

“Meih qiex zuq haax nyungc?” Saan duqv naaic.

“Yie oix gorngv tov zuiz. Yie gengh tov zuiz aqv, dongh a’jang duqv jaetv doqc meih wuov. Wuov nyungc Gauv gorngv haax nyungc bun meih laeh, naaiv se yie ganh nyei buonc. Weic meih nyei dae hemx liuz yie mbuo, yie dorh mingh corngv liuz hiuv duqv meih yaac m’daaih hnangv mouz laanh mienh nor. Yie gengh tov zuiz aqv,” Naix duqv nyiemc dorngc.

Ninh yiem ninh nyei lui-mborqc baeng duqv yietc zam paaih cuotv daaih yaac duqv naaic, “Meih oix nyienx pi lang guy nyei?”

Hnangv A’Ong caux Baeqv Ong caux Thom nyienx jienv wuov nyungc?

Saan nyei nzuih meix flux-flux nyei.

Meih yaac haih nyienx naaic nyungc nyei norh? Saan naaic. “Yie laaic yie ganh nduqc laanh fu’jueiv haih nyienx naaic nyungc hnangv aex!”

“Maiv lorqc,” Naix gorngv, “Mbungh jienv nziex haih suei nzengc meih nyei nyaanh bun yie nyei oc!”

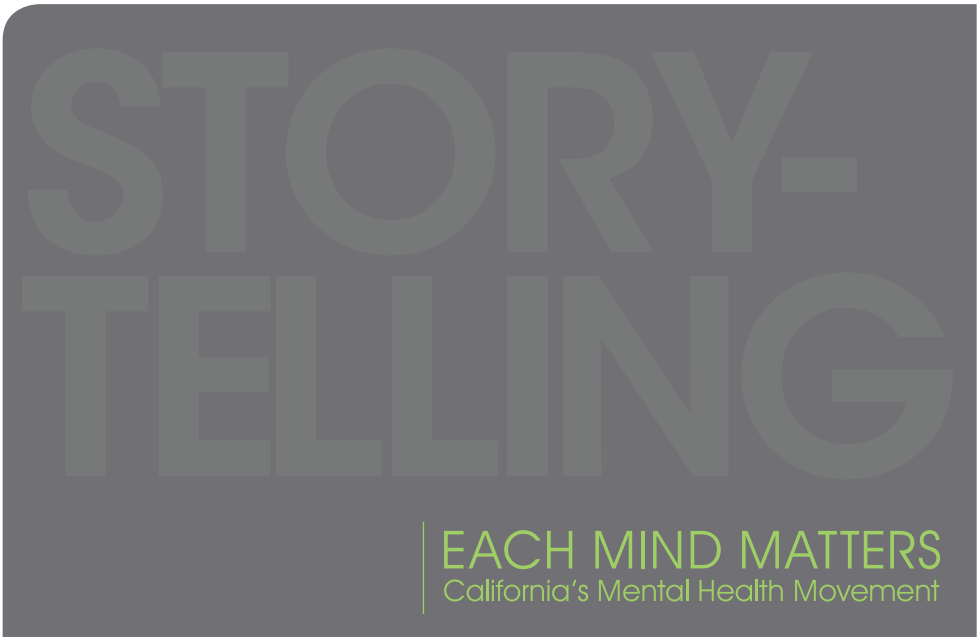
“Fai nziex yie zungv haih zorqv nzengc meih nyei ndaangc mv be’oh! Saan a’hneiv nyei gorngv.

Nyienx taux ziepc nzuonx liuz, Naix suei nzengc mi’aqv. Maaih Saan wuov bung, jaetv jienv a’hneiv gau hlorv jienv ninh duqv nyei nyaanh. Saan mangc jienv Naix liuz gorngv,” Laengz zingh duqv zoux longx caux yie, yaac liemh zuqc yie zorqv nzengc meih nyei nyaanh mi’aqv.”

Ninh mbuo yi laanh lomh nzoih jaetv. Maengc leiz se maiv zeiz hnangv yie duqv hnamv nor, Saan hnamv. Maaih corngv zingh heng-wangc nyei sic-kaav se maiv zeiz nyungc-nyungc laaix nqaang nzengc, Yie funx, yie zungv hingh Naix yaac zorqv nzengc ninh nyei nyaanh! Saan duqv mangc yangh njang muonh cuotv mingh yaac buatc mbuonx mite nzengc mi’aqv, buatc mba’hnoi ziux jienv nyutc ziu-ziu nyei lungh yaac guengx nzang nyei.



Naaiv norm kou-gong se zuangx nquenc zangc duqv liepc jiezc daaih yaac duqv yangh sienv nyei mienh sing duqv liuz nyei, ziux Corngv Zingh Heng-Wangc Nzie-Weihs Zuangx (Mental Health Services) Act (Prop.63). Ninh benx yietc norm yiem camv norm zorngh mbenc daaih nyei caux jaa-nziouv duqv ca’laangh dingc ziangx daaih nyei yiem California Corngv Zingh Heng-Wangc Zuangx Nzie-Weihs Lingc (Hatc Maaz) (CalMHSa), yietc norm liepc jiezc daaih yiem California zuangx nquenc zangc nyei gorn oix zoux bun maaih bieqc bouc haih duqv hingh jiezc zuangx siqv-jievc nyei, zuangx hmuangv-doic nyei, caux zuangx horngc zangc nyei corngv 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



HNANGV MOUZ LAANH NOR

by Annabela Saechou

Saan se yietc laanh ziepc hnyangx nyei dorn caux ninh nyei maa, dae, caux ong yiem California. Ninh ganh nduqc laanh yiem ninh nyei hmuangv doic gu’nyuoz zuqc siouc kouv weic laaix corngv zingh nyei baengc, zien nor ninh butv-hnyungc hanngv. Ninh nyei domh mienh caux ong maiv dingh liouh nyei lorz jauv tengx Saan bun haih maaih njien-youh nyei seix. Maaih norm Leiz-baaix lungh ndorm zanc lungh opv nyei. Saan nyei ong duqv heuc laanh sipv mienv mienh tengx zuoqc wuonh caux jaiv setv weic njoux cuotv ninh hnamv haic nyei fun-dorn. Naaiv zunc ninh nyei ong maiv maaiz yi dauh dungz dorh mingh ziec bun mienv. Naaic hnoi maaih mienh muoz camv gau daaih. Laanh laanh zungv maaih buonc duqv zoux nyungc baav.

M’jancg dorn zorqv naaic deix orv daaih an jienv nzaengh gu’guaaic longc domh nzuqc nqaqv muonc, dorx daaih bun m’sieqv dorn mbuo zouv caux caux zix nyungc laapc liuc benx zix nyungc lai ei henh gau lu-Mienh nyei zouh zouv nyei lai hnaangx, zoux baac mienv, yietv zungv mienh gapv jienv duqv nyanc yaac duqv hopv. Fu’jueiv yietc zungv yiem nyienx ha’nziaauc wuov qongx. Saan nyei ong gorngv Saan nyei dae, Saan yiem haax. “Ninh oix zuqc mbiuv jienv ninh nyei biorngv cingx haih siex ninh,” Saan nyei ong gorngv.

Saan nyei dae ziouc liemh zeih duqv jiez gorn lorz ninh nyei dorn. Ninh mingh lorz ga'nyiec yaac mingh lorz gu'nyuoz ziox qongx gen.

Ninh mangc bieqc ninh nyei gen, ninh duqv buatc ninh nyei auv zueiz jienv wuov coux, nyiemv.

"Buangh zuqc haaix nyungc aeh?" Ninh duqv naaic.

"Nyungc-nyungc!" Saan nyei maa dau, "Nyungc-nyungc buangh nzengc. Zoux haaix nyungc ong-taaix mbuo ndongc naaic nzornq mbuo? Saan maiv zeiz gau longx deix?"

"Ninh se manc-manc longx a'lorqc."

Naaiv benx da'ziepc nzunc mbuo duqv sipv mienv aqv, yaac maiv buatc tengx duqv yietc nyungc. Ninh zungv maiv haih longx yietc deix.

Ninh nyiemv nauc hlo gau! Ninh nyei orv yaac maiv henv qiex zungv sormv nzengc.

Ninh haaix zanc yaac zuqc mun jienv yiem. Haaix ndau yaac taatv nzengc. Ninh a'loc ciou, ninh yaac bueix mueic maiv njormh. Mbuo zungv maiv haih tengx haaix nyungc ninh aqv." Saan nyei maa duqv nyiemv.

"Mbuo haih nyei lorqc! Mbuo oix zuqc zipv ninh yaac zuqc yiem jienv bouc-bouc jauv weic nzie jienv ninh.

Ninh corv haih gauh longx deix!

Sipv mienv jauv se tengx maiv duqv ninh, mv baac yie hiuv duqv maaih zorqc ndie nyei jauv corv se haih tengx duqv ninh gauh longx.

Hnangv naaic zuqc dingc norm hnoi daaih mingh mangc ninh nyei Ndie-Sai yaac mangc gaax maaih haaix nyungc ndie ei duqv horpc ninh. Ninh oix gauh longx daaih, bungx hnyouv yie. Mbuo yietc zungv oix duqv juangc jienv cuotv jauv mingh nziaauc, ninh oix benx guai yaac maaih mengh nyei yietc laanh dorn hnangv laanh laanh nor. Laaix ninh ziangh daaih maiv mbienc ei oix duqv buangv eix nyei bouc daauh hnamv nyei caux zoux nyei jauv se maiv beiv taux ninh ziouc oix yietc liuz maiv haih longx yaac wangc siangx aqv, Saan nyei dae duqv gornqv. "Yie zuqv siepv-siepv nyei lorz buatc Saan mv zeiz nor dae oix dornq zuangx mienh muoz nyei hmien saauc yie aqv.

"Ninh yiem wuov nyienx nziaauc nyei qongx," Saan nyei maa duqv gornqv.

Saan nyei dae duqv jhex taux wuov doix-mbaeqc caux nyienx nziaauc nyei qongx, liemh zeih duqv haiz gouv qiex.

"Simv oc meih mbuo! Ninh se maiv dongh nyungc. Maiv dungx yiem nitv fatv ninh meih mbuo yaac oix benx hnangv ninh nor," maaih dauh dorn hnangv naaic gornqv.

Saan nyei dae haiz qiex jiez nyei, ziouc koi gaengh yaac mangc mingh buatc ninh nyei fun-sieqv caux fun-dorn mbuo njaapc nzoih doic huing jienv Saan. Saan ndoqv jienv ninh nyei m'qornqv, mangc jienv ga'ndiev ndau. Wuov deix laaic duqv Saan maiv nzang fai ninh maiv gunv haaix laanh, se laaix ninh nyei m'nqornqv zoux gong maiv nangc yuonh hnangv.

"Meih mbuo hnamv oix zoux haaix nyungc bun ninh norh?" Saan nyei dae duqv nauc, "Nungx meih mbuo nyei m'zing mangc gaax Saan. Ninh se yietc dauh dorn hnangv meih mbuo nor. Ninh maaih m'nqornqv, yaac maaih sin hnangv meih mbuo yietc zungv nor! Laaix ninh nyei m'nqornqv maiv wangc siangx hnangv, laaix ninh maiv haih zoux duqv "pou-tong" hnangv meih mbuo nor, ninh ziouc oix zuqc ninh lengc nyei?"

Laaix ninh maiv bieqc benx sorngx qaav guanh yaac laaix ninh bieqc Lengc Jeiv Horqc Ging, hnangv naaic meih mbuo cingx bangc naaic jaetv doqc ninh norh? Laaix ninh donc deix yaac gauh aqc deix jiu tong nyei jauv, ninh cingx maiv horpc zuqc maaih ha'nziaauc doic caux ninh? Ninh qiex zuqc nyei se doic! Weic oix bun ninh hiuv duqv se maiv zeiz kungx ninh ganh hnangv."

Fu'jueiv guanh ziouc biaux njang nzengc wuov qongx mi'aqv, bungx Saan caux ninh nyei dae ganh hnangv. Saan nyei dae zung buoz zorqv Saan qam jienv.

"Maiv maaih haaix laanh oix yie. Ninh mbuo yietc zungv laaic yie se butv ndin," Saan duqv nyiemv.

Guv aah! "Laaix ninh mbuo maiv hiuv duqv meih ndongc haaix ziangh horngh hnangv lorqc, Gaanv deix mbuo yaac mingh Ong wuov ndaangc ong hemx mbuo yi laanh!" Saan nyei dae gornqv.

Nqa'haav duqv mbiuv jienv Saan nyei biorngh liuz, Saan duqv daaux nqaang mingh ninh nyei gen oix biaux bingx jienv yietc zungv mienh. Ninh haiz hnangv yietc zungv mienh gox muoz-doic mangc nzoih ninh, yaac korv-lienh gau ninh mv baac maiv maaih haaix nyungc tengx duqv ninh aqv.

Ninh ziouc yiem hmuangv-doic ting gaanv jienv mingh bieqc ninh nyei gen, yaac guon gaengh siepv-siepv nyei, haiz maaih nyungc dangv jienv gaengh guon maiv daaih. Saan huih nqaang mangc buatc dauh dorn souv jienv wuov. Se Naix ninh nyei muoz-doic.