

hnangv ganh deix mienh nor. Naaic se maiv zeiz maaih corng h zingh baengc mienh nyei dorngc, weic zoux sic hnangv ninh mbuo zoux naaic nor. Baengc zingh duqv gunv jienv corng hnamv nyei jauv yaac gunv nzengc ninh mbuo zoux nyei jauv, maiv zeiz ninh mbuo oix benx hnangv naaic. Yie korv-lienh yie nyei youz mv baac yie hiuv duqv ninh nyei lingh fingx oix tengx bun ninh haih duqv longx siepv-siepv.

Daux gaux baac mingh, yie lengc jeiv nyei caux yie nyei youz gorngv deix waac. Ninh nyiemc ninh gengh oix duqv longx mv baac lorz maiv buatc jauv mingh. Laai hiuv ninh ganh nyei heng-wangc jauv mv baac maiv haih tengx ninh ganh weic zuqc ninh gunv maiv duqv ninh ganh. Yie aengx gorngv mbuox ninh; Naaiv se maiv zeiz meih dorngc, nyungc-nyungc zungv oix haih duqv longx nzuonx daaih. Yie duqv laengz waac, yie oix nzie jienv ninh mingh taux dorng daauh dorng mueiz. Liuz yie mbuo duqv qam doic, yie kungx haiz ndopv caux mbungv hnangv mv baac yie maiv gunv taux naaic. Yie hnamv yie nyei youz hnangv ninh ziangh daaih nor, yie yaac oix benx longx jhex wuov laanh weic ninh. Yie mbuo duqv fungx yie nyei youz mingh corng h zingh nyei ei ndie dorng h yaac duqv liepc fiem liepc eix, maaih lamh hnamv nyei dingc hnyouv ninh gengh haih duqv longx nzengc.

Nqa' haav camv-hlaax nyieqc nyei, yie nyei youz duqv nzuonx taux biauv. Buatc ninh nyei sin zangc duqv bieqc orv nzengc ninh nyei maengc longx jhex daaih, beiv taux ninh duqv jhex daaih nyei. Zien duqv siex ninh cuotv yaac leih ndutv ninh nyei corng h zingh hei-weih nyei jauv. Ninh nyei m'zing caux kamx-bui zungv maiv nyaapv yietc deix aqv. Laai duqv maaih a'hneiv yaac jaetv duqv maaih njang-laangc yaac duqv bun cing taux nyungc-nyungc. Ninh duqv ninh nyei wangc siangx nzuonx yaac longx hnyouv gau ninh duqv nernh nyei Ndie-Sai zorc longx ninh. Ei ndie dorng h yaac duqv mbenc nzoih nyungc-nyungc dongh ninh qiexm zuqc nyei ndie-buonc.

Yietc zungv naaiv deix jauv-louc jhex liuz, yie duqv hoqc hiuv longx jhex nyei jauv weic tengx taux corng h zingh baengc mienh haih maaih dorngx cuotv duqv mingh. Maiv dungx simv ninh mbuo nyei baengc zingh mv baac oix zuqc lorz zaangc mienh (Ndie-Sai) tengx ninh mbuo. Meih mbuo oix haih tengx duqv ninh mbuo leih ndutv ninh mbuo nyei mun caux nyaiv nyei jauvnor zuqc suonc-zingh suonc eix nyunc zipv dongh hiuv duqv ninh mbuo maaih baengc zingh nyei. Kungx maaih nduqc diuh jauv tengx duqv naaiv nyungc baengc zingh se zuqc laengz hiuv ninh mbuo. Se gorngv meih mbuo buatc haaix laanh nyei sin zangc heng-wangc jauv tiux jienv njiec kuonx zuqc ninh mbuo hnamv nyei jauv nor, zuqc tengx ninh mbuo ndaangc ninh mbuo nyei baengc butv hniv faaux.



WELLNESS • RECOVERY • RESILIENCE

Naaiv norm kou-gong se zuangx nquenc zangc duqv liepc jhex daaih yaac duqv yangh sienv nyei mienh sing duqv liuz nyei, zixu Corng h Zingh Heng-Wangc Nzie-Wei h Zungx (Mental Health Services) Act (Prop.63). Ninh benx yietc norm yiem camv norm zongh mbenc daaih nyei caux jaan-zuov duqv ca'laangh dingc ziangx daaih nyei yiem California Corng h Zingh Heng-Wangc Zungx Nzie-Wei h Lingc (Hatc Maaz) (CalMHSA), yietc norm liepc jhex daaih yiem California zuangx nquenc zangc nyei gorn oix zoux bun maaih bieqc bouc haih duqv hingh jhex zuangx siqv-jiev nyei, zuangx hmuangv-doic nyei, caux zuangx horngc zangc nyei corng h zingh heng-wangc nyei sic daauh. CalMHSA bungx laangc nyei longc yietc zungv wuoqc ginc dongh maaih yiem naaiv gu'nyuoz nyei, dongh duqv porv mengh yiem sou-gorn piux maaih lorqc doih nyei waac daauh. Weic oix zaah mangc lorqc doih nyei waac daauh, gunv bieqc mangc yiem: calmhsa.org



EACH MIND MATTERS
California's Mental Health Movement

MAIV DUNGX BUNGX NINH HAIH ZAIH MAANZ

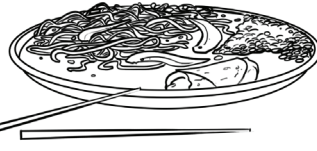
by Vincent Saechao

Jangx-fingx duqv zanx yiem jienv mbuo nyei m'ngorngv zix hnyangx zingh, maaih mueix kuv haic nyei lai-hnaangx, caux yietc zungv muoz-doic, muoc-maac, nziez-maac, juoh, baeqv, youz-diex, njiez-diex, caux jienv ong gux mbuo lengc jeiv duqv hmuangv doic daaih gapv zunv gengh maaih njang-laangc haic. Ninh benx yietc muonz maaih nzoih lu-Mienh nyei lai hnaangx nzangh nzangh buangv dieh zangc. Maaih orv-njunc zin yangh daaih faauv gau, yiem ga'nyiec zoux mbueix daaih lai yiem jnengv caeng huon-huon nyei, maaih ndiangx-guaa zong daaih buangv bunh zengc, dorx ziangx orv-sern-mbiaatc zuov jienv bun nyanc. Maaih miv sienx-mbeih (kau-soi) torng-jorm ndaang buangv biauv nzengc, zoux bun hnyouv maaih orn-lorqc gau. Yie mbuo yietc zungv funx jienv naaic muonz benx hnangv norm domh yinh nor.

Yie mbuo jang faux dieh huing nzoih weic daux gaux, yie duqv buatc yie nyei youz, Laai maaih nyungc gengh lengc gau. Buatc ninh maiv a'hneiv, yie mingh gauh fatv deix mangc, yie ziouc zieqc duqv ninh gengh jaic camv gau. Ninh nyei kamx-bui-mbungv gauh nqaengc caux ninh nyei m'zing kuotv-kuotv nyei hnangv ninh maiv duqv bueix njormh nor. Ninh nyei lui naetv jienv la'kuotv caux ninh nyei buoz kungx paan ndopv beu jienv mbungv hnangv. Buatc Laai mau gau, liemh zungv souv maiv jienv, ninh zuqc souv bueic jienv njongc. Ninh ganh

yaac yiem lengh maiv caux haax laanh. Yie ganh hnamv, 'Hnangv haax nor haih maaih mienh ndongc naaic nzauh, yiem jienv hmuangv doic gapv zunv njien-youh naauc ngitc nyei mbu'ndongx? Yie benx gorx nyei mienh haiz gvaax hnyouv nyei, Yie ziouc naaic ninh, weic haax diuc ndongc naaic suei. Ninh liemh zungv maiv hlioux m'zing kungx dau gorngv maiv maaih haax nyungc lorqc. Yie ziouc hiuv duqv ninh guaih gorngv hnangv weic zuqc ninh nyei hmien liemh zeih tiuv mi' aqv. Yie ziouc bungx nqoi ninh liuz borqv ganh nyungc dongh zengc njiec longx nyei yiem naaic muonz nyei. mv baac jiej daaih nyei corc yiem jienv yie nyei hnyouv, yie hiuv duqv maaih nyungc baav dornge yiem Laai aqv.

Daax nqaang mingh lung hmuangx dieh, yie nyei hmuangv doic gengh nyanc duqv nyungc kuv gau hnangv ninh mbuo ziangh hnoi maiv gaengh duqv haax nyungc nyanc nor. Ninh mbuo duqv gorngv waac nzaaac yaac duqv kuv ziangh hoc juangc jienv yiem. Yie aengx hlioux mangc Laai



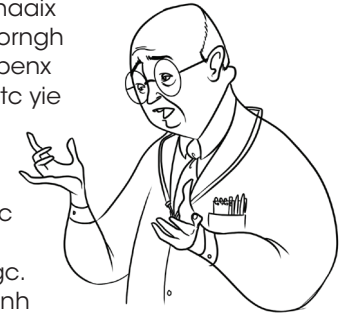
yaac buatac ninh longc ninh nyei zouc njapv lai dapv buangv ninh nyei bienh. Liuz, ninh laaic duqv maiv maaih haax laanh mangc ninh, ninh ziouc zorqv ziangh bienh lai porqv njiec kuaaiv sortv buoz zeiv yiem ninh nyei camx-zuih menc. Se maiv zeiz kungx yie buatac zoux bun yie maiv longx hnyouv hnangv, yie yaac haiz kuonx hnyouv haic yie ziouc duqv mingh mbuo yie mbuo nyei maa. Ninh zungv liemh maiv corng haaix nyungc yaac gorngv mbuox yie maiv benx haax nyungc lorqc, hnamv daaih Laai ninh zavn nyanc hopv bun sin sung hnangv. Ninh zungv maiv hnamv taux yietc deix gorngv Laai butv baengc. Yie maiv bungx hnyouv maa gorngv nyei waac liuz yie ganh zuqc zorqv naaic deix sic daaih nanv jienv mangc. Yie duqv zaah mangc taux dongh yie buatac maaih yiem yie nyei youz nyei. Dongh wuov zanc, yie corng taux naaic deix jauv yie nyei hnyangx-njeiv duqv ziepc feix hnyangx, yie nyei youz corv haih zeiz butv corng zingh baengc heuc hnyouv huaang baengc.

Taux yietc zungv gorngv liuz ninh mbuo nyei leih haang waac yaac bun nqoi gorqv-mienh mingh gorqv-mienh nyei jauv, yie mingh mbuox yie nyei maa dongh yie zaah lorz duqv nyei fiex. Yie duqv buatac yie nyei maa nyei m'zing buangv nzengc wuom-mueic yaac nzauh gau weic zuqc naaic zunc ninh sienx yie. Maa haiz kaav hnyouv haic buatac taux Laai nyei sin hei gau bueix jienv wuov dangx-mau gu'nyuaaic. Yie mbuo yi laanh mingh nitv fatv Laai yie aengx duqv naaic Laai maaih haax nyungc kuonx zuqc ninh. Liuz, ninh cingx duqv taan jauv-louc mbuox ninh nyei longx haic nyei doic duqv ndortv mingh duqv yi ziox norm leiz-baax wuov, ninh haiz hnangv benx zuqc laaix ninh nyei dornge nor.

Laai caux jienv ninh nyei doic duqv seix faux ndiangx mangc gaax haax laanh faaux taux ndiangx-dueiv ndaangc. Laaix ninh mbuo saaix, caa yi ndoqv hnangv taux ndiangx dueiv aqv ninh nyei doic mbatac piatv. Laai gorngv ninh buatac ninh nyei doic ndortv ninh seix zorqv ninh nyei doic mv baac zoux maiv hingh zaih mi' aqv. Ninh nyei m'zing buangv nzengc hnamv-nzuonx nyei wuom-mueic yaac tiux bieqc ninh nyei gen ziouc forv jienv gaengh. Yie nyei maa caux yie zueiz jienv wuov, maiv hiuv hnangv haax nor zoux. Naaic muonz yie mbuo daux gaux ziangh norm ziangh hoc nyei, weic tov beu taux wuov ndaangc hingv maiv haih mbungh nyei sic. Yie hiuv duqv maaih nyungc baav duqv cuotv yiem ganh deix mienh nyei, mv baac yie mbuo maiv duqv hnamv taux ninh haih cuotv yiem ganh nyei hmuangv doic.

Dieh ndorm, yie mbuo dingc hnyouv dorqh ninh mingh Ndie-Sai nyei zeqv-weic. Taux wuov yie mbuo zuov ziox norm ziangh hoc cingx buqv buangh Ndie-sai. Yie nyei maa caux yie duqv porv nzengc dongh Laai maaih nyei jauv bun Ndie-Sai muangx. Ndie-Sai haiz liuz ziouc gorngv mbuox, Laai se maaih corng zingh baengc. Yiem duqv zaah lorz buatac nyei se maaih leih maiv go yietc buonc dongh maaih corng zingh kuonx lunc nyei jiez gorn yiem hnyangx-jueiv ziepc feix hnyangx naaic yaac maaih leih maiv go 9 ziux fu'jueiv yiem Meiv Guoqv zuqc duqv hniv haic corng zingh sic-kaav. Kungx maaih yietc laanh fu'jueiv yiem naaic deix baa laanh nyei mbu'ndongx zien duqv zorqv hnangv, wuov deix biee laanh liemh zungv zieqv maiv duqv yaac maiv duqv ndie zorc yietc dangh.

Hnangv naaic nor, yie maiv hiuv duqv zuqc hnangv haax nor dau. Hnangv haax nor yie nyei youz haih benx corng zingh baengc? Hnangv haax nor yie nyei youz haih benx nzauh huaang baengc? Yie duqv hlioux mangc buatac yie nyei maa hmien bienc nzengc hnangv maiv maaih nzaamv gaanv nor, yaac hnangv ninh haiz nzengc, maiv mengh baeqc, yaac gamv-nziex. Zueih jienv wuov, hnamv maiv cuotv; naaic gaax ninh ganh zuqc hnangv haax nor cingx maaih jauv tengx duqv ninh nyei gu'nguaaz dorn leih nduqv corng zingh baengc. Maiv hiuv duqv haax nyungc haih zorc nyei za'eix, ninh hnamv gorngv Laai m'daaih yietc seix zuqc siouc kouv weic nzauh huaang baengc aqv.



Aengx naaic jienv Ndie-Sai mingh, yie mbuo ziouc hoqc hiuv duqv taux maiv zeiz kungx maaih ndie ei hnangv, corc haih zorc duqv longx nzengc nyei. Yie nyei maa nyei hmien-setv cingx aengx nzuonx nyunc maaih njang-laangc daaih ninh yaac duqv cau jiez ninh nyei mba'dauh buatac ninh nyei m'zing yaac nzang maaih lamh hnamv nzengc. Ndie-Sai duqv porv mengh corng zingh nyei ei ndie dorngh wuov se lengc jeiv nyei liepc daaih nzie taux corng zingh baengc tongx nyei mienh, beiv hnangv maaih hnyouv huaang nzauh nyei.

Laai qiex zuqc siepv-siepv nyei mingh corng zingh nyei ei ndie dorngh ndaangc ninh nyei baengc hniv faux. Yie nyei maa duqv gorngv, maiv gunv hnangv haax nor ninh oix zoux tengx taux duqv Laai nyei wangc siangx nzuonx. Ndie-Sai duqv bun jienv corng zingh nyei ei ndie dorngh nyei deic-zepv yie mbuo liuz, yie mbuo duqv nanv ninh nyei buoz yaac haiz hnyouv fong nzengc.

Naaic hnoi nga'haav, yie nyei maa duqv heuc yie mbuo nyei jiu-bang mienh tengx yie nyei youz daux gaux ndaangc ninh mingh ei baengc. Maaih camv nyei maiv duqv daaih weic zuqc ninh mbuo gamv-nziex yie nyei youz maaih corng zingh liouc-lunc nyei baengc. Gengh-zien nor dongh maaih corng zingh nyei baengc nyei mienh buangh zuqc gauh camv dongh zoux waic nyei mienh. Pou-tong, mienh camv mangc piex zoux doqc bun mau dongh mbuo buatac lengc maaih baengc zingh nyei mienh. Maiv gunv ninh mbuo hnangv haax, ninh mbuo yaac hiuv duqv mun yaac haic maaih hnamv-muonc,