

☆ **CHAW PAB (NTXIV MUS)**

Valley Crisis Center Merced
Human Services Agency for Merced and Atwater - (209) 385-3000
After Hours Emergency - (209) 722-9915
County Mental Health - (209) 301-6800

National Domestic Abuse Hotline - (800) 799-7283

National Sexual Abuse - (800) 656-4673

National Suicide Prevention Lifeline - (800) 273-8255

National Child Abuse Hotline - (800) 422-4453

Teen Hotline - (877) 332-7333

National Teen Dating Violence Hotline - (866) 331-9474

LGBT Youth Support Line - (866) 488-7386
www.TrevorProject.org

LGBT National Hotline - (888) 843-4564

Self Injury Foundation - (888) 962-6774
www.selfinjuryfoundation.org

Substance Abuse and/or Mental Illness
National Alliance on Mental Illness: (800) 950-6264 / www.nami.org
Substance Abuse & Mental Health Admin: www.samha.gov
National Institute on Drug Abuse: www.nida.nih.gov / www.drugfree.org

Mosaic (threat assessment systems) - www.mosaicmethod.com

Internet Safety - www.enough.org
Bullying - www.stropbullying.gov / www.pacerteensagainstbullying.org



#BCStudentsMatter

TEXT the word "THUNDER" and your tip to 847411



KEV THAB PLAUB YOG DABTSI?

Kev thab plaub muaj ntau hom. Qee zaum nws tsis yooj yim to taub tias koj yuav xav li cas "kev thab plaub" ua rau lwm tus raug mob.

Kev thab plaub tuaj yeem ua tau:

Kevhaislus- hu npe, hu xov tooj, thuam, hem, lossis taug xaiv

Sivdabzog- ntaus, xuas nrig ntaus, thawb, nyiag kkoo, los yog lwm yam kev sib ntaus

Kevsibtham- tsis quav ntsej, cais, lossis cais cov phooj ywg los ntawm kev ua si

Sivhlwbnyas- kev nyas, kev thuam, ua phem, lossis ua kom ntshai

Khoomfaisfab-thab plaub los ntawm kev siv hluav taws xob; piv txwv, sau ntawv, xa email, xa tawm ntawm kev tshaj xov xwm, los yog muab cov duab liab qab los yog duab tsis raug cai

To taub tias koj cov kev ua puas muaj feem cuam tshuam rau ib tus neeg lub neej.

Xyuas kom tseeb tias qhov kev cuam tshuam no yog ib qho zo

Txawm li cas los xij, yog tias koj ua ib tug neeg raug mob, muaj qhov yuav tshwm sim.

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Thawj zaug ua txhaum::

- 1 mus rau 5 hnuv raug txim nram tsev
- Xa mus rau kev kawm intervention program
- Tej zaum tub ceev xwm tshawb nrhiav.

Zaum ob ua txhaum:

- 1 mus rau 5 hnuv raug txim nram tsev
- Tau pom zoo rau kev yuav ntiab tawm.
- Hloov mus rau lwm txoj kev kawm.
- Tej zaum tub ceev xwm tshawb nrhiav.

Lwm yam kev raug txhim:

- Tsis muaj cai.
- Muaj kev saib xyuas ntxiv.
- Tshem tawm ntawm kev ua si sab nraud.
- Pauv cov hoob kawm.
- Pauv caij noj sus.
- Kev txwv ntawm kev xav tau.

KEV THAB PLAUB HAIS RAU LEEJ TWG?

Yog tias koj pom ib tug phooj ywg lossis koj tus kheej raug mob los ntawm cov teebmeem no, hais lus thiab qhia qhov teebmeem.

Cov teeb meem kev xav (xws li kev ntxhov siab, kev npau taws, kev nyuaj siab, lossis kev ntxhov siab)

Cov teeb meem ntawm lub cev (xws li mob taub hau, mob plab, ntuav, tsis qab los, los yog tawv nqaj TAWM)

Tshem tawm ntawm cov phooj ywg lossis kev ua si

Txo hauv tsev kawm ntawv

Siv Daim Ntawv Tshaj Qhia Nws.

☆ **Cov ntaub ntawv no tuaj yeem nrhiav tau hauv tus kws pab tswv yim (H-10) thiab hauv A-11, los sis hais ncaj qha rau lawv - lawv nyob ntawm no los pab.**

Kuj tseem muaj cov ntaub ntawv digital uas koj siv tau nyob hauv Buhach Colony High School lub website hauv "Student Life".

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Children and Family Service Program - (209) 723-4771
1710 Headwind Drive
Atwater, CA 95301

Children's Services Network of Merced County
Resources and Referral - (209) 722-3804
1520 West Main Street
Merced, CA 95340

District Attorney Victim Witness Assistance Program - (209) 725-3515
658 West 20th Street
Merced, CA 95340

Kids Care Clinic - (209) 725-7555
1260 D Street
Merced, Ca 95340

Merced County Human Services Agency - (209) 385-3000
2115 West Wardrobe Ave
Merced, CA 95340

Child Welfare Services - Ext. 5858 or 5856 / Adult Protective Services - Ext. 3105

Merced County Mental Health - (209) 381-6800
480 East 13th Street
Merced CA, 95340

Planned Parenthood - (209) 723-7751
1960 P Street
Merced CA, 95340
24-hour hotline: 1-800-711-9848

Total Self Insight - (209) 383-2594
1575 West Main Street
Merced CA, 95340

Tough Love - (209) 386-0980
3450 C Street, Suite A
Atwater CA, 95301

Yog tias koj pom nws, koj YUAV TSUM tau tshaj tawm! Muaj ntau txoj kev qhia thiab tsis qhia npe.

☆ Tsis txhob ntshai qhia txog kev thab plaub ☆

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