

ဟါ Park Panthers ဖးခိကိဖိတဖၣ်, နဘၣ်တၢ်ကွဲမုၢ်ဒီးတူၢ်လိာ်မုၢ်နၢလၢနတီၤပတီၢ်ဒၣ်ဝဲ counselor ကိပှၤဟ့ၣ် ကူၣ်ဟ့ၣ်ဖးကိဖိ လၢနမ့ၢ်လိာ်ဘၣ်တၢ်တမံၤမံၤ မ့တမ့ၢ်နအဲၣ်ဒီးဟ်ဖျါထီၣ်တၢ်ဘၣ်ယိာ်/တၢ်သးကိာ်တခါခါလၢ ကိဖိအဂၤတဂၤ မ့တမ့ၢ်လၢနနီၢ်ကစၢ်ဒၣ်နဲအဂီၢ်န့ၣ်လီၤ. Counselors ကိပှၤဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတၢ်တဖၣ်ကွဲးကွၢ်/ ကကွၢ်အလိပရၢစးထီၣ်လၢဂီၤ ၇း၄၅န့ၣ်ရံၣ်တုၤလၢ ဟါ ၃း၁၅န့ၣ်ရံၣ်အဘၢၣ်စၢၤ, မုၢ်တနံၤ တုၤလၢမုၢ်ယဲၢ်နံၤ, ဒီးကစံးဆၢနၤ ခိဖျိလၢလိပရၢ email န့ၣ်လီၤ.

၈ တီၤ ကိအပှၤဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတၢ်, Shelly Dowding- [rdowding@lps.org](mailto:rdowding@lps.org)

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သ့ၣ်နီၣ်ထီၣ်လၢနကလဲၤကွၢ်ဒီးခွဲးကွၢ်/သမံသမိးကွၢ်နလိပရၢ [www.gmail.com](http://www.gmail.com) မ့တမ့ၢ်ယုထၢ Gmail icon လၢအိၣ်လၢ LPS portal အပှၤ တၢ်ပနီၣ် (လံာ်ပရၢအလွဲၢ်ဝါအိၣ်ယုဒီးလံာ်မဲာ်ဖျါၣ် M အလီၢ်ဂီၤန့ၣ်လီၤ.)

ဝံသးစူၤတီၢ်နီၣ်- နမ့ၢ်လိာ်ဘၣ်တၢ်မၤစၢၤခဲအံၤန့ၣ် ပဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါနၢလၢနကလဲၤန့ၣ်ဒီးမၤန့ၢ်တၢ်ဆိၣ်ထွဲမၤစၢၤ လၢအအိၣ်လၢအဖိလၢအံၤသ့ၣ်တဖၣ် နဆဲးကျိးအီၤသ့ဝဲတဘျီဂ့ၢ်တဘျီဂ့ၢ်လၢမုၢ်ဆါဒီးမုၢ်နၢန့ၣ်လီၤ.

LPS Updates: [lps.org/covid19](http://lps.org/covid19)  
CenterPointe Help Line (Lincoln): 402-475-6695  
Nebraska Family Helpline: 1-888-866-8660  
National Suicide Prevention Lifeline: 1-800-273-8255  
National Crisis Text Line: text START to 741741 (text charges from your phone carrier may apply)  
Lincoln Police Department (non-emergency) 402-441-6000 or 911 (emergency)

MyLNK အံၤမုၢ်ဝဲပှၤယဲၤသန့တခါ (<https://mylnk.app>) ဒီးလိတဲစိ/လိစိာ်စုာ် mobile app (လၢ Apple ဒီး Android – ယုန့ၢ် MyLNK) လၢအအိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအဘၣ်ယးဒီးပှၤတတၢ်အတၢ်ဟ့ၣ်မၤစၢၤတဖၣ်. တၢ်ဝဲအံၤနီၣ်လိးအီၤသ့ဝဲလၢ wi-fi အိၣ်ဒီး ဒီးနသ့က့ၤအီၤလၢတအိၣ်ဒီး wi-fi သ့ဝဲန့ၣ်လီၤ. အခိပညိဖဲနီၣ်လိးတၢ်အဆၢကတီၢ်နလိာ်ဘၣ် wi-fi ဘၣ်ဆၣ်လၢခဲနသ့အီၤသ့ဝဲလၢအတအိၣ်ဒီး wi-fi သ့ဝဲန့ၣ်လီၤ. ပှၤယဲၤသန့အိၣ်ဒီး/ဟ့ၣ်လီၤတၢ်ကျိးထံတၢ်သ့ၣ်တဖၣ်လၢ Spanish စဲးနံး, Vietnamese ဘၢ်ယဲးနံၤ, ဒီး Arabic အါရဘံးန့ၣ်လီၤ.

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