

COV CHAW KEV PAB RAU COV TSEVNEEG & MENYUAM KAWM

ZEJ ZOG COV CHAW KEV PAB HAUV SACRAMENTO

211 Sacramento yog qhov chaw xub thawj uas muaj cov ntaubntawv qhia txog tagnro ntau hom kev pabcuam thiab muab cov kev faj koj mus rau cov chaw ntawd. Yog koj xav tau kev pab ceev heev nrog tsev nyob, cov kev pabcuam rau zaub mov, kev sablaj counseling, kev cuam tshuam nrog ua haujlwm, lossis lwm cov kev pabcuam thov hu 211 uas siv ib qho ntawm cov kev xaiv sau nyob hauvqab no:

Xovtooj: Ntaus 2-1-1 lossis 1-800-500-4931 losyog (916) 498-1000. Hu 7-1-1 yog koj muaj kev puas pobntseg hnov tsis tshua zoo thiab hais kom lawv txuas koj mus rau 2-1-1.

Email: info@211sacramento.org

Website: <http://www.211sacramento.org/211>

TSEVNEEG COV CHAW KEV PAB HAUV SACRAMENTO

La Familia Counseling Center, Inc.

Chawnyob: 5523 34th Street, Sacramento, CA 95820

Xovtooj: (916) 452-3601

Website: <https://lafcc.org>

Mutual Assistance Network

Website: <http://www.mutualassistance.org>

The Firehouse Community Center

Chawnyob: 810 Grand Avenue, Suite, A3, Sacramento, CA. Phone: (916) 567-

9567 Arcade Community Center

Chawnyob: 2427 Marconi Avenue Suite #103, Sacramento, CA Phone: (916) 514-8096

North Sacramento Family Resource Center

Chawnyob: 1217 Del Paso Blvd., Suite B, Sacramento, CA, 95815

Xovtooj: (916) 679-3743

Website: <https://www.kidshome.org>

Stanford Neighborhood Community Center

Chawnyob: 450 West El Camino Ave., Sacramento, CA, 95833

Xovtooj: (916) 927-1303

Website: <https://www.stanfordsettlement.org>

WellSpace Birth & Beyond

Chawnyob: 6015 Watt Avenue, North Highlands, CA, 95660

Xovtooj: (916) 679-3925

Website: <https://www.wellspacehealth.org/services/behavioral-health-prevention/birth-beyond-family-resource-center>

COV CHAW KEV PAB RAU COV TSEVNEEG & MENYUAM KAWM

KEV PABCUAM ZAUB MOV

Sacramento Food Bank & Family Services (SFBFS) muaj ntau hom kev pab muab zaub mov, food programs (CalFresh, Food for Seniors, Produce for All) nyob thoob plaws hauv cheeb nroog Sacramento County nrog rau cov tuamtxhab uas ua haujlwm uake muab kev pab los mus khiav cov kev pabcuam no tuaj rau peb lub zej zog loj.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv txog cov chaw kev pab no, thov mus saib SFBFS daim Website ntawm <https://www.sacramentofoodbank.org/find-food> lossis hu (916) 456-1980.

KEV PABCUAM RAU KEV NOJQAB NYOBZOO

Qhov kev pabcuam **Healthy Partners Program** muab kev pab saib xyuas kev mob thiab kev tivthaiv kev mob ua ntej los rau cov neeg laus uas khwv tau nyiaj tsawg thiab cov laus uas tsis muab ntaubntawv nyob hauv lub tebchaws uas nyob hauv lub cheeb nroog Sacramento County. Cov kev pabcuam no muaj nyob rau tom Sacramento County Health Center thiab khiav cov haujlwm xws li:

- Primary Health thawj cov kev pab saib xyuas kho mob thiab cwjpw
- Women's Health (pojnia kev nojqab nyobzoo)
- Preventative care (kev tivthaiv kev mob ua ntej muaj nrog cov koob txhaj tshuaj, cov koob tshaj tshuaj tiv thaiv khaubthuas)
- Kho mob rau cov kev mob uas muaj tsis tu ncu chronic conditions
- Lab and radiology (Tsev kuaj mob thiab tsev thaj/xoos faisfab)
- Cov tshuaj noj sau los ntawm kws kho mob (pheejyig)

Kev tsimnyog licas:

- Cov laus hnuabnyoog 19 xyoo lossis rov saud
- Sacramento County cov tibneeg
- Kev khwv nyiaj txiag nyob lossis qes tshaj 138% ntawm Tsoom Fwv Tebchaws Theem Ntsuas Kev Txomnyem
- Txwv qee yam Medi-Cal nrog rau qhov tsimnyog ntawm kev pab tus zauv Aid Code
- Cov tibneeg uas tsis muaj kev povhwm mob nkeeg (health insurance) lossis mus muab tsis tau health insurance

Healthy Partners yog nyob rau ntawm 4600 Broadway, Sacramento, CA 95820.

Xovtooj: (916) 874-1805.

Website: <https://dhs.saccounty.net/PRI/Pages/Healthy%20Partners/GI-PRI-Healthy-Partners>

Sacramento Covered yog ib lub tuamtxhab zej zog tsis khiav haujlwm los khwv kom muaj nyiaj nplua nuj, lawv txuas cov tibneeg hauv Sacramento region mus rau cov kev pab them kev kho mob thiab kev saibxyuas uas lawv xav tau. Rau cov ntaubntawv qhia ntau ntxiv, mus saib lawv daim website (www.sacramentocovered.org) lossis hu 1-866-850-4321. Elena Carrillo, Tus Coj Saibxyuas Txoj Haujlwm Loj rau Sacramento Covered, kuj hu tau nws ntawm (916) 414-8338 losyog ecarrillo@sacramentocovered.org.

COV CHAW KEV PAB RAU COV TSEVNEEG & MENYUAM KAWM

HOUSING AND EMERGENCY SHELTER INFORMATION

Tsevnob thiab Cov Neeg Xaub Tsevnob Cov Ntaubntawv Qhia:

Rau cov ntaubntawv qhia txog neeg xaub tsevnob cov cai yog lidas hu rau **Renter's Helpline** ntawm (916) 389-7877. Rau cov ntaubntawv qhia txog cov chaw kev pab rau tsevnob hu **Sacramento Self Help Housing** ntawm (916) 341-0593.

Project Sentinel muab ntau yam kev pabcuam txog tsevnob (tawm tsam nrog kev raug laij tawm tsevnob, tso nyob chaw, tawm suab rau admin advocacy). Rau cov ntaubntawv qhia ntau ntxiv, koj hu tau rau Ryan R. Reyes, Staff Attorney, ntawm (916) 513 3150 lossis RReyes@housing.org. Website: www.housing.org.

Family Emergency Shelters (nrog rau Sacramento County Department of Human Assistance) los txhawb nqa pab cov tsevnob uas tsis muaj tsevnob los tau cov kev pabcuam muaj yam xwmtxheej ceev li no los muaj tsevnob. Cov tsevnob kuj **rau npe tau lawv tus kheej** rau cov kev pabcuam xwmtxheej ceev rau tsevnob los ntawm txoj kev mus saib qhov website ntawm <https://dhaservices.saccounty.net/efs> thiab los teb ob pab npe lus nug. Daim website txoj kev rau npe kuj mus nkag siv tau hauv koj tus kheej lub cuabyeej ntaus ntawv, lossis ntawm ib lub uas muaj nyob hauv County Department of Human Assistance (DHA) cov tuamtsev muab kev pab, nyob thoob plaws hauv lub cheeb nroog County. Yuav muaj neeg hu tuaj rau koj li ntawm pab (3) hnuv kev ua lagluam.

Cov kev pabcuam siv computer hauv thajchaw thiab cov chaw kev pab los mus rau npe rau cov kev pabcuam nrhiav tsev rau nyob kuj muaj nyob hnuv Monday mus txog Friday thaum 8am mus txog 4pm nyob rau hauv DHA cov thajchaw nram qab no:

- **Central:** 2700 Fulton Avenue Sacramento, CA 95821
- **North:** 5747 Watt Avenue North Highlands, CA 95660
- **North:** 3960 Research Drive Sacramento, CA 95838
- **East:** 10013 Folsom Blvd Rancho Cordova, CA 95827
- **South:** 2450 Florin Road Sacramento, CA 95822
- **South:** 210 North Lincoln Way Galt, CA 95632

KEV SIV TAU INTERNET RAU COV TSEVNEEG

Internet Essentials los ntawm Comcast muaj cov pheejyim them taus, tau cov high-speed Internet ua nrawm los rau cov cuabyig ua khwv tau nyiaj tsawg [tsis muaj ua daimntawv cog lus, tsis kuaj credit, tsis them tus nqe kho khoom] uas yog \$9.99/hli. Internet Essentials cov tibneeg tshiab yuav tau ob hli pub dawb ntawm kev siv internet. Rau cov ntaubntawv qhia ntau tshaj no ntxiv thiab rau npe tau ntawm: <https://internetessentials.com/> lossis hu 1-855-8-INTERNET (1-855-846-8376).

Access from AT&T muaj ib qho them tsawg rau nram tsev tau siv internet los rau cov cuabyig uas muaj qhov tsimnyog tau [yam tsawg kawg muaj ib tug neeg hauv lub cuabyig tau Supplemental Security Income (SSI) lossis SNAP] uas yog \$9.99/hli [tsis muaj ua daimntawv cog lus, tsis kuaj credit, tsis them tus nqe kho khoom]. Rau cov ntaubntawv qhia ntau tshaj no ntxiv thiab los rau npe ntawm: <https://www.att.com/shop/internet/access/> lossis hu 1-855-220-5211(Askiv) & 1-855-220-5225 (Mev). Muab daimntawv flyer: [Access from AT&T](#)

COV CHAW KEV PAB RAU COV TSEVNEEG & MENYUAM KAWM

KEV PABCUAM TAU RAU KEV NYUAI SIAB (MENTAL HEALTH)

Mental Health Access Team(nrog rau Sacramento County Department of Mental Health) muab cov kev pabcuam thiab muaj ib qho kev sib sablaj hauv xovtooj los ntsuam xyuas seb yam kev pabcuam rau kev nyuajsiab twg yuav yog qhov tsimnyog faj koj mus cuag tus kws txawj muab qhov kev pab ntawd. Qhov ntawm no muaj xws li [Mental Health Medi-Cal Service Providers](#) thiab [Prevention & Early Intervention and Mental Health Respite Service Providers](#).

Rau cov ntaubntawv qhia ntau tshaj no ntxiv: [Mental Health Access Team Brochure](#) lossis hu (916) 875-1055 lossis tus toll free (888) 881-4881 Monday-Friday, 8 am-5pm (24/7 rau Mental Health Crisis Calls).

Mental Health Urgent Care Clinic muab cov kev pabcuam raws li cov tibneeg tuaj ntsib hauv thajchaw rau cov uas muaj hnuabnyoog licas los xij uas muaj ib qho kev nyuajsiab (a mental health) thiab/lossis muaj cov teebmeem quabyuam siv yeeb tshuaj lossis siv tshuaj ntau dhau lawm. Lub tsev kho mob me saib xyuas kev mob hnyav ntawm kev nyuajsiab (Mental Health Urgent Care Clinic) yog ib qho chaw kev pab uas muaj ib pawg neeg ua haujlwm uake, cov kws kho mob, thiab cov neeg ua haujlwm pab saib xyuas ntaub ntawv los pab tswj kom thajchaw nyob tus thiab nyabxeeb uas muaj kev sib pab. Xav paub ntau tshaj no ntxiv hu: (916) 520-2460.

The Mental Health Urgent Care Clinic yog nyob rau ntawm 2130 Stockton Boulevard, lub Tuamtsev 300, Sacramento, CA 95817. Cov sijhawm: Monday-Friday, 10 am-10 pm & Saturday-Sunday thiab Holidays, 10 am - 6pm.

Consumer-Operated Warm Line (nrog rau Sacramento County Department of Mental Health) muab lub cibfim rau cov tibneeg los sablaj hauv xovtooj nrog ib tug twg txog lawv qhov teebmeem, los nrog mloog, qhia thiab faj lawv mus cuag cov chaw kev pab rau kev nyuajsiab thiab ntau tshaj no ntxiv. Hu (916) 366-4668 Monday-Friday, 9 am-5pm.

Community Support Team (nrog rau Sacramento County Department of Mental Health) muab kev pab rau cov tibneeg nrhiav tsis tau cov kev pabcuam rau kev nyuajsiab, muab txoj kev ntsuamxyuas raws li chaw ua haujlwm, thiab kuj faj tau lawv mus cuag zej zog lwm cov chaw kev pab tam li qhov tsimnyog xav tau. Hu (916) 874-6015 nyob Monday - Friday, 8am -5pm lossis nyem [Community Support Team daimntawv qhia](#) .

Crisis Text Line muaj lub cibfim los txaus koj nrog ib tug counselor, neeg sablaj nrog uas muaj kev xyaum ua dua los uas tswj cov teebmeem pub dawb rau koj, nyob 24/7 pab cov teebmeem los ntawm txoj kev sau ntawv xa tuaj hauv xovtooj. Sau ntawv hauv xovtooj lolus NAMI tuaj rau 741-741. Rau cov ntaubntawv qhia ntau tshaj no ntxiv, mus saib National Alliance on Mental Illness (NAMI) ntawm <https://www.nami.org/> lossis hu rau NAMI tus xovtooj pab ntawm 1-800-950-6264.

Ventanilla de Salud (Health Education Council thiab the Mexican Consulate) muab cov ntaubntawv qhia txog cov ntsiab lus kev nojqab nyobzoo, kev sablaj tawm tswvyim (counseling) thiab cov kev faj koj mus cuag cov kev pabcuam kev nojqab nyobzoo uas muaj rau thiab mus siv tau nyob hauv tagrho txhua lub zej zog. Xav paub ntau tshaj no ntxiv, hu (916) 329-3502 or go to <https://healtheducouncil.org/what-we-do/programs/access-to-hlth-srvcs/vds.html>.

COV CHAW KEV PAB RAU COV TSEVNEEG & MENYUAM KAWM

KAWM NTAWV ONLINE COV WEBSITES RAU COV TSEVNEEG

- **Swun Math Parent Home Connect** muab rau cov tsevneeg tau los kawm paub ntxiv txog tus txheejtxheem qhia zauv/lej rau peb Cov Menyuum Kawmntawv nyob Qib K-8th tabtom kawm dabtsi hauv Twin Rivers Unified. Kablus txuas: <http://bit.ly/SwunMath-TwinRivers>
- **Common Sense Education** yog ib qho chaw hauv online uas muaj cov twj kev pab los rau cov tsevneeg paub txog cov kev kawm learning apps, cov cuabyeej technology chaw kev pab uas muaj nyob lub caij no, thiab cov kev pom zoo rau cov kev lomzem uas zoo tsimnyog rau lub hnuvnyoog. Kablus txuas: <https://www.common sense media.org/>
- **Khan Academy** muaj ib qho pub dawb, hauv online qhov chaw kev pab rau cov menyuum kawmntawv tau siv los kawm ntauv ntxiv nyob rau lub sijhawm ntauv no nrog cov kev qhia ntauv, kev ua thiab kev kawm rau tagnrho txhua lub tug tibneeg muaj hnuvnyoog lica los xij. Kablus txuas: <https://www.khanacademy.org/>
- **PBS Kids for Parents** pab cov tsevneeg uas muaj cov menyuum (muaj hnuvnyoog li 2-8 xyoo) nrog nyeem ntauv, kawm suabpajnrug thiab dawb teebmeem, ntauv no muaj cov cibfim thiab cov kev tawm tsam ntau yam rau txhua tus nyob muaj txhua lub hnuvnyoog. Kablus txuas: <https://www.pbs.org/parents/learn-grow>
Qhov App: <https://pbskids.org/apps/pbs-parents-play--learn.html>
- **Scholastic Learn at Home** muaj cov online projects, haujlwm ua ib-hnuv-dhau-ib-hnuv rau cov menyuum tau los nyeem ntauv, muaj kev xav, thiab loj hlob nrog cov ntauv thiab dabneeg, cov yeebyajkiab, thiab lwm cov kev tawm tsam txoj kev kawm uas lomze. Kablus Txuas: classroommagazines.scholastic.com/support/learnathome.html
- **Starfall** txhawb nqa kev kawm cov kev ua los rau cov menyuum, qhia keej nyob nyeem ntauv, suab lus & ua zauv/ua lej – kev kawmntawv cov kev ua si xws li nkees (games), cov yeebyajkiab, cov phauntawv, cov nkauj, thiab ntau yam ntxiv rau cov menyuum qib K-3. Kablus txuas: <https://www.starfall.com/>

SACRAMENTO PEJXEEM LUB TSEV SAIB NTAUV

Sacramento Public Library muaj online cov chaw kev pab (www.saclibrary.org/resources) rau nws cov tibneeg ua muaj daim npav nrog cov apps kawm lwm hom lus [Mango and Pronunciator], online homework cov kev pab [[Link](#)] thiab [pab qhia ntauv pub dawb hauv online](#) ua lus Askiv thiab Mev [1-11 p.m., 7 hnuv toj ib limtiam].

Xav tau ib daimntawv sau qhia txog cov chaw kev pab nyeem ntauv thiab rau kawm ntauv, nyem nov: [Cov Chaw Kev Pab rau Cov Menyuum Kawmntawv](#)

Menyuum Kawm Daim Npav **Student Success Card** pub Twin Rivers Unified cov menyuum kawmntawv siv lawv daim student ID tam li yog daim npav siv los rau pejxeem cov tsev saib ntauv (a public library card). Nrog muaj daim npav Student Success Library Card no, cov menyuum kawmntawv siv tau cov twj digital tools thiab cov kev pab uas Sacramento Public Library muaj rau lawv.

Kev siv koj daim npav Student Success Library Card lica:

- Siv tus tsiaj ntauv (letter code) rau koj lub koog tsevkawm ("TR" rau Twin Rivers Unified School District, lossis "G" rau Galt Joint Union High School District) thiab koj tus zauv Student ID number thaum twg uas nug txog koj lub tsev saib ntauv daim npav tus zauv (Library card number).
- Pivtxwv li no, yog koj tus zauv ID yog 123456, koj yuav tsum siv SJ123456. Koj tus zauv 4 digit PIN yuav yog lub xyoo ntauv koj lub hnuvnyoog uas teev tseg rau hauv tsevkawm cov ntaubntawv. Koj kuj mus saib tua lossis hu rau lub tsev saib ntauv kom hloov tus zauv PIN.
- Xav paub ntau tshaj no ntxiv: www.saclibrary.org/Education/Students-Educators/Educators/Student-Success-Card

COV CHAW KEV PAB RAU TSEVNEEG & MENYUAM KAWM

KEV PAB TXIAV LUAMYEEB & KEV QUABYUAM YEEB TSHUAJ

The California Smokers' Helpline (Khalisfosnias Cov Neeg Haus Yeeb Tus Xovtooj Kev Pab) muab cov kev pabcuam pub dawb los pab cov tub ntxhais kawmntawv thiab cov laus txiav kev haus luamyeeb, haus pab kua yeebtshuaj (vaping) lossis zom. Nws yog ib lub sijhawm tseemceeb rau cov hluas thiab cov laus los xam pom txoj txoj kev txiav thiab zam haus luabyam thiab haus pab kua yeebtshauj (vape) kom ho txo txoj kev muaj mob tau rau lub ntsws thiab lwm yam kev mob, tshwjxeeb yog lub caij ntawm no ntawm tus kabmob coronavirus (COVID-19).

Xovtooj kev sablaj counseling nrog cov neeg tawm tswvyim counselors uas muaj kev xyaum ntau txawj txaus los pab cov tub ntxhais kawmntawv uas muaj hnuvnyoog li 13-18 xyoos thiab cov laus los tsim ib lub tswvyim txiav yeeb licas. Cov kev pabcuam muaj qhia nyob ntau hom lus thiab cov kev pabcuam tshwjxeeb muaj los rau cov neeg uas zom yeeb, cov pojniam xeeb menyuam ua haus yeeb, thiab cov neeg haus pa kua yeebtshuaj. Cov neeg uas yeej siv nyob lub caij ntawm no kuj txais tau cov lus sau hauv xovtooj uas tsim los pab lawv rau ntu tseemceeb ntawm txoj kev txiav haus yeeb. Lawv kuj xa lus nug nyob txhua lub sijhawm tuaj thiab ib tug counselor mam li teb rov qab tsis pub dhau ib hnuv kev ua lagluam. Lub xovtooj mobile apps muaj: "No Butts - Quit Smoking" thiab "No Vape - Crush Cravings" uas muaj los rau cov tub ntxhais kawm uas muaj hnuvnyoog li 17 thiab rov saud. Dua li ntawm no ntxiv, cov tub ntxhais kawm thiab cov laus uas muaj hnuvnyoog li 13 thiab rov saud kuj txais tau cov lus pab qhia tuaj ntawm Amazon Alexa uas xa tuaj ntawm "Stop Smoking Coach" & "Stop Vaping Coach" cov kev txawj. Cov tub ntxhais kawmntawv kuj qheb tau Stop Smoking & Stop Vaping cov kev txawj nyob hauv Amazon.com lossis los ntawm qhov Alexa app. Cov tub ntxhais kawm muaj hnuvnyoog li 12 thiab yau rov hauv kuj txais tau cov chaw kev pab pub dawb thiab cov khoom thiab ntaubntawv pab-tus kheej uas xa tuaj hauv email. Cov tub ntxhais kawmntawv kuj txais tau ib qho khoom los pab rau kev txiav haus yeeb (Quit Kit) thiab/lossis pliag siab ntsws los muaj siab siv ib qho txiav haus yeeb (Quit Smoking) app rau hauv cov tes xovtooj lossis lwm cov cuabyeej faisfab (electronic devices).

<https://www.nobutts.org/>

Cov neeg sablaj tawm tswvyim (counselors) ua haujlwm nyob cov hnuv khiav haujlwm weekdays, 7 a.m. mus txog 9 p.m., thiab hnuv so Saturday, 9 a.m. mus txog 5 p.m.

- Smokers: 1-800-NO-BUTTS (1-800-662-8887)
- Vape Users: 1-844-8-NO-VAPE (1-844-866-8273)
- Tobacco Chewers: 1-800-844-CHEW (1-800-844-2439)
- Chinese: 1-800-838-8917
- Korean: 1-800-556-5564
- Spanish: 1-800-45-NO-FUME (1-800-456-6386)
- Vietnamese: 1-800-778-8440

Xovtooj sau xa ntawv: Txais cov lus sau uas yog sau los pab rau ntu tseemceeb ntawm txoj kev txiav haus yeeb. Koj kuj xa cov lus nug tau txhua lub sijhawm thiab ib tug counselor mam li teb rov qab tsis pub dhau ib hnuv kev ua lagluam. Tes Xovtooj: Ntaus "Quit Smoking" mus rau 66819 & Ntaus "Quit Vaping" mus rau 66819.

SAMHSA's National Helpline yog ib qho pub dawb, tsis pub neeg sabnraud paub, 24/7, 365-hnuv-toj-ib-xyoos kev kho mob faj tuaj mus ntsib thiab cov ntaubntawv qhia cov kev pabcuam (nyob lus Askiv thiab Mev) rau cov tibneeg thiab cov tsevneeg uas muaj kev nyuajsiab (mental) thiab/lossis muaj cov kev puas, muaj mob quabyuam siv yeeb tshuaj. Qhov kev pabcuam ntawm no muaj cov kev faj koj mus cuag zej zog cov tuamtsev kho, cov pabpawg muab kev txhawb siab, thiab zej zog cov tuamtshab kooshaum khiav haujlwm hauv zos. SAMHSA's National Helpline-1-800-662-HELP (4357).

COV CHAW KEV PAB RAU COV TSEVNEEG & MENYUAM KAWM

COV CHAW KEV PAB RAU HLUAV TAWS XOB

SMUD ncuas tsis kaw cov hluav taws xob rau cov tsis them nyiaj tuaj tam li yog ib qho teb rau ntawm tus xwmtxheej kabmob COVID-19 txoj kev kis thoob ntiaj teb thiab ntawm txoj kev loj hlob ntawm lub tebchaws txoj kev kub ntxhov nyiaj txiag mus kom txog rau lub Peb Hlis Ntuj tim 31 nrog rau SMUD txoj kev soj ntsuam ntsoov txog qhov xwmtxheej yuav hloov mus zoo licas rau tom ntej. Dua li ntawm no ntxiv, cov tibneeg yuav hluav tawv xob (customers) uas nyob rau tam sim no tsis muaj hluav taws xob ntxiv lawm vim tsis them nyiaj tuaj lawv kuj yuav rov qab tau hluav taws xob dua, tsuav kom lub ntsuas faisfaj (meter) lossis lwm cov cuabyeej khoom loj tseem tsis tau muaj kev puasntsoog rau qhov twg thiab tagnrho txhua yam tseem zoo. Xav paub cov ntaubntawv qhia ntau tshaj no ntxiv mus saib <https://www.smud.org/>.

Lub **City of Sacramento** muaj ib lub kooshaum kev pab them tus nqe hluav taws xob kom pheejyig. Yog koj yog ib tug neeg khwv tau nyiaj nyob rau theem tsimnyog tau txias kev pab, koj kuj yuav tau credit txhua lub hli rau koj qhov nqe them dej, them dej khibnyiab thiab them khibnyiab. Thov hu (916) 808-5454 rau cov lus nug txog seb cov kev tsimnyog tau kev pab cov cai yog licas, yuav rau npe licas thiab puas muaj kev pab rau koj los ua daimntawv tso npe thov. Koj kuj mus saib tau lawv daim website ntawm <https://www.cityofsacramento.org/Utilities/Rate-Assistance-Program>.

Xav paub txog cov kooshaum pab them tus nqe hluav taws xob kom pheejyig rau hauv Sacramento County qhov chaw, hu rau **2-1-1 Sacramento** [Ntaus 2-1-1 losyog 1-800-500-4931 lossis (916) 498-1000] thiab <http://www.211sacramento.org/211>.