Him tein, Smart tein le Dam tein: Na um nak hmun thar ah khuaawng pemh nak tawh fung hna.
Sii lei i zohkhenh nak le Damnak tlam tlin ngah nak – 8

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 8
HAKHA CHIN

Na lu le na thinlung ah a fak mi natemh tuar nak siibawi sin i vaa piah cu mizapi herh mi le tuah dih cio mi a si. A hreh caan ah na thin a phan nak kong le na ngeih a chiat nak kong mi dang chim ding ah na ning zak hlah. Hmasa na har nak hna an tang rih i a tu lio na piahtana hna nih an hilh ter kho lo, na mang hna an chia, a silo ah hawi dang he i peh thleih nak ah cham bau nak hna na ngei. Hi bantuk thinlung har nak na ngeih hna ah cun thin lung lei damter a thiam mi hna sin ah na chimh ah a ttha.	It is common to need to see a doctor about pain and suffering you have in your head and your mind. Do not be embarrassed if you need to talk to someone because you are feeling sad or worried. Your previous difficulties can stay with you, and current problems can make it hard to sleep, give you bad dreams, or cause trouble in your relationships. If you have some of these feelings, it is good to talk to someone who is an expert in mental health.
Hnu lei caan duak tiah hun ruah ta tthan ah cun aa nuam lo ngai mi ttih phan tonlengmang nak, phu hrun nak asiloah thin hun nak, i hngilh kho lo nak hna na rak tong ruang ah thin lung ruah nak lei in dam ter na herh. Hi ban tuk hna ah hin ruah nak cheu tu (Counselor) thin lung lei cawng hram tu (psychiatrist) asiloah chung ttuan tu (social worker) hna nih an nin bomh khawh hna. Rian na ttuan khawh nak hnga cubantuk hna ah bomh tu ngah cu abia pi tuk mi asi. Bawmtu ngei lo i kal cu nang mah le na chung khar hna ca zongah thil har a si lai. Na thin lung dam nak caah bomtu na hal hna ruang ah dantat na si lai lo i, na chung khar hna he zong in tthen na si fawn lai lo.	If you flash back to memories of the past, have regular nightmares, guilt or anger, or difficulty sleeping, you may need the help of a mental health expert. This kind of care might be provided by a counselor, psychiatrist or social worker. It is important to get help so that you can go to work. Going without help can be hard for you and also your family. You will *not* be punished or taken away from your family because of asking for help with your mental health.

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