

KEV XIAM OOB

QHAB YOG KEV

MUAJ NTAU

YAM SIB TXAWV

Ntau tshaj 1 ntawm 10 tus neeg hauv Asmeskas nyob nrog qee yam kev xiam oob qhab. Los ntawm kev nyuaj siab ntawm kev txawj ntse thiab kev tsis taus txav mus los mus rau kev lag ntseg, dig muag, thiab lwm yam, kev xiam oob qhab qhia txog qhov nplua nuj ntawm tib neeg txoj kev paub. Cia peb coj nrog kev hwm, txais yuav kev koom nrog, thiab Saib Tib Neeg Ib Yam Li Tib Neeg.



[Treat People Like People.org](https://treatpeoplelikepeople.org)



Cov ntaub ntawv no muaj ua lwm hom ntawv rau cov tib neeg uas muaj kev xiam oob qhab los ntawm kev tiv tauj rau Tus Thawj Tshuaj Xyuas Lub Chaw Hauj Lwm rau Kev Noj Qab Haus Huv Fab Kev Puas Siab Puas Ntsws thiab Kev Xiam Oob Qhab Rau Fab Kev Loj Hlob (Minnesota Office of Ombudsman for Mental Health and Developmental Disabilities), sau ntawv mus rau ombudsman.mhdd@state.mn.us, hu dawb rau 1-800-657-3506 los sis hu rau 651-757-1800, los sis siv Minnesota lub chaw pab cuam rau neeg lag ntseg dig muag, ntawm 7-1-1.



Lub Chaw Hauj Lwm ntawm Tus Thawj Tshuaj Xyuas Kev Noj Qab Haus Huv Fab Kev Puas Siab Puas Ntsws thiab Kev Xiam Oob Qhab Rau Fab Kev Loj Hlob (The Office of the Ombudsman for Mental Health and Developmental Disabilities) nrog kev pab los ntawm Pawg Sab Laj ntawm Tus Tswv Xeev txog Kev Xiam Oob Qhab (Governor's Council on Developmental Disabilities) tau pib qhov phiaj xwm kev paub rau pej xeeb no tsim los qhia rau cov neeg muaj kev xiam oob qhab thiab lawv tsev neeg thiab cov neeg saib xyuas, thiab rau pej xeeb sawv daws txog yuav ua li cas paub, qhia, thiab tiv thaiv kev tsim txom rau cov neeg muaj kev xiam oob qhab. Qhov phiaj xwm no qhia txog tus nqi thiab meej mom ntawm txhua tus neeg uas muaj kev xiam oob qhab. Cov ntaub ntawv tau koom tes tsim nrog cov neeg muaj kev xiam oob qhab, lawv tsev neeg, cov neeg sawv cev thiab cov kws tshaj lij hauv txoj cai thiab kev saib xyuas. Peb ua tsaug rau lawv sawv daws rau lawv lub sij hawm uas tau siv los ua kom qhov phiaj xwm no muaj tseeb.