

Maiv gunv ninh maaih kuonx hnyouv nyei sic za'gengh niev haic zoux bun ninh nyei eix mbungh mbienv gau, yie corc hnamv ninh yaac zoux bun kuv-zingh haih duqv heng njiec. Hnamv nyei hnyouv haih tengx duqv baengc zingh heng njiec caux maaih mienh yiem hlen orn hnyouv se haih siex duqv cuotv yietc diuh maengc. Yie duqv tengx yie nyei maa camv gau yie sienx mouz laanh yaac zungv haih zoux duqv nyei.

Leiz-baaix yietv, Leiz-baaix faam, caux Leiz-baaix hnz, yie nyei maa mingh Domh Zuangx Horngc Zangc Gorn weic bun lu-Mienh ganh nyei mienh gox mienh duqv gapv zunv doic ziangh guanh camv nyei yaac leih maiv go dongh wuov norm hnyangx-jeiv nyei mienh hngangv, naaic gengh benx kuv ziangh hoc longx haic bun ninh mbuo. Duqv liepc jiepc naaic maaih bungh daauh benx qaav tengx taux yie nyei maa duqv hingh jiex kuonx hnyouv nyei sic yaac duqv ziangh hnoi orn jienv ninh nyei hnyouv. Yiem wuov laanh duqv caux laanh gongv waac zoux bun maaih jorm hnyouv laanh yaac nqoi eix zipv laanh.

Hngangv ninh nyei sieqv duqv tengx ninh orn zuqc mun hnyouv nyei caux sin zangc mun nyei yaac bun ninh nyei hnoi gauh nzang faaux. Se gongv haaix laanh haiz hnyouv kuv-yiem nor, liemh ninh mbuo nyei sin zangc yaac haiz kuv-yiem nzengc mi' aqv. Nzie taux yie nyei maa nyei nzauh huaang nyei jauv se dongh ninh duqv zipv hnamv yiem ninh nyei hmuangv doic caux ninh nyei zuangx ha'nziaauc doic. Hngangv naaic aqc jiex nyei ziangh hoc ndongc haaix kuv ninh yaac duqv diev jiex daaih aqv. Yietc laanh mienh nyei hnamv haih longc siex cuotv corng h zingh baengc ndutv mingh, caux korv-lienh eix haih benx fangx zeiv bun zaah duqv cuotv baengc zingh.



Naaiv norm kou-gong se zuangx nquenc zangc duqv liepc jiepc daaih yaac duqv yangh sienv nyei mienh sing duqv liuz nyei, ziux Corng h zingh Heng-Wangc Nzie-Wei h Zuangx (Mental Health Services) Act (Prop.63). Ninh benx yietc norm yiem camv norm zonggh mbenc daaih nyei caux jaa-nziouv duqv ca'laangh dingc ziangc daaih nyei yiem California Corng h zingh Heng-Wangc Zuangx Nzie-Wei h Lingc (Hatc Maaz) (CalMHSA), yietc norm liepc jiepc daaih yiem California zuangx nquenc zangc nyei gorn oix zoux bun maaih bieqc bouc haih duqv hingh jiex zuangx siqv-jienv 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

# STORY-TELLING

EACH MIND MATTERS  
California's Mental Health Movement

## HNAMV BENX NZIE-WEIH

by Meuy Vue

Yie se yietc laanh sieqv-caan caux ndoqc maa duqv yiem Laau-guoqv daaih. Ziex hnyangx nin-zingh duqv caux jienv yie nyei maa, yie duqv guaax njiec dongh yie nyei maa bun yie maaih kuonx hnyouv taux ninh nyei heng-wangc nyei jauv. Ninh zuqc diev mun nyei jauv, hngangv m'ngongv mun, sin zangc mun, caux nzauh huaang nyei jauv. Yie duqv hlo daaih, yie duqv naaic taux ninh nyei maengc duqv hngangv haaix daaih, caux duqv buangh jiex daaih nyei jauv-louc. Dongh duqv biaux daaih yiem naaiv Meiv Guoqv nyei yietc zungv gorn-baengx.

Maaih hnoi jorm-yuoqv deix nyei zoux jienv hun, yie nyei maa duqv haiz congx mbui yaac duqv buatec maaih mienh tiux beaux maengc. Benx cuotv haaix nyungc orqv? Corv se maaih haaix nyungc cuotv yiem ninh mbuo nyei gaeng-zuangx caux ndeic hngangv lorqc?

Gongx Ciangv nyei baeng duqv bieqc daaih taux zorqv ninh mbuo nyei congx ziangv nzoih yaac aapv laanh laanh mienh ei jienv dongh ninh mbuo gorngv hatc nyei zoux. Gongx Ciangv longc congx ziangv mienh hnavg fu'jueiv longc nyienx ha'nziaauc nyei ga'naaiv nor. Ninh mbuo oix ziangv haaix laanh ziouc ziangv maiv gunv haaix laanh. Yie nyei gux, maa, caux yie nyei muoc-maac mbuo yaac caux jienv youz-diex mbuo yietc zungv gamv-nziex gau sin-zinx nzengc. Nziepv-mueic m'zing hnavg haiz cuotv benx heiv sic bun taux yietc diuh maengc nyei.

Yie nyei maa caux jienv ninh nyei hmuangv doic zuqc siepv-siepv nyei biaux, ziux ninh mbuo haih zoux duqv nyei aqv. Ninh mbuo mbenc nzoih nyanc hopv weic jauv-zangc, suangx, caux camv-nyungc dongh jienv zuqc longc nyei. Bun ninh mbuo se duqv maengc cuotv fai zuqc daic hnavg. Ninh mbuo zuqc zungx jienv domh daamv, zorqv nzengc qaqv biaux gongx ciangv yaac weic biaux-maengc. Gongx ciangv zimh lorz mienh yiem yie nyei ong mbuo nyei laangz, ninh mbuo ziouc duqv tiux biaux nzengc. Dongh aqc jiex nyei jauv zangc se zuqc biaux taux ndutv. Ninh mbuo zuqc yangh lungu muonz jauv mapv maengh mapv hmuangx nyei. Lungu hnoi zanc, se gengh hienv haic zungv maiv maaih haaix laanh haih biaux duqv cuotv Laau-Guoqv.

Ninh mbuo zuqc ginv lungu muonz zanc biaux se weic yietc zungv fu'jueiv yaac maaih hmuangx tengx torngv jienv ninh mbuo yangh ndiangx-lamx-ndiev. Ninh mbuo nyei wuov ndaangc hingv maaih lamh hnamv haih duqv gauh longx nyei dorngx se dongh Meiv Guoqv. Ninh mbuo zuqc yiem douc naanc mienh cun (Sunx). Yiem naanc mienh cun, ninh mbuo duqv bun-biux nyei laangz ziqc nyanc. Maaih yiem-lamv nyei jauv maiv ndongc haaix mbienc, se longx nyei duqv maaih dorngx dorngx bingx laangh, yaac maaih dorngx bueix njormh. Ziangh hoc jiex liuz, yie nyei maa nyei hmuangv doic yaac duqv ginv daaih Meiv Guoqv. Yie nyei maa caux jienv ninh nyei hmuangv doic gengh a'hneiv haic yaac sienx dingc gorngv ninh mbuo gengh haiz biaux ndutv nzengc kouv naanc dongh zuqc buangh jhex daaih nyei.

Ih hnoi yiem naaiv Meiv Guoqv, yie nyei maa a'hneiv nyei naaiv Meiv Guoqv dongh bungx nqoi nyei deic-bung, mv baac ninh maaih kuonx hnyouv nyei jauv. Laaix ninh nyei kuonx hnyouv nyei jauv, ninh haiz hnyouv zangc maiv kuv-yiem, sin zangc yaac maiv sung-sangv. Ninh hnoi-hnoi zuqc siouc nyei, ziux yie butv yie nyei maa nor gengh m'nqorngv mun duqv kouv haic. Dongh yie benx fu'jueiv wuov zanc, yie laaic yie nyei maa butv baengc. Taux duqv ziepc cietv hnyangx, yie cingx zaah duqv cuotv ninh maaih kuonx hnyouv nyei corngv zingh heng-wangc baengc zingh caux hnamv camv nyei jauv. Dongh yie benx sieqv-caan yie laaic ninh butv ndin nziex nzunc baav yaac maiv nzang. Ninh nyei la'kuotv mun, taux qiex kuonx nyei, caux m'nqorngv zanc-zanc mun benx yietc nyungc hnyouc huaang nzauh lunc nyei mou zeiv.

Ei prop 36, "Corngv zingh heng-wangc nyei baengc zingh se yietc nyungc kungx haih butv zuqc ganh laanh hnavg". Maiv gunv hnavg haaix, yiem California biao laanh domh mienh maaih yietc laanh benx corngv zingh caux heng-wangc nyei sic-kaav. Maaih haaix laanh fai hnamv taux yie nyei maa maaih corngv zingh nyei baengc zingh? Mienh gorngv taux "corngv zingh baengc", se maiv zeiz beiv taux kungx benx "butv ndin" nyei sic hnavg. Corngv zingh baengc se haih zorpc bieqc nyungc-nyungc, zix nyungc nyei dongh haih zoux bun m'nqorngv-faamv mau njiec caux nzunc baav haih hoic taux sin zangc nyei. Kuonx hnyouv nyei jauv se maiv zeiz nzunc-nzunc weic laaix baengc zingh nyei jauv fai nyiez daaih nyei baengc zingh. Kuonv hnyouv nyei jauv yaac haih laaix haeqv zuqc maaih gamv-nziex nyei jauv, qiex jiez, nzauh zingh, caux njien-youh. Ninh haih benx gorngv nyangz baeng taux zix bung. Yiem nyei nyei maa nyei buonc zangc nor, ninh maiv maaih ganh diuc tengx zuqc diev hnavg. Benx yietc laanh sieqv-caan yaac benx ninh nyei sieqv, yie duqv tengx yie nyei maa caa di'daanz, yaac zoux camv-nyungc nyei weic bun ninh nyei kuonx hnyouv nyei sic zoqc njiec deix. Maiv gunv yie se maiv zeiz yietc weic zaah corngv zingh baengc nyei jien (psychiatrist) mv baac yie haih zoux bun maaih tiuv deix ninh nyei corngv zingh baengc yaac bun ninh haih yiem duqv jiez." (Mental Health Services Act)