7762/CrisisServices.htm

Milwaukee County Behavioral Health Division Crisis Walk-In Center

Qhov chaw no qheb rau cov neeg tsis muaj ntawv kho mob nyob rau lub nroog Milwaukee. Lawv pab muab tshuaj thiab nrhiav kev pab.

Sij hawm 9 teev sawv ntxog 3 teev tsaus ntuj Monday-Friday

414-257-7665

9455 Watertown Plank Road, Wauwatosa

 MILWAUKEE AREA *Technical College*

Downtown Milwaukee

Mequon

Oak Creek

West Allis

matc.edu

414-297-MATC

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