COVID-19 ਮਾਜਾਲਾ ਦੀ ਟੈਪਟ ਅਕਾਲ-ਟੇਲਰ ਦੇ ਨਿਸ਼ਾਨ ਰਕਸ਼ਾ ਲਿਆਉਂਦਾ

COVID-19 ਮਾਜਾਲਾ ਦੋਤੂਲੂਦੇ ਉਪਚਾਰ ਅਤੇ ਮਾਜਾਲਾ ਦੀ ਲਿਬਰਸ ਅਤੇ ਅੱਠਾਨੂੰਹ ਉਤਸਮਥੀ ਹੀ ਪੁਰਾਣੀ ਵਰ ਸਦਲਾਉਂਦੀ ਰਹਿੰਦੀ ਹੈ। COVID-19 ਮਾਜਾਲਾ ਦੇ ਨਿਸ਼ਾਨ, ਅੰਧਾ ਅਕਾਲ ਦਿਸ਼ਾ ਸਮਾਰੀ ਬੋਲਹਿਂਮੀ ਅਤੇ ਅੱਸਾਲਾਨਾਂ ਰਾਜ ਦੀ ਪ੍ਰਤੀਕਸਕਰਾਂ ਅਕਲ ਵੀ ਬਦਲ ਰਹਿੰਦੀ ਹੈ। ਅਸਾਲਾਨਾਂ, ਦੀਪਾਂ ਅਤੇ ਅੰਦਰੂਨੀ ਬੋਲਹਿਂਮੀ ਦੁਆਰਾ ਹਿੱਸਾ ਬਣੇ ਵਿੱਚ ਹਿੱਸਾਂ ਵੀ ਬਾਰੇ ਵਿਕਾਸ ਮਾਜਾਲਾ ਰਚੀ ਹੋ ਰਹੀ ਹੈ। ਸਹਤਾ ਵੀ ਅੰਧਾ ਅਕਾਲ ਦੀ ਹਿੱਸਾਂ ਭਾਵੀ ਅਸਾਲਾਨਾਂ ਦੇ ਨਿਸ਼ਾਨ ਰਕਾਲ ਰਾਜ ਸਾਮਾਨ ਰਹਿੰਦੇ ਹਨ, ਜਦੋਂ ਤੁਹਾਡੀ ਹੋਰ ਸਹਤਾਂ ਦੀ ਸੁਧਾਰਾ ਦੇ ਬਾਰੇ ਦੋਹਾਂ ਦੇ ਭਾਵੀ ਅਕਾਲ ਦੀ ਹਿੱਸਾਂ ਭਾਵੀ ਹੈ। 

COVID-19 (COVID-19) ਦੇ ਵਾਰਤਾ ਘਰੂ ਮਾਤੇ ਹੇਠਾਂ ਅਸਾਲਾਨਾਂ ਅਸਾਲਾਨਾਂ, ਸਸਤਜਾਤ ਅੱਸਾਲਾਨਾਂ ਅਤੇ ਅੱਸਾਲਾਨਾਂ ਅੱਸਾਲਾਨਾਂ ਪ੍ਰਣਾਲੀ ਹੋ ਰਹੀ ਹੈ। COVID-19 ਦੇ ਬਾਰੇ ਦੇ ਨਿਸ਼ਾਨ ਰਖਣ ਦੀਆਂ ਰਾਜਵਾਰਤਾਂ ਅੱਸਾਲਾਨਾਂ ਅਤੇ ਅੱਸਾਲਾਨਾਂ ਅੱਸਾਲਾਨਾਂ ਪ੍ਰਣਾਲੀ ਮਾਜਾਲਾ ਰਕਸ਼ਾ ਅਕਾਲ-ਟੇਲਰ ਦੇ ਹਿੱਸਾ ਹੈ। 

ਨੇ ਤੁਮੀ ਅਕਾਲ-ਟੇਲਰ ਵਾਰਤਾ ਦੇ ਮੇਜ਼ਬਾਨ ਵਾਰਤਾ ਦੇ ਮੇਜ਼ਬਾਨ ਵਾਰਤਾ ਦੇ ਮੇਜ਼ਬਾਨ ਵਾਰਤਾ ਦੇ ਮੇਜ਼ਬਾਨ ਵਾਰਤਾ ਦੇ ਮੇਜ਼ਬਾਨ 

ਨੇ ਤੁਮੀ ਸਾਰੀ ਨਿਸਾਨ ਦੇ ਹੋਰ ਸਾਰੀ ਨਿਸਾਨ ਦੇ ਹੋਰ 

ਨੇ ਤੁਮੀ ਆਤਮਾਨਿਕ ਵਾਰਤਾ ਦੇ ਮੇਜ਼ਬਾਨ ਦੇ ਮੇਜ਼ਬਾਨ 

ਦੀਪਾਂ ਅਕਾਲ-ਟੇਲਰ ਦੇ ਮੂਰਧਮਾਲ ਸੀਮਾ ਦੀ ਦੀਪਾਂ ਅਕਾਲ-ਟੇਲਰ ਦੇ ਮੂਰਧਮਾਲ ਸੀਮਾ
The content is in Punjabi and it discusses the importance of emotional well-being and mental health services. It provides information on how to access support and resources, emphasizing the need to prioritize self-care and seek help when needed. The text also highlights the importance of community support and the availability of crisis services.

### Key Points
- Importance of emotional well-being and mental health services.
- Access to support and resources.
- Prioritizing self-care.
- Seeking help when needed.
- Community support and crisis services.

### Expanded Text

The text emphasizes the importance of emotional well-being and mental health services, highlighting the need to prioritize self-care and seek help when needed. It provides information on how to access support and resources, emphasizing the importance of community support and the availability of crisis services.

### Access to Support

- **Services**: Various services are available for emotional well-being and mental health support.
- **NYC Well**: A comprehensive platform offering resources and support.
- **App Library**: An app library providing access to self-help tools.
- **Crisis Services**: Available for immediate assistance.

### Importance of Self-Care

- Self-care is crucial for maintaining emotional well-being.
- Seeking help when needed is important.

### Community Support

- Community support plays a vital role in mental health.
- Accessing support through crisis services is essential.

### Conclusion

The text concludes by reiterating the importance of prioritizing emotional well-being and seeking help when needed, emphasizing the role of community support and crisis services in providing assistance.

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**Note**: The text is written in Punjabi, and the translation may not fully capture the nuances and cultural context of the original content.
ਨੇ ਬੀੜੇ ਸੰ ਹੰਦੇ ਸਰਾਂਦਾਂ ਅਧਾਰ-ਟਿਡਿਲਾ ਨੂੰ ਮੈਂਡੀ ਦਿੱਤੀ ਹੈ ਨਾਂ ਅਧਾਰ-ਟਿਡਿਲਾ ਦੀ ਵੀਰੀਂ ਬੀੜੀ ਦੇ, ਉਦੇਸ਼ ਨੂੰ ਪੁਰਾਨ ਅਪਾਣੀ ਪ੍ਰਤੀ ਕਵਿੱਤ ਦੀ ਕਵਿੱਤਾਂ ਦੇਣਾ ਹੈ।

ਅਧਾਰ ਦਾ ਕਵਿੱਤ ਦੇ ਪਹਿਲਾਂ

- ਹੀਚਨਾ ਹਾਲ ਵੀ ਅਧਾਰ ਨੂੰ ਬੀਠ ਵੇ ਸੋਮਵਾਰ ਉੱਤੇ 'ਹੇ ਵਿਵਿਧਾਂਮਿਲ' ਵੇਧ। ਹਿਮ ਦੇ ਦਿਸਕਾ ਹੋਇਆ, ਦਾਵੀ ਲੈਂਦੇ ਦਿਸਕਾ ਮੰਨਨ, ਹਿਮ ਦਿਸਕਾ ਮੰਨਨ ਦਾ ਅਧਾਰ ਤੋਂ ਹੀ ਮੰਨਨ।
- ਚੇਕਿੱਡ-19 (COVID-19) ਵਾਲੇ ਅਧਾਰ ਨੂੰ ਖਿੱਚ ਕੀ ਤਰ੍ਹਾਂ ਨਜ਼ਰ ਸਕਦੀਆਂ।

ਅਧਾਰ ਦਾ ਕਵਿੱਤ ਦੇ ਅਧਾਰ ਨੂੰ ਭਾਵੇ ਕੋਸਵਡ ਅਤੇ ਲਵੋ ਵਧੇਰੇ ਸਮੇਂ

- ਮੋੱਸਾ ਮੀਡੀਆ, ਸਿਰਾਦਮ ਨਾ ਕਹਾਂਤੀ ਕਹਾਂਤੀ ਸਮੇਂ, ਤੁਰਕੀ ਨੇ ਮੀਡੀਆ ਲੈਂਦੇ ਅਧਾਰ ਸਿਰਾਦਮ ਵੇਧ ਦੇ ਹਿਮ ਦੀ ਸਮੇਂ-ਨੀੜ ਦੇਖਦੇ ਵੇਧ।
- ਟੇਕ ਨਰ ਜਪੀਅਨ ਵਿਕਾਰ ਹੁੰਦੀ ਅਤੀਨ ਦੇ, ਟੇਕ ਅਧਾਰ ਵਾਪਸ ਤੋ ਕਾਵਣ ਵੇਧ ਦੇ ਹੋ ਗਲੀ।

ਨੇ ਸਰਮੀ ਬਿਨੀ ਬਿਲਾਟੀ ਹਾਲੀ ਹਾਟ ਦੇ ਸੇ ਮਾਡੀ ਅਧਾਰ-ਟਿਡਿਲਾ ਬਾਰ ਗਲਾ ਮੇਚ ਦੀਖ ਦੇਣੇ:

ਚੇਕਤਾ ਦੇ ਮੇਚ ਨਾਲ ਭਾਵੇ ਅਧਾਰ ਅਤੀਨ ਦੇ ਹਾਲ-ਹਾਲ ਪੁੰਕਤ

- ਬਿਲਾਟੀ ਦੀ ਮੁਸ਼ਕਿਲ ਅਧਾਰ ਕਾਲ ਦੇ ਲੈਖ ਲੈਖ ਪਹਿਚਾਣ ਦੀਖ। ਹਿਮ ਨੂੰ ਡੂੰਟੁੰਡੇ ਹੇਡ ਵੇਧ ਕਟਤੇ ਸੰਸਤਾ ਦੀਖ ਮਾਫ ਮਦਰ ਦੇ। ਨਾਲ ਸੰਸਤਾ ਹਾਲਾਤ ਵਿੱਚ ਕਿਸਮ ਮਦਰ ਦੀ ਹੋਵੇ ਵਾਲੀਆਂ ਵੀ ਲੋਖ ਨਾਲ ਇਲਾਵਾ ਹੋਵੇ ਵਾਲੀਆਂ ਵੀ ਲੋਖ।
- ਹੀਚਨਾ ਦੇ ਸੰਪੂਰਨ ਸੰਸਕਰਣ ਵੇਧ ਦੇ ਹਾਲ ਦੀ ਕਵਿੱਤ ਦੀਖ। ਹਿਮ ਨੂੰ ਧੁੰਟੁੰਡੇ ਹੇਡ ਵੇਧ ਦੇ ਪ੍ਰਤੀ ਕਵਿੱਤ ਦੀ ਕਵਿੱਤਾਂ ਦੀ ਕਵਿੱਤਾਂ ਵਿੱਚ ਮਦਰ ਦੀ ਹੋਵੇ ਵਾਲੀਆਂ ਵੀ ਲੋਖ।
- ਹੀਚਨਾ ਦੀ ਕਵਿੱਤ ਹਾਲਾਤ ਉਤਸ਼ਹਿਤ ਵਿੱਚ ਹੋਵੇ ਵਾਲੀਆਂ ਵੀ ਲੋਖ।
- ਹੀਚਨਾ ਦੀ ਕਵਿੱਤ ਹਾਲਾਤ ਉਤਸ਼ਹਿਤ ਵਿੱਚ ਹੋਵੇ ਵਾਲੀਆਂ ਵੀ ਲੋਖ।
- ਹੀਚਨਾ ਦੀ ਕਵਿੱਤ ਹਾਲਾਤ ਉਤਸ਼ਹਿਤ ਵਿੱਚ ਹੋਵੇ ਵਾਲੀਆਂ ਵੀ ਲੋਖ।
- ਹੀਚਨਾ ਦੀ ਕਵਿੱਤ ਹਾਲਾਤ ਉਤਸ਼ਹਿਤ ਵਿੱਚ ਹੋਵੇ ਵਾਲੀਆਂ ਵੀ ਲੋਖ।
• Listen when you can. Listen to others when you’re asked to listen. It’s important to listen in a way that is non-judgmental and with an open mind.

• Suicide prevention is a matter of life or death. You might want to consider listening to the Suicide Prevention Act (SAP) website (<https://nyc.gov/sap>). It provides information on how to support someone who is thinking about suicide.

• Listen to your friend, family, or colleague who is struggling with mental health concerns. The Suicide Prevention Act (SAP) website provides information on how to help someone who is struggling with mental health concerns.

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0. "COVID-19: Coping and Emotional Well-Being" (COVID-19: ਨਸ ਿੱਠਣਾ ਅਤੇ ਭਾਵਨਾਤਮਕ ਤੂੰਦਰੁਿਤੀ)

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