

TOKANGAEKINGA 'A HO'O MO'UI LELEI FAKA'ATAMAI

Tokoni vave!

- Fakalaulauloto mo e Yoga!
- Fai ha me'a 'oku fakanonga pe 'ahi'ahi fai ha ngaahi me'afo'ou!
- Ngaungaue ma'u pe!
- Mohe ke fiu!
- Kai lelei!
- Fe'ao mo ha ni'ihiki kehe!
- Fakangatangata 'a e ma'u kavamālohí mo e faito'o konatapú!
- Talanoa ki ha taha pea mo fekumi ki ha tokoni!



KO FĒ HA FEITU'U TE U MA'U AI HA TOKONI

SĒVESI FALE'I TOKONI FAKA'ATAMAI KI HE MATAKALI KEHEKEHE	MULTICULTURAL HUB www.mhub.org.au 02 6100 4611
FALE SĒVESI FALE'I TOKONI FAKA'ATAMAI KI HE KAU KIMU HUFANGA	COMPANION HOUSE companionhouse.org.au 02 6251 4550
SĒVESI FALE'I TOKONI FAKA'ATAMAI	RELATIONSHIP AUSTRALIA racr.org.au 1300 364 277
TOKONI KI HE FAKATAMAKI	LIFELINE AUSTRALIA www.lifeline.org.au 131 114
TOKONI KI HE MO'UI LELEI FAKA'ATAMAI TA'U 0-25	MIND MAP mindmap.act.gov.au 1800 862 111
NGAAHI NAUNAU TOKONI KI HE MO'UI LELEI FAKA'ATAMAI	EMBRACE MULTICULTURAL MENTAL HEALTH embracementalhealth.org.au
NGAAHI SĒVESI TA'ETOTONGI TE NE FAKAFEHOKOTAKI KOE KI HE TOKONI KI HO'O MO'UI LELEI FAKA'ATAMAI	Head to Health Canberra canberraheadtohealth.com.au 1800 595 212



MIND MATTERS

-Tau fakamahu'inga'i 'a e mo'ui lelei faka'atamai fakamatakali & mo'ui lelei fakalukufua



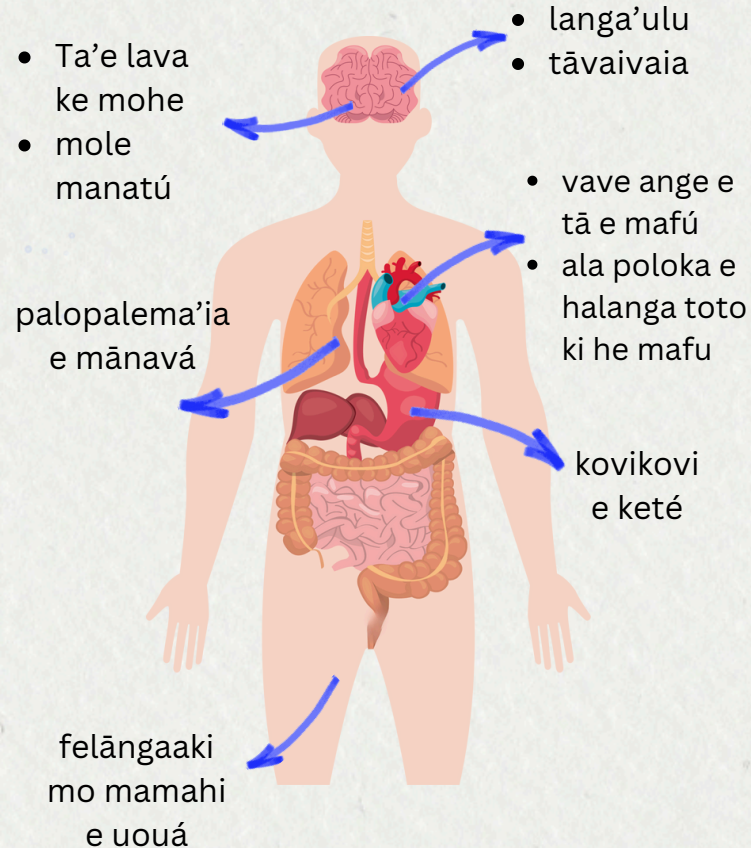
‘Oku ke ‘ilo’i nai....

- ‘I ‘Aositelēlia, ko e toko taha ‘i he kakai ‘e toko nima ‘o kinautolu ‘oku ‘i he ta’u motu’a 16-85 ‘oku nau fe’ao mo e puke faka’atamaí ‘i ha fa’ahinga ta’u pe.
- Ko e lahi taha ‘o e puke faka’atamaí ko e puputu’u, tailiili, pea mo e ta’emata’ofi ‘o hono ngāue’aki ‘o e faito’o konatapú.
- ‘Oku lahi ‘a e kakai ‘oku ‘ikai te nau ‘ilo’i ‘oku nau ma’u ‘a e puke faka’atamaí.
- 54% ‘o e kakai kuo fakahāi ‘oku nau puké ‘oku ‘ikai ke nau ma’u ‘a e faito’ó pea ‘oku ma’olunga ange ‘eni ‘i he falukunga kakai ‘o e ngaahi matakali kehekehé.
- ‘Oku tu’u lavea ange ‘a e kakai tangatá ‘i he taonakita pea mo ‘ikai te nau fa’a fekumi ki ha tokoni.
- Ko e toko taha ‘i he ngaahi fa’ē ‘e toko nima ‘o e longa’ifānau ‘oku nau māhina ‘e 24 pe si’i hifó kuo fakahāi ‘oku nau fe’ao mo e depression.

‘E ala uesia nai ‘e he mo’ui lelei faka’atamaí ‘a hoku sinó?

Fakatatau ki he fakatotoló, ko ‘etau mo’ui faka’atamaí pea mo e mo’ui fakatu’asinó ‘oku na fekau’aki: ko e sino mo’ui lelei ‘oku ne fiema’u ‘a e ‘atamai ‘oku mo’ui lelei.

Ngaahi uesia ki he sinó



‘Ū kupu’ilea ki he mo’ui lelei faka’atamaí

- **Anxiety:** fakatupulaki e ongo’i hoha’á pe mo’utāfu’ua e fakakaúkaú pea faka’au ke lōlōa ange ‘ene fe’ao mo iá pea ne fakatupu leva ha ilifia ‘aupito mo e hoha’a.
- **Depression:** ko e fa’ahinga uesia faka’atamai ‘oku ne uesia ‘a ho’o ongo fakaelotó, fakakaukaú pe tō’ongá. ‘Oku ne fakatupunga ‘a e fa’ahinga ongo lotomamahi pea mole ‘a e fa’ahinga fiema’u ke fai ‘a e ngaahi ‘ekitiviti faka’ahó.
- **PTSD** (Post-traumatic stress disorder): ko ha fa’ahinga uesia tailili fakatupunga ‘e ha fa’ahinga me’a ne hoko ne fakatupu hoha’a ‘aupito, fakailifia pea mo fakatupu lotomamahi.
- **Postpartum depression:** ‘oku tuifio ai ‘a e ngaahi liliu fakatu’asino, fakaeloto, pea mo e tō’onga ‘oku fa’a hoko ki ha fa’ahinga ‘o e kakai fefiné hili ‘enau fā’elé.
- **Bipolar disorder:** ko ha uesia faka’atamai ia ki he kakai ‘oku nau a’usia ‘a e puputu’u ‘i ha vaa’i taimi lōlōa pea mo e ‘āvanga.
- **OCD** (Obsessive-Compulsive Disorder): ko e ngaahi fakakaukau mo e tailiili ta’e’uhinga (‘avea) ‘oku ne tākiekina ki he ngaahi tō’onga ta’emapule’i.