

LÖÖM MUÛK Ë LIÄPNHOMDU

Käj ë lac/dac looi!

- Mindfulness ku Yoga!
- Looi kedäj guöp looi bï laläj tedä tïj käj yam nhiaar!
- Rëer keyï pol!
- Nin apiath!
- Cäm apiath!
- Räm wek kœc kœk!
- Looi dëk ë mäu koric!
- Jame ke raandët ku wïc kujny!



TËND LËU BÏ YËN KUJNY YÖK THÏN

AKUTNHOM LUJÏ WËËT	MULTICULTURAL HUB www.mhub.org.au 02 6100 4611
COMPANION HOUSE COUNSELLING SERVICE	COMPANION HOUSE companionhouse.org.au 02 6251 4550
LUJÏ WËËT	RELATIONSHIP AUSTRALIA racr.org.au 1300 364 277
KUJNY KÄJÏÖR	LIFELINE AUSTRALIA www.lifeline.org.au 131 114
KUJNY LIÄPNHOM RUUN KA 0-25	MIND MAP mindmap.act.gov.au 1800 862 111
Käj LIÄPNHOM	EMBRACE MULTICULTURAL MENTAL HEALTH embracementalhealth.org.au
LUJÏ ABËC/APATH WËNË YÏN RÄM WEK KUJNY LIÄPNHOM	Head to Health Canberra canberraheadtohealth.com.au 1800 595 212



MIND MATTERS

-Luiku ee alœj pïr
thäï liäpnhom &
pïrden



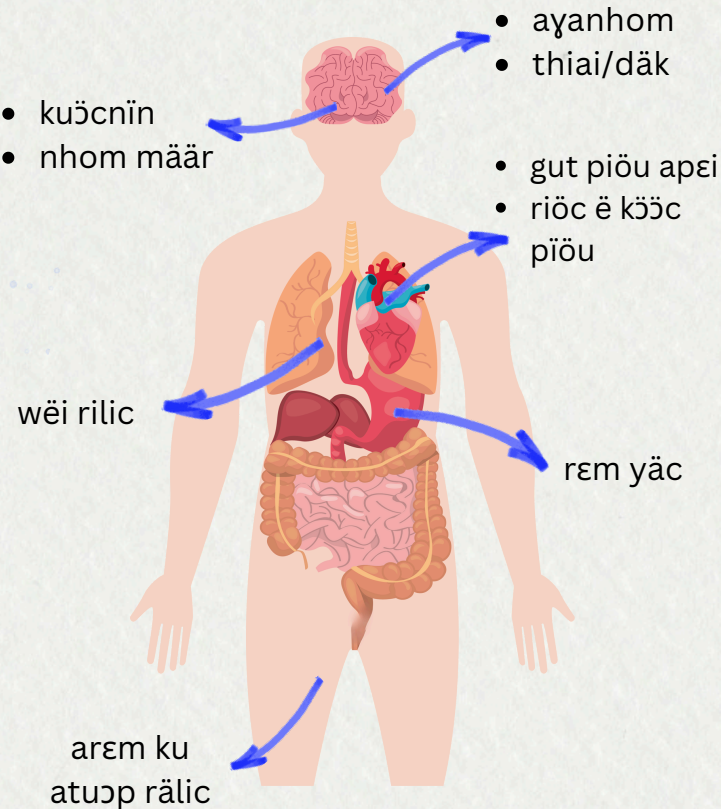
Yin njic....

- Nē Australia, tōk nē kōc kadhiēc ruun ka 16-85 anōŋ tuany liāpnhom thīn tēnē ayī ruōnic.
- Ade tuany liāpnhom l lac/dac yōk nyinŋōŋ, dier ku lōōm wēēlrac cam.
- Kōc juēc akuc lōn nēŋ keek tuany liāpnhom.
- 54% ē kōc cīke tuany njic aciē yilac lōōm ku yen ee kedīt apei thīn tēnē wuōt wēnē thāāi.
- Rōōr aaye ke tōu abanđīt rac ē nāk eort ku akoric apei tēnē cīmen bīk gōr akuny.
- Raan tōk nē mārken ē mīth kadhiēc nōŋ pēēl ka 24 tedā ke kōclik aci njic ke nyinŋōŋ.

Bī liāpnhom guōpdiē rac?

Cīmen cī yen gōōr cōk, liāpnhomda ku pialwēi aaye thiāk: ade guōp piol awīc nhom piclic.

Kōk ē rot looi guōp yiic



Wēl kōōk liāpnhom

- **Dier:** kedīt yōk apei tedā ke dier kāŋ tēk wēnē lōō bē rēer apeidīt ku looi riōc ku dier apei.
- **Nyinŋōŋ:** aaye rēer wēnē tēnē yīn rot yōk thīn, tēk tedā ke ciēŋ rac yiic apei. Yen lui riāk piōu ku mār ē loilooi nhiaar apei aluōt rac yiic.
- **PTSD** (Post-traumatic stress disorder): ee luōi dier yee looi nyinŋōŋ, riōc tedā kāŋ dier wēnē yī looi.
- **Postpartum depression:** ee keril liāp kenē ē luōi, nyinŋak, ku wēēric ciēŋ wēnē erot looi tēnē diār nē dhiēnh meth cōkciēn.
- **Bipolar disorder:** ee luōi wēnē kōc naŋ kaam ē dier/nyinŋōŋ ku mania.
- **OCD:** (Obsessive-Compulsive Disorder) kuōc tēk apei ku riōc (obsessions) wēnē lōō tēnē kuōc ciēŋ apeidīt.