

# Wetin na kres sik?

(What is mental illness?)



## Wetin na krese sik?

Wan pan eni faiv (5) pɔɔrsin insai Australia kin get sɔm kayn krese sik, en bɔrku pipul go krese sɔm tem na den lyfe

Krese na di big wɔd way de tɔk bɔt bɔrku ɔda kayn sik, lek aw hart kɔmplayn kin min bɔrku ɔda kayn sik way de anɔɔg de hart.

**Krese sik** na wel bɔdi wahala way kin anɔɔg aw pɔɔrsin de fil, aw yu de memba, aw yu de bihayv en dae wit ɔda pipul dem. Den kin no bɔt am pan sɔm kayn soba way. Dis **wel bɔdi trɔbul** kin tan bak lek way yu hade de shayk

**Dukunu kin anɔɔg** aw pɔɔrsin de memba, fil, en aw e de bihayv, bɔt e nɔr tan lek krase. Krase hade trɔbul kin apun ɔtem en kin get ɔ du wit de sik wae yu de get bɔt nɔr de tay.

Dukunu nɔr bad lek tru-tru krese bɔt kin tɔk krese if yu nɔr kɔt bifo ram gud gud wan.

Krese kin mek de pɔɔrsin surfa beteh wan, evin den fambul en padi den. Dɔn bak, de sik de bɔrku mɔmo. Den wan way de luk oba wel bɔdi biznes na de wɔld (WHO) say, pwel hart go be wan pan de big wel bodi trobul na dis dunyia bifo 2020.

## De difren kayn krese way dae

Difren kayn krese dae en ɔ kin kam wit e yone. Sɔm pan de byg difren kayn krese sik na pwel hart, way yu de frayd ɔtem, haflahun, yu hart de go up en dɔn, yu no dae aw yu blant dae en de way yu de it nɔr fayn

Frayd sik en pwel hart na di krese sik dem way bɔrku. Wi ɔ get tranga krese abit, frayd nɔr kin gladi sɔmtem, krese kin kam way den kayn way ɔ fil bigin anɔɔg en de pɔɔrsin nɔr kin ebul bia wit enytin lek woke, fen tem ɔ enjɔn inseq en de wit pipul dem.

Wetin kin dɔn bad, pipul den way get pwel hart ɔtem nɔr kin ebul kɔmot na bayd nɔr luk oba den seq. Pɔɔrsin way get sɔm kayn frayd sik nɔr kin ebul kɔmot na ose nɔr kin du ɔda kayn tin lek pray pray ɔ ep den seq en pul frayd pan den seq.

De krese way nɔr bɔrku na da wan way yu nɔr si tin aw e ɔ dae nɔr dae apun. Den tin na lek haflahun en wae yu hart kin wam en ɔ bak sɔmtem. Den wan way kin get den tranga sik ya kin dae na den yone dunyia en na den mɔmo kin dae dae. Den nɔr kin memba fayn, fil en den yone dunyia usai den kin dɔn anɔɔg bad bad wan.

Way den kin dɔn dae na den yone dunyia, den kin memba say pɔɔrsin wan du den bad nɔr kin memba sae den get

mכני םן pawa. Sכמתם den kin memba כל kayn tin na den hade, den kin si, yeri, smel sכמתin כר tase tin way נכר dae at כל. De sik way de mek ככרסין put in sef na in yone dunyia kin bad sכמתם םן כדא pipul נכר kin no waytin de apun to de ככרסין. Aw den kin bihayv kin tranga כז udat נכר no ככט de sik.

## Aw yu de trit krese sik

ככרku krese de way de men fayn. כז no di sayn dem םן ככט bifo ram go mek e wel kwik. Way yu ככט bifo ram kwik, go beteh כז yu.

Krese wahala kin kam םן go pan ככרסין eny tem na yu lyfe, sכמ pipul kin krese wan tem na den lyfe םן wel כז gud, ככט e kin kam םן go כז sכמ man tay yu dye. Gud tritment na aw yu teik meresin, tritment כז aw yu mynd de woke, aw כז de wit כדא pipul dem, surכט frכמ piupl dem, trai כז kam bak to aw yu bin dae, נכר du tin wae go anככג lek כז drink rum כר yuse lek djamba so םן lan aw כז teik kia כז yusef.

E at כז mek yu si ככרסין wae krese dreb de sayn den by in sef. En כז tel yu, dat נכר de ep.

Den wan wae krese go lek כז mek yu si dem lek udat get eny כדא kayn sik. Krese na lek eny כדא sik םן no ככדי נכר go lek כז krese םן wi נכר כז blaym dem

Pipul wae get krese sik kin lek כז drink rum pasmak םן yuse כדא kayn bad bad כככ den. Dis kin mek tritment at כז woke, so e go fayn כז mek den no aw כז it den bad bad כככ.

Pipul way get krese hade trobul kin lek כז kil den sef. Dis kin apun lek way den jis no ככט de sik כר wae den jis lef ככטitul.

## Tin den wae wi kin put pan kres biznes, den wan way de konfuze wi םן de tru tin כז no ככט kres

Krese hade get ככרku stori, םן tin den wae wi bin ככני yeri. Den tin ya kin mek wi נכר go nia udat get de sik, den fambul םן padi den bak kin ככמot nia dem.

De kayn kweshכני wae pipul lek כז aks na:

### Kres na way ככרסין way lan ככרku buk kin mix up?

krese na eny כדא kayn sik, lek hart כככמplayn, wae shuga ככרku na yu blכד, םן wae yu get ashma. ככט de kayn luv, flawa םן ככרי hart way wi kin gi pipul den way get כדא sik, נכר kin dae כז udat krese.

## **Kres nɔr kin men ɔr kin de wit yu tay yu dye?**

way yu tritam aw e fɔ bi en kwik, bɔrku pipul kin wel fayn fayn wan en nɔr de sik agayn. Lek dɔda pipul den, krese kin kam en go tay den dye en den kayn pipul ya kin de pan tritment ɔltem. Na de saym lek hart kɔmplayn en way shuga bɔrku insai yu bɔdi. Lek eny dɔda sik way kin de pan pɔrsin tay e dye, den kin bia wit krese hade en de pɔrsin kin liv lek eny dɔda pɔrsin.

Sɔmtem, sɔm man nɔr kin ebul du enyting fɔ insef bicɔz de krese kin kam en go ɔltem. Sɔm pipul way kin get den bad bad krese sik kin de fayn en ebul du tin fɔ den sef.

## **Den kin bɔn pɔrsin wit krese?**

sɔm sik way get fɔ du wit pɔrsin in hade kin day na famili, bɔt sɔm pɔrsin kin get am way e bi say de sik nɔr day na in famili

Bɔrku tin way de bryng kam krese hade. Den tin ya na pwel hart, way yu pɔrsin dye, way yu mek plaba wit den wan way yu de bɔr skin wit, way pɔrsin yuse yu, yu nɔr get woke, ɔlman kɔmot nia yu en sik way go mek yu nɔr ebul du natin fɔ yusef agayn. Wi stil de trai fɔ no bɔt krase hade smɔl smɔl.

## **Kres kin kam pan eny bɔdi?**

**Na tru,** E tan lek wan pan evri pɔrsin na Australia ya so kin krese na in lyfe. eny bɔdi kin get am en e nɔr de pik udat e fɔ kaych.

Bɔrku pipul go lek fɔ mek den day wit pas mak pwel hart, konfuze, de kry ɔltem, nɔr de ebul slip, nɔr de fil fɔ it, nɔr kin no waytin fɔ du, bɔt den nɔr go lek fɔ get krese hade e go fayn fɔ mek wi begin ɔkɔ to wi sef bɔt krese hade, dat go mek wi lef fɔ kɔmot nia en si udat krese wit bad yai en dat kin mek den go fɔ tritment kwik

## **Den wan way get kres sik bad?**

dis bad wae fɔ wach udat krese bad fɔ de pɔrsin.

Na wan wan pɔrsin wae krese kin bad. Evin den wan way kin get den bad bad krese sik nɔr kin bad way den de pan tritment en de get ep frɔm fambul en padi.

## **Wi fɔ kip udat krese frɔm ɔlman?**

bɔrku pipul wae de krese kin wel kwik en nɔr kin evin go na ɔspitul. Sɔm kin go fɔ kwik tritment na ɔspitul. Bɔrku pipul way krese kin tap usai den dae wit den fambul en padi den bicoz plenty tritment dae fɔ men de sik. Nid nɔr dae fɔ put den sɔm sai lek aw den bin de du fɔs tem.

Den wan wae nid fɔ go ɔspitul nɔr bɔrku en sɔm nɔr kin wan fɔ go de at ɔk. De

wae meresin de borku dɔn de mek dis  
nɔr kin apun so nɔrmo.

## **Aw wi de wach en kɔmot nia udat krese na big pɔblem fɔ udat krese?**

**Na tru,** wan pan de big tin way de mek  
pipul nor de wel kwik na aw wi de trit  
dem. Dat min say porsin way krese nor  
de get udat de kam klose to ram bicoz e  
sik.

Den gud wae fɔ de wit udat krese en de  
ep way den go get frɔm fambul, padi en  
ɔlman usai den day go fayn fɔ mek den  
wel kwik.

## **Wetin fɔ du bɔt aw wi de trit udat krese?**

- Membra sae krese na lek eny kayn sik  
wae pɔrsin kin get en tɔk bɔt am.
- Tɔk bɔt krese hade sik to ɔlman. Yu  
go shɔk fɔ no ɔmos pɔrsin dis sik dɔn  
anbɔg, mɔr lek da wan way de bryng  
pwel hart en de mek pɔrsin frayd ɔltem
- Na fɔ mek ɔlman lan bɔt de sik en dat  
go mek de chayng banbai aw den bin  
dɔn de wach de sik.
- Mek ɔl pikin en big pɔrsin no aw fɔ de  
fayn fayn wit ɔlman en udat krese.
- ep fɔ mek pipul den bigin tinap fɔ den  
sef en tel den aw fɔ teik kia wae den

padi biznes de pwel, aw den dae en  
wetin de apun.

- ep padi en fambul wae krese fɔ get  
kwik triment
- Si say gud ep en triment sai den dae  
fɔ udat krese, dat go mek den wel  
kwik.
- ep tranga wan den fambul en udat de  
kia fɔ krese hade pɔrsin, den sef nɔr  
kin no wetin fɔ du, kin get pwel hart en  
de ɔda bad bad tin way kin de pan  
krese biznes.
- Tel ɔlman fɔ tap den bad way fɔ trit  
udat krese, lek woke biznes, fɔ lan  
buk, en gi dem ɔda tin way den nid.
- Tɔk fɔ mek den go fenɔt gud gud wan  
bɔt krese hade biznes, way go ep  
ɔlman fɔ no aw de sik kin anbɔg pipul  
en aw fɔ dreb de sik ɔr gi gud triment.

## Usai fə go wae yu nid ɛp?

- Yu dɔkta (dat na yu GP)
- Yu kɔminiti hɛlt sɛnta
- Usai dɛn kin mɛn krɛse na yu kɔminiti

Fə mɛk yu no nɔr bɔt de sai dɛn wae de fə go, chɛk usai dɛn kɔl kɔminiti ɛp ɛn de ɔda sai wae de kia bɔt wi, yu kin gɛt dɛm ɔltɛm ɛn dɛn nɔmba de usai wi kin wach fə tɛlɛfɔne nɔmba na ya so.

If yu go lɛk pɔsin fə intaprit fə yu, kɔl (TIS) pan dis nɔmba **13 14 50**

If yu wan kwik sai fə tɔk to pɔrsin bɔt yu trɔbul, go or kɔl da sai wae naym Lyfelyne (LifeLine) pan 13 11 14. Lyfelyne kin gi ɔda sai dɛn fə kɔl ɛn dɛn go tɛl yu bɔrku ɔda tin fə no ɛn ɛp yu.

Bɔrku ɔda tin de fə no na:

- [www.mmha.org.au](http://www.mmha.org.au)
- [www.sane.org](http://www.sane.org)
- [www.mifa.org.au](http://www.mifa.org.au)
- [www.ranzcp.org](http://www.ranzcp.org)
- [www.auseinet.com](http://www.auseinet.com)
- [www.healthinsite.gov.au](http://www.healthinsite.gov.au)

## Wɛtin fə no bɔt dis paypa

Dis paypa ya de wit bɔrku ɔda paypa den wae den ryte bɔt krese sik ɛn na Australia gɔvnt gi de kɔpor as den de tri fə fet krese biznes na de ole kɔntri.

Oda paypa wae den dɔn ryte bɔt den saym kayn tin na den wan ya so:

- *Wɛtin e min fə de wit frayd ɔltɛm?*
- *Wɛtin e min wae aw yu de fil de go up ɛn dɔn?*
- *Wɛtin e min way yu hart pwel ɔltɛm?*
- *Wɛtin na krai-beleh ɔr angri-beleh?*
- *Wɛtin e min wae yu nɔr de du tin way fiiba yu?*
- *Wɛtin na Haflahun?*

Yu kin get den paypa ya fə natin na Wel hade ɛn woke man biznes

Wae na sai fə di Australia gɔvnt

Dipatment fə wel bɔdi ɛn ole pipul biznes

GPO Box 9848  
CANBERRA ACT 2601  
Tel 1800 066 247  
Fax 1800 634 400  
[www.health.gov.au/mentalhealth](http://www.health.gov.au/mentalhealth)

fə get ɔda kɔpi insai ɔda pipul den langwayg, kɔl Mɔltikɔltchoral Mental Hɛlt na ɔstraylia (Multicultural Mental Health Australia) ya so pan dis nɔmba: **(02 ) 9840 3333**  
[www.mmha.org.au](http://www.mmha.org.au)

Insert your local details here

