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## **Excerpts and Summary of the Center for New Americans Elderly Meeting**

**12-14-01 10AM – 1PM**

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**From Mazon: A Jewish Response to Hunger, California Food Policy Advocates  
the California Endowment, and Fresno County Human Services System Elderly Project  
HOPE at the Center for New Americans.**

**Compiled by Edie Jessup**

## **Focus: Nutrition, Hunger, and Health Care Needs of Elderly Hmong and their Families**

Originally planned for a focus group of +/- 15 people. One hundred people attended to share their stories and circumstances. Luncheon was served

**Edie Jessup, Hunger Project Staff, Fresno Metro Ministry:** I am from Fresno Metro Ministry. I am very glad that you have come today to tell us about what your needs are for food and for health issues. How many of you went to Sacramento last year (May 15 Hunger Action Day) on the bus from Fresno to visit the legislature? Nobody did... Good! In May we will call you and try to take you to Sacramento to talk to the legislature. We are very concerned because we hear that many people do not have food. There are programs to help people to get food, but very frequently, they are very hard to find. How many of you are on SSI? Most of you have SSI. Right now in California, you cannot get food stamps. Is that right? That is a rule that with your help we could get changed in California. I think that what is important is to hear your stories, and to find out what you need. I am interested in where you get your food and what happens to you when you do not have any more money for food during the month. We will ask you to talk and will pass the microphone to hear you. Would you like to speak to us?

**Ed Perez, Outreach Coordinator, Fresno Metro Ministry:** We are recording your comments so we do not need your names or anything that will cause you to worry. We can help to take your voice to the people in power to change your situation. Fresno Metro Ministry works with low-income people of all different cultures, races, and religions to try to make sure that the people in power hear the voices of the people who are very often not heard.

**Speaker 1:** Good Morning my name is Vang Nu Yang. I am happy to be here this morning to have a chance to speak to you about my concerns. Am I free to speak freely about my concerns and my living conditions? I want you to know that I am a Vietnam Veteran and that I fought alongside the Americans for a number of years I was wounded in 1964. From then on, I struggled to keep my family alive and we fled as refugees to the United States. **As soon as we arrived here, we have been detected with many forms of illnesses. Including kidney failure, my daughter is the one who is suffering from that. My wife has diabetes; I have only one leg because of when I was wounded in**

**the war. There are many times that I have suicidal thoughts because of difficulties ranging from household management and personal expenses that we just could not meet throughout the month. They may seem simple, but they are difficult for all of us. I have only one leg to function with, but I am the most capable in my family. So, these are things that I want you people in power to realize and know that we, as citizens, are suffering from.** *As a veteran, I would like to know whether there are any kinds of special arrangements being made to recognize our efforts as veterans. I wonder if you know? Thank you very much this is all that I have to say for now. If there are other things that I should know about, such things as special recognition services for the veterans please let me know.*

**Eddie Jessup:** Thank you. I would like to work on Recognitions with you, if I may. In May, when we go to Sacramento let's bring recognition of your efforts in the war to the attention of the legislature, too. Regarding health issues and issues of supporting a family with health issues here in the United States, can I ask you what your source of income is? Are you on SSI?

**Speaker #1:** Yes, SSI.

**Eddie:** Has your family been hungry this year?

**Speaker #1:** It is adequate but not sufficient.

**Eddie:** Do you feel that your diet contributes to the health problems in your family?

**Speaker #1:** I do believe that is the case.

**Eddie:** That is very important and is something that we need to pursue further. Thank you very much for sharing. We will talk about solutions to the diet problems along the way here today. Are there any people here who have gardens and are raising some of their own produce?

**Interpreter:** Only one has just a garden in a front yard.

**Eddie:** Before you came to this country did you raise your own food?

**Interpreter:** YES! (Most all-100 people in the room)

**Eddie:** Would that be something that would be a help to you if you had space to raise food?

**Interpreter:** Yes it would.

**Speaker #2:** I want those of you who are knowledgeable to realize that there are many of us who suffered tremendously throughout the year. I am an elderly as you can tell. My children have left me. They have created their own lives and have moved on. I feel abandoned, left out by family members as well as many others in the community. I am partially deaf. Despite many efforts religiously and medically, I am still struggling. I would like you to know that I am a person who lacks much knowledge, but I want you people with knowledge to know that I am in desperate need.

**Eddie:** Can someone talk about the need that has to do with being alone and what would help you?

**Speaker #3:** *I am Chong Chao. I am experiencing many sorrows. Many of my children are grown up now. It has been a very difficult life for me personally because all of my children are grown up now. I have been an orphan ever since I was a three-year-old child, living without parents for the greater part of my life. Now as an adult all of my children are grown up, I have one young son left who is still going to school but I cannot transport him because of my inability to drive. He walks through rain and the scorching sun just to get to school. At times, he is late. He suffers because of consequences of grades that are not so pleasant. There are other occasions when I could not help with my husband who is paralyzed and is bedridden, making my situation very desperate. I feel so isolated from the community. Again, those of you who are in power, please pay attention to those of us who are out here. This is all I have to say for now.*

**Speaker #4:** **I am Neng Shon Fang:** I have been serving with the CIA since 1960. I was a veteran and I fought along side of the CIA Americans. Unfortunately during one of those years, I was captured by the communists. My wife suffered tremendously as well. She is currently suffering from diabetes and other ailments. During the time of my captivity, she thought that I was dead so she wept tremendously. I think her grief may have led to her health problems today. As of today, she is unable to perform the household or parental duties that a mother could.

In addition, we are thankful that the American government has provided us with benefits such as SSI. However, we want you to know that such income is inadequate for large families such as ours. We have no one to help us and the simple SSI that we live on is inadequate for the bills we need to pay such as utilities, telephone, rent, and including the immigration services that we were charged with. That amounted to over \$5,000 and we continue to pay that today. We were charged with airfare transporting us from Thailand to here. They continue to threaten us that we must continue to pay and pay it all as soon as possible otherwise, we will be charged with bad credit. This is a difficult situation due to our financial situation.

During my military career, I was wounded on my right side near my rib cage. From that wound, I was captured. After a short hospitalization I then was given time to serve in a re-education camp. I want you as a young man to know this and you as American friends to know this, the \$600 or so SSI dollars that we receive is obviously not adequate to support a family or even to get us through the month. We want you to know that people here, many of us in this room are using a cane to help us walk. Many of our ailments and injuries are results of many years of war and torture. We just want you to know that there are simple things that people need to get through the month but those are the things that we are struggling for. We want you to realize that we as constituents of yours; please pay attention to us. Thank you very much.

**Speaker #5:** *Thank you for the chance to be here today. I am very happy to be here. I have something to say about my life. When we were back in Laos my husband was a soldier and was wounded, I was also wounded by the war. When we escaped from Laos to Thailand he passed away in Thailand. I came to the U.S. where I have several children who are grown up and live away from the home. I have one younger child he is still going to school and still looking for a job. He has no income and is still relying on my income. I am disabled and I am unable to find other sources. We are in desperate need for assistance. We want you to know about our needs and perhaps you can create some services for us.*

**Speaker #6:** Thank you for holding this event and thank you for hearing us today. My name is Lily. I will be discussing with you about our conditions in Laos and how those conditions transfer to here where we live now. Since 1961, we were recruited by the U.S. to fight alongside them, and

many of us were casualties of that very recruitment. **At the time, I was only twelve. Although I was not in the front line of the war we did many things to support the efforts including cooking for them, bringing them food such as rice, even bringing them ammunition. This war effort continued until 1975** when General Vang Chao left the country. It was May 1975, and we had to flee by crossing the mountains, rivers, and taking great risks by crossing the jungle. Even though we were trying to be as secretive as we could, the communists captured us nonetheless. Many of our weapons were taken away; also many of our documents to prove that we were soldiers of the Americans. **Obviously we were targeted by the communists because of our involvement in the war but, their taking away of those documents made it difficult when we applied to come to the United States because we could not prove that we were allies of the Americans.** Our captivity included all kinds of tortures such as being tied to a tree and deprived of food for long times. *The communist torture included tying us to a cross like a crucifixion and making us walk all day through various terrains.* They made all kinds of physical threats including bodily injury but also made verbal threats about chemicals that would blind us prohibiting us from getting to safety. We knew that we were in a desperate situation so *in order to maintain our sanity and safety we pretended that we were becoming part of them and then after two years, we secretly escaped. We were hiding in jungles and then from there we just had to use our survival skills to find food and get by.* **These are the hardships that we had to endure and live through. They continue to exist here in the United States were we live. The simple benefits that we receive we just want you to know they are inadequate. We have many sicknesses and sometimes all our income may be used for the medical bills, and we simply do not have enough.**

**Speaker #7:** *I have nine children and I have to use whatever I receive for rent and household needs. It is difficult to make it through the month. We are looking for new hopes, for new solutions to help us endure through the month.*

**Edie:** Have you ever applied for food stamps?

**Speaker #7:** I receive food stamps for the time being but it is difficult because it is not enough.

**Speaker #8:** I am thankful for the chance to be here to be able to speak to you. **My name is Guy Lo Vang.** I am also a veteran of the Americans. I was also wounded by the war; I am labeled as disabled now. **I have hypertension and other ailments that prevent me from having a good life. I live just holding onto my life. I take medication as the Dr. prescribes but for some reason I am never healed. I use the benefits I receive sometimes for medication that I cannot get with Medi-cal. I am very much in need of all forms of services and I hope that you will extend your love to me too as the American government. I am very much confined to the home. On certain days, I can take the bus but that is a challenge in itself. I am thankful for the little things I receive but obviously, what I am receiving is not enough. Some months I go hungry because I have to use my benefits for medicine. I want you to know that you are like parents to us and I hope that you will extend your love to all of us.** Thank you very much.

**Laurie Primavera,** Health Project Coordinator, Fresno Metro Ministry: Where do you go to get your medicines?

**Speaker #8:** I get my shots from the Dr. but sometimes the shots cost as much as \$20-\$30 each. I may go for two or three shots so they take a considerable portion of my income.

**Laurie:** Where do you go, who do you see?

**Speaker #8:** I think his office is on Fresno Street.

**Laurie:** So, you go to a private Doctor?

**Speaker #8:** Yes, that is correct.

**Laurie:** Do you pay for each visit?

**Speaker #8:** Yes, that is correct. I can take pills but they don't do much. The shots seem to be more effective so I prefer the shots.

**Laurie:** Do you have Medi-Cal?

**Speaker #8:** Medi-Cal will not cover the medication that I want. That is why I have to use cash.

**Laurie:** Does the Doctor speak Hmong?

**Speaker #8:** No, he does not know the Hmong language.

**Laurie:** How do you communicate with him?

**Speaker #8:** There is a Hmong interpreter, a young lady, who assists in facilitating communication in the Doctor's office.

**Laurie:** Are you happy with your Doctor?

**Speaker #8:** I think the Dr. is providing good services; I am just concerned about the cost of the medication.

**Laurie:** Do you know about the Kings Winery clinic?

**Speaker #8:** No, I do not. No, I just go to my personal Dr. he is a Thai Dr.

**Laurie:** Thank you.

**Speaker #9:** *I am Lai Sen Cha. I want you as the government to know that I am a veteran of the secret war. I am a highly ranked military figure. During the war, I decided to stay even after all of my family had left the country. It was not until 1992 that I came to this country and I am still struggling to get my green card. Wherever I go, I have been asked about my green card and because I do not have one, I am unable to qualify for the services they would like to provide me. I receive no benefits for the time being. You as the American government, I hope that you can have some solutions for me too. Even if you cannot provide me with cash assistance, I hope you can provide me with some foodstamps so that I can live through the month.* Thank you very much, and thank you for listening to my story.

**Edie:** We need to clarify that **we are not the government**, but that we will take your words to the government with your help. We agree that it is not right that people do not have enough food to eat and that they do not have the health care that can be available.

In this country, the people have to make the government change. You can do that.

Together we are the people and we have the power.

**Laurie:** As you are telling your stories we are making lists and thinking about solutions to your problems. We may not share these today but we are working on a plan.

**Edie:** It is important for us to know your stories because the solutions for troubles are in your stories.

**Question:** Will today's discussion affect any of our existing benefits?

**Edie:** I can talk to some solutions for the food problem.

1. We encourage everyone who might be eligible, or if your children are eligible, to apply for food stamps.
  2. We can connect you with a commodity distribution of food every month in this area.
  3. We will help you to organize a food pantry to help distribute food to those in need in your community.
  4. We urge you to go to the legislature to change this California SSI rule to allow you to get foodstamps.
  5. We can go to the city to lobby for space for more community gardens.
- There are some things that we can do to begin to solve these hunger issues.

**Laurie:** There are also healthcare services, that I can bring some education about, that may be more affordable. I am concerned today that many of you do not know about them.

**Edie:** As people speak about the food issues. Can you tell us what you consider a healthy diet for you?

**Speaker #9:** I am a widow of a Vietnam veteran. All my children have grown and my husband died a few years back. I live alone now; I don't have anyone to help me. **I am struggling to get through the month. I do receive benefits to help me but it does not cover everything. I visit a Doctor on a regular basis but Medi-Cal does not cover some medications that I need. I have to use cash to cover those that becomes a problem.**

**Laurie:** Do your benefits cover the Dr. visit?

**Speaker #9:** No, I receive various services, **food I get from neighbors and friends out side of my home. I do not have enough to cover my medical expenses.** I do get some benefits but it is rarely enough.

**Speaker #10:** I want you to know that *I have a large family, ten children; most of them are grown up except for four of them who are still under 18.* We received food stamps but apparently, my wife was not compliant with the welfare rules and so we were cut off. We still receive some cash assistance for the three younger children. The older children still live at home but are still very dependent on me to supply them with food and shelter. *We have children who go hungry because at times we just do not have enough, especially when you take into consideration that the rent is constantly rising (\$700 - \$800 now) plus utilities, and many other household services. Costing us over a thousand dollars a month.* With trying to raise a family of four or five kids with that income, it is difficult and simply not enough. *I would like to add that I am still paying for my immigration welfare.*

**Edie:** All of this is very tragic. I think that we have things to do. I want to ask those of you with children in school, **are your children getting breakfast and lunch in school?**

**Interpreter for all:** Yes, they do.

**Edie:** That is important for people to know that children can get two meals a day at school.

I would like to hear if there are others who have had trouble with the Welfare-to-Work program. Part of my question would be: how do you comply with the written requirements for the reporting for your benefits? How do you do that? (Filling out the C-7 Form monthly).

**Speaker # 11:** I used to receive \$1208 but it has been reduced by \$200. I am wondering if there are any solutions that you can provide me with today. (Documents in hand).

**Edie:** I will look at what he has and I will try to figure out what that is about.

We will have to follow up with the eligibility worker to find out what has happened. **The Center (Fresno Center for New Americans) has a service to help with this. You can have someone help you with this here.**

**Is the reporting form for those of you with benefits in Hmong? or only in English?**

**Interpreter:** It is still in English.

**Edie:** Are there translators at the county offices for you?

**Speaker #12:** No, there are no Hmong translators there (at the County office).

**Edie:** The County says that they are supposed to have Hmong interpreters, so we are interested that they do not.

**Speaker #12:** At least, I personally, have not experienced there being a translator.

Edie: They should always ask for an interpreter.

**Speaker #12:** In that case (if we ask for an interpreter), will the County supply one?

**Edie:** The County is supposed to provide interpreters, and if they do not we are very interested to know, and will ask the County about this.

**Speaker #13:** I would like to share my story too. We arrived in 1989. We have our green cards now. But in 1999, I was told that I passed the test already and that I will have my U.S. Citizenship. I do not have a permanent resident card or paperwork yet. In June of 2002, our Green Cards will expire and we are very concerned about that. Do you have any solution for those of us who are so unknowledgeable about this complex system?

**Edie:** Does the Center for New Americans have a program for that?

**Lue Yang Executive Director, Fresno Center for New Americans:**

I would like to maybe raise a couple of questions before we further try to assist this elderly group. I am not quite clear what we are doing today. I think the importance is to tell the elderly what we can provide for them. I don't want to tell them more than what we can do today. If we cannot assist them we should not go about telling them something then in a later day we cannot do what we told them. That is a mistrust. I would like to see that when we intended to do something for them we make sure

that we do what we say, for the elderly to really trust who we are and how we can represent them. So, that is my comment.

**Edie:** Thank you Mr. Yang. I am concerned about that too. **What we are doing today is listening to some of the problems. I am particularly interested in what the situation of the elderly is around food and having enough food throughout the month.** There are several things that we would be interested in working on with them. If any are eligible for foodstamps, making sure that they enroll in food stamps, if that will help them. The problem is, in California, with SSI they cannot receive foodstamps. That is something that we are trying to change in the legislature, so that all of these people who are on SSI and who are living alone can get foodstamps in addition to their SSI. That would make a difference in how far they can stretch their budget.

Hearing from them, what their circumstances are is one way we can help take their voice to the legislatures. And there is interest in changing that rule, it is a process and it is not something that is going to happen right away. I have a paper like this and April has been helping me with it just so that we can say: 'This is what the situation is for people.' They get this much money from SSI, and by the time they have paid rent, utilities, medications, and transportation **they don't have enough left at the end of the month to eat.**

The other thing that we would like to work with them on is expanding community gardens so that they can raise some of the food, and have that place in which to work.

The other thing is to connect you with the USDA Commodity Program once a month. And if there is a group that is interested in working at starting a food pantry, that would benefit many people here. Then we would like to work with a group of folks doing that kind of a thing.

We can explore a hot meal program called Senior Nutrition Program. Other things are possible. Part of the solution to the problem of hunger is raising their voice and changing the system; and part of it is working *with them* to solve some of the problems with resources that already exist. So, that is the kind of thing we are doing today.

Thank-you April, and thank-you Lue. I also want to clarify that you are not the only people who have these same problems of not enough to eat. We are meeting here with you and we are meeting with other groups in our town that are of different ethnic groups. The problems you have as seniors here are problems that many many people have as seniors. **You need to know that your voices added to theirs will give us a strong chance to change the law.**

**April:** I am thankful that I have met some very very wonderful friends who have helped me tremendously along the way. For instance, Edie and I were able to form this group and take them to Sacramento earlier this year. We took about 52 people there, and one of our main concerns to the legislature is that our elderly do need assistance with utility bills. Based on their sources of income it would be extremely difficult to continue the way they are without any form of help. The coalition we have formed, the connection that we have formed between organizations, and knowing that together, we can be powerful. I am very thankful that I am able to connect myself with Fresno Metro Ministry and with some key figures and people who know the in and outs of legislation so that we can have an impact with our elected officials to make a difference in our lives. I think that with this effort today here, many of you will probably be receiving perhaps some kind of increase in services or assistance. We look forward to that impact, that change. There has been good news that there will be some kind of supplement today.

**Ed:** It is good for you to know that as a result of the trip to Sacramento, along with the voices of other people throughout the state, you can see that the utility rates went down. I hope that some of the crooks who were taking all of that money will be prosecuted. This is an example of the voice of the people having results.

**April:** Fresno Center for New Americans does have the PG&E CARE program. Those of you who need that program can apply through here. Other services are to follow.

**Laurie Primavera:** My name is Laurie, I am a nurse, and I would like to talk about healthcare.

What I would like to do first is to hear from you what you need from healthcare services. As I learn what you need, part of why I am here is to leave resources with The Center for New Americans, because there is affordable health care and very often, our community does not know about it. I also know that although there are services, our system is very complicated. I hope to hear today some of the challenges that you have in trying to get to those health services, so that we can help. Could we start by asking how many see Doctors now? Could you raise your hands? By a show of hands, how many of you go to a clinic?

**Interpreter:** Many of us go to Kings Winery Clinic.

**Laurie:** Good. For those who go to the clinic: Do they have Doctors who speak Hmong or do they have translators?

**Interpreter:** It is mostly operated by Hmong, so language is not an issue.

**Speaker #14, a woman:** I am currently with Blue Cross and I have gone elsewhere for services. Now I want to go to Kings Winery clinic, but they are telling me that I cannot obtain services from there.

**Laurie:** The clinic is telling her that she cannot obtain services. Do you know why?

**Speaker #14:** They told me that since I am with Blue Cross they cannot accept me over there. I would have to call Blue Cross to get a confirmation, and transfer, and all this process in order for me to receive services.

**Laurie:** Have you talked to the Clinic Manager there? They might be able to help you.

**Speaker #14:** I go to Blue Cross and see a Dr. there, but get prescriptions filled at the pharmacy here.

**Laurie:** **How many of you have a dentist or get dental care? And where do you go?**

**Speaker #15:** Dr. Jo Yang

**Laurie:** Is he a private Dr.?

**Speaker #15:** Yes.

**Laurie:** Do you pay cash?

**Speaker #15:** No, we use Medi-Cal.

**Laurie:** How about eyes/vision?

**Interpreter:** Yes, those of us who raise our hands.

**Laurie:** Are you happy with those services?

**Interpreter:** Yes, overwhelmingly yes.

**Laurie:** Do you have any special concerns or needs about your health care service right now?

**Speaker #16:** Most processes of the healthcare service are functioning very well, but I **dislike the pharmacy very much. We have to wait several hours just to get our medication sometimes.**

**Laurie:** Where do you go to get your medications?

**Speaker #16:** The pharmacy here.

**Laurie:** So, it sounds like, pretty much people are happy with the healthcare then? Is there any information that you would like or need to make things better?

**Speaker #17:** One of the problems is that we often are giving the same kind of medication all the time. And, after many times of taking the medicines, they are not very effective. We would like to have the medication replaced so that our bodies can readjust and feel better.

**Laurie:** We will make a note of that.

**Speaker #18:** Why doesn't Medi-Cal pay for the more effective and expensive medication? **We only get the medicines that are not so effective and they last only an hour or two and then we have to retake the pills.**

**Laurie:** I agree with you; that is something that we may have to lobby for, to get what medications that are available through Medi-Cal changed.

**Speaker #19:** With that kind of service (because of the limits on the kind of medication Medi-Cal will pay for) **we have to take so many pills a day. It drives us crazy perhaps even mentally ill.**

**Speaker #20:** *Yes Medi-Cal has limited services and we feel that we are not getting the best care.*

**Laurie:** How are you taking care of your children with healthcare? Do you have a pediatrician?

**Speaker #21:** We do not speak English, so sometimes we take our children to a specific pediatrician, but that is rare. **We go to the doctors who have staff or who are able to speak our language but they are not specialized in children's health so they give a general assessment/diagnosis of the children. Usually the children are not receiving the adequate care we think they should receive.**

**Laurie:** I am aware of this problem. ***I believe there is only one Hmong-American physician in Fresno.*** Part of what we have been trying to advocate for is more interpreting positions with doctors who do not speak the language.

**Speaker #21:** That is a good solution, I am happy to hear that. We don't know you, you know us, and so you need to help us.

**Laurie:** Where do the women go for prenatal care?

**Great Laughter:** ‘Our days of prenatal care are over!’

Laurie: How about pre-natal care by your children?

**Speaker #22:** In Laos we do not have prenatal care.

**Speaker #23:** I am a widow of a war veteran. I have been here for a number of years and applied for citizenship a few years ago. Apparently, I have obtained my Citizenship, but several members of my family still have not yet received theirs. I am just wondering if you have any solutions for me. **Not having Citizenship is still a prevalent problem in our community.**

**Laurie:** The Center for New Americans can assist; otherwise work directly through the INS.

**Speaker #24 and #25:** Although I am speaking on her behalf, I want you to know that I am also a widow of a war veteran. **Through the hardships and casualties of war, we are the victims; we have suffered on account of this effort. Sons and many children died in this war. The few children that I have left are now all grown up and live by themselves. This woman and I live by ourselves. We feel so left out and abandoned by our children. We are in a very very desperate situation to get any kind of assistance and to voice our sorrow and heartaches with you.**

**Edie:** We are taking notes on what you are sharing. We will come back to work with you more. We hope to be able to do something about the things you have told us.

Can you tell us five things that if they were changed, would make your lives better for you?

- 1. Obtaining U.S. citizenship.**
- 2. Ability to speak/communicate in English.**
- 3. More benefits accordingly to meet expenses throughout the month.**
- 4. A bus to transport the elderly to elderly center and back. (I use public transportation and have been robbed several times already.)**
- 5. Transportation to the mental health department and clinics. (We are categorized as unable to drive, so transportation would help considerably.)**

**OR Creating some kind of membership card where we could use the public transportation without paying any money. We don't have children to transport us or it is difficult for them to take us because they work.**

**Edie:** Thank-you all! During lunch, we will stay to work with you on some of these needs. Thank you for sharing with us the difficulties that you are having here in this country. It is a shame that you are not getting enough. I think that together we can solve some of these problems. You need to keep voicing your difficulties so that we can work on them. Together we will take your voice to the legislature. Coming together is how you have power in this country

**Speaker #26:** **It is good that we have come out here.** With talking about it, we can get it out instead of letting it consume us with depression and lead to suicide.