



DEPARTMENT OF AGRICULTURE

Yog xav tau daim theej daim ntawv no, hu rau call 651-201-6012.

[www.minnesotafarmstress.com](http://www.minnesotafarmstress.com)

# KEV POV HWM QOOB LOO & LIAJ TEB HAUV MINNESOTA

Txoj kev ua vaj qoob loo yog ib txoj hauj lwm uas siv zog. Koj yuav nyob rau ntawm thaj chaw uas koj ua hauj lwm. Koj tus neeg nrog koj ua hauj lwm nws yuav yog koj tus poj niam/tus txiv los sis lwm tus neeg hauv koj tsev neeg. Thaum koj yog ib tus tswv ntawm koj tus kheej lawm, koj yuav hnov tau tias koj muaj lub luag hauj lwm ua ntau yam thiab tej zaum yuav sau qoob loo tau me ntsis xwb.

Tej teeb meem txog nyiaj txiag, nqi muag thiab chaw yuav tsis ruaj ntseg, kev hloov pauv vaj qoob loo, tej xwm txheej txog qoob loo, kev tsis nkag siab ntawm txij nkawm thiab zej zog yog teeb meem loj tshaj rau cov tub liaj teb thiab nws cov neeg hauv nws tsev neeg. Nyob rau hauv qhov ntawv no, koj yuav pom qee leej tib neeg thiab tuam txhab yuav npaj pab koj.



Rau Meskas Txoj Cai Rau Cov Neeg Xiam Oob Khab, cov ntaub ntawv no muaj los sawv cev cov kev thov los ntawm hu xov tooj rau 651-201-6000. Cov siv TTY tuaj yeem hu rau Minnesota tus xov tooj 711. MDA yog tus muaj caij nyoog thiab kev muaj vaj huam sib luag.

Coping with Farm & Rural Stress in Minnesota HMONG.indd 4.27.2023



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## PAB RAU KEV NYUAI SIAB, NTXHOV SIAB, THIAB NPAU TAWS

**Minnesota Chaw Vaj Tsiaj &  
Liaj Teb Tus Xov Tooj Hu Thov Kev Pab**  
[minnesotafarmstress.com](http://minnesotafarmstress.com)  
HU RAU: 833-600-2670)  
SAU NTAUVV RAU: *farmstress* to 898211  
EMAIL: [farmstress@state.mn.us](mailto:farmstress@state.mn.us)

Thov kev sab laj, kev qhia dawb nyob 24/7. Yog tias koj los sis tus neeg uas koj paub tseem nyob nrog txoj kev ntshai, ntsoos ntsho, kev sib swm, kev siv tshuaj muaj yees, teeb meem txog kev ua lag luam/nyiaj txiag los sis lwm yam teeb meem, hu los sis sau ntawv rau peb. Tsis muaj kev ntxov siab yog teeb meem me me. Muaj cov pab txhais lus.

**Ted Matthews & Monica McConkey**  
**Cov Kws Sab Laj Txog Kev Noj Qab Haus Huv Ntawm Feem Ua Qoob Loo**  
320-266-2390 (Ted) or 218-280-7785 (Monica)

Ted thiab Monica paub txog kev ua qoob loo thiab ua hauj lwm nrog niam txiv pej xeem thiab tag nrho cov cuab yim tsev neeg hauv Minnesota. Tsis yuav nqi. Tsis siv ntaub ntawv. Qhov kev pab cuam no yog ua los ntawm Chaw Hauj Lwm Muab Kev Ruaj Ntseg Hauv Minnesota.

**Pawg Crisis Tus Xov Tooj Ntawm Tes**  
Xov tooj ntawm tes, hu **\*\*CRISIS (\*\*274-747)**  
[mn.gov/dhs/crisis](http://mn.gov/dhs/crisis)

Muaj nyob txhua lub nroog, cov kws muab kev sab laj tuaj yeem tuaj txog sai thiab muab cov kev pab cuam kias tam sim ntawv, sij hawm luv thiab muab kev pab cuam txog kev noj qab haus huv nyob lub sij hawm crisis los sis muaj xwm ceev.

**Minnesota Lub Tsev Kawm University Kawm Nthuav Dav**  
800-232-9077  
[extension.umn.edu/rural-stress](http://extension.umn.edu/rural-stress)

Muaj cov khoos kas qhia txog kev nyab xeeb thiab kev noj qab haus huv ntawm ua qoob loo thiab hav zoov nrog tsuag, suav nrog kev kawm hauv online.

### **988 Suicide & Crisis Lifeline**

Muaj ntsej muag nyob txhua lub nroog hauv Meskas muaj cov kws sab laj mloog, nkag siab txog cov teeb meem tab tom muaj kev phom sij rau koj li cas, pab txhawb nqa thiab tiv toj koj yog koj xav tau. Hu los sis sau ntawv rau 9-8-8.

## KEV PAB HAUV TXHUA HNUB

Txhawm kom tau txais kev pab txog khoom noj haus, kev ua kom sov, hluav taws xob, kev noj qab haus huv, pab me nyuam, cov khoos kas rau cov neeg laus los sis lwm yam tseem ceeb txog kev noj qab haus huv thiab kev kaj siab, hu rau 2-1-1 los sis nkag rau [www.211.org](http://www.211.org). Qhov kev pab cuam United Way no yuav qhia qhov chaw nyob ze koj kom tau txais kev pab.



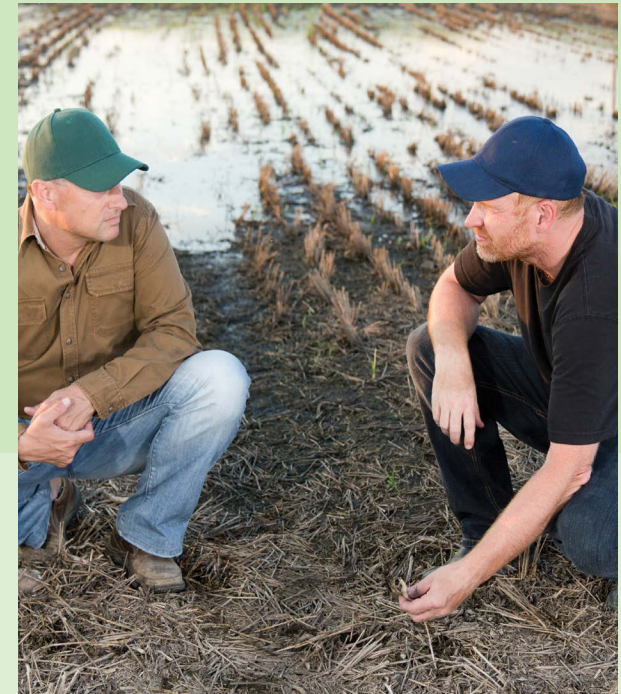
## KEV LAG LUAG, NYIAJ TXIAG, THIAB KEV CAJ LIJ CHOJ

**Cov Neeg Txhawb Nqa Kev Ua Qoob Loo Hauv Minnesota**  
833-600-2670  
[www.mda.state.mn.us/farmadvocates](http://www.mda.state.mn.us/farmadvocates)

Muaj kev pab nyiaj txiag dawb rau cov neeg ua qoob loo uas muaj teeb meem los sis tus neeg uas raug caij ntuj ua phem rau qoob loo. Cov neeg txhawb nqa txog kev yug tsiaj txhu nws muaj kev paub txog kev qiv nyiaj ntawm kev ua qoob loo thiab tham nrog tus cia txais nyiaj, daws teeb meem, cov khoos kas ua qoob loo, muab kev sab laj txog kev tu tsiaj txhu thiab pab cov raug caij ntuj ua phem. Lawv tseem tuaj yeem pab koj nrog cov kev pab cuam txog nyiaj txiag, kev ncaj ncees thiab zej tsoom.

**Kev Daws Teeb Meem Ntawm Cov Ua Qoob Loo – Tus Nyiaj Qiv**  
218-935-5785  
[z.umn.edu/mediation](http://z.umn.edu/mediation)

Rau cov tub qoob loo tus xav tau kev pab txog cov nuj nqis ntawm tus neeg cia qiv nyiaj los sis tus tswv nyiaj. Hauv Minnesota, cov tub qoob loo muaj txoj cai raws kev cai lij choj ntawm kev daws teeb meem txog kev qiv txais nyiaj uas ntau dua \$15,000 nws yuav tsis muaj nqi daws teeb meem.



**Pab Pawg Coj Cai Lij Choj Txog Tub Qoob Loo (Farmers Legal Action Group, FLAG)**  
877-860-4349  
[flaginc.org](http://flaginc.org)

Muaj kev pab cuam txog feem kev cai lij choj, kev cob qhia thiab pab cov tub qoob loo.

**Chaw Hauj Lwm Nyiaj Txiag Hauv Minnesota (Minnesota Rural Finance Authority)**  
651-201-6004  
[www.mda.state.mn.us/agfinance](http://www.mda.state.mn.us/agfinance)

Koom tes nrog tus neeg cia qiv nyiaj hauv zej zog los mus pab cov nyiaj qiv uas muaj paj qis rau cov tub qoob loo.

**Muab Kev Kawm Txog Kev Tswj Hwm Ua Lag Luam Txog Qoo Loo hauv Minnesota**  
218-894-5163  
[agcentric.org/farm-business-management](http://agcentric.org/farm-business-management)  
507-389-7497

[centerofagriculture.org/farm-business-management/farm-business-management-faq](http://centerofagriculture.org/farm-business-management/farm-business-management-faq)

Qhia tub qoob loo txog txoj kev siv lawv cov ntaub ntawv ua qoob loo txawm kom los txiav txiv tau kev ua lag luam thiab pab lawv txoj kev tswj hwm.