**Introduction Email (Hmong)**

Nyob Zoo Cov Neeg Ua Haujlwm Ua Ke thiab Phooj Ywg,

Kev sib txuas lus ntawd tib neeg yog ib feem tseem ceeb thiab zoo tshaj plaws uas pab kom tib neeg txhob nyuaj siab. Tab sis yuav sib txuas lus thiab coj li cas kom raws li kev kho mob qhia es txhob kis rau lwm tus?

Lub zej zos tsis yog qhov uas nyob zib ze xwb, nws yog ib qho kev xav ua ntej thiab xub thawj txog cov neeg uas peb xav tias yog "peb tus kheej." Tshwm rau cov neeg sab raum pom tias yus tsis muaj mob, xws li xa duab, koom xov tooj sib tham, socia media, email, los sis sau ntawv rau cov neeg uas lub cev tsis muaj zog los sis laus lawm. . Yam kev pab yooj yim xws li nug lawv moos thiab qhia lawv paub tias koj tseem xav txog lwm tus yuav tshem tau lawv kev nyuaj siab thiab koj tus kheej.

Kev nyob hauv lub zej zos, txawm tias peb feem ntau nyias yuav nyob nyias, peb tuaj yeem sib koom tes txhawb nqa kom mus dhau qhov teeb meem no, vim peb yeej tau sib koom tes — ua ke nrog lwm cov neeg rau yav tag dhau los lawm.

Yog koj muaj kev txhawj xeeb, chim siab, los sis tsis kaj siab , qhia koj paub tias tsis yog koj ib leeg xwb. Muaj kev pab thiab pab txhawb. Tham nrog cov neeg uas koj ntseeg siab, los sis hu xov tooj mus nrog tus phooj ywg koj paub uas kawm los los sis ib tug kws uas paub txog kev nyuaj siab nyob rau hauv SAMHSA’s Disaster Distress Line (24/7) 1-800-985-5990 (muaj tus neeg paub koj cov lus. Lub chaw no qhib 24 teev, 7 hnub hauv ib as thiv).

Vim muaj kev pauv hloov mus raws lub sijhawm thiab muaj tej yam tshwm sim txawv yog li ntawd qhov tseem ceeb tshaj plaws ces sawd daws yuav tau txhawj xeeb txog nyias li kev xav thiab nyias lub cev kom tau zoo tshaj plaws raws li qhov peb ua tau. Cov tswv yim saib xyuas rau yus tus kheej xws li kev ua ev xaws xais thiab kev mus tiv tshav ntuj, kev sib tham nrog lwm cov neeg, thiab kev pw kom txaus tuaj yeem tiv thaiv tau kev ntxhov siab thiab pab ua rau lub siab kaj huv uas yog yam muaj txiaj ntsig zoo thiab yuav nyob nrog yus mus ntev. Saib cov ntaub ntawv thiab cov lus qhia zoo nyob hauv daim ntawv no yog xav paub cov tswv yim ntawd.

**Introduction Email English**

Dear Colleagues and Friends,

Human connection is one of the most critical components for maintaining good mental health. But how can we stay connected while still following medical guidance to limit our exposure to others?

Community isn’t just about proximity, it’s first and foremost a mindset about who we consider to be “our own.” Show up safely for people in your community, especially those who may be more vulnerable because of age or health, through video conferencing, phone calls, social media, text messages, or even perhaps mailing them a letter. The simple act of reaching out and saying you’re thinking of someone can help alleviate stress in them, as well as yourself.

By staying in community, even if we are more physically separated, we can and will get through this crisis as we have gotten through so many others in the past — together.

If you are experiencing feelings of worry, irritability, or low mood right now, please know that you are not alone. Help and support is available. Talk to people you trust, or try reaching out to a trained peer or crisis counselor at SAMHSA’s Disaster Distress Line (24/7) 1-800-985-5990 (interpretation services are available and the Line is open 24 hours a day, 7 days a week).

During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting. Check out the resources and tips in this infographic for ideas.