ܚܸܠܡܲܬ݂ܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ

ܒܘܼܝܵܪܵܐ ܡܓܲܢܵܝܵܐ ܓܵܘ ܥܲܡܵܐ

Assyrian | ܐܵܬܘܿܪܵܝܵܐ

OFFICIAL

ܐܵܢܵܐ ܦܪܵܣܬܵܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܟܹܐ ܝܵܗ݁ܒܵܐ ܗ̇ܠܵܗ̇ ܡܲܠܘܼܡܕܵܬܵܐ ܠܒܘܼܕܪܵܘܟ݂ܘܿܢ، ܒܕܵܒܲܪ ܙܵܘܕܵܐ ܦܪܝܼܫܵܐܝܼܬ، ܠܗܘܿܢ، ܚܸܠܡܲܬ݂ܵܐ ܡܲܘܡܕܵܢܹ̈ܐ ܓܵܘ ܚܸܠܡܲܬ݂ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ.

ܡܘܼܕܝܼ ܝܠܵܗ̇ ܚܸܠܡܲܬ݂ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ؟

ܚܸܠܡܵܬ݂̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ ܝܢܵܐ ܚܕ ܦܸܠܓܵܐ ܚܕܬܵܐ ܕܚܸܠܡܲܬ݂ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܕܒܝܼܬܵܝܵܐ ܗ̇ܠܵܗ̇ ܡܲܘܡܕܸܒܬܵܐ ܟܠܵܗ̇ ܗܘܿܠ ܠܚܘܿ ٦٠ ܦܲܢܝܵܬ̈ܐ ܟܠܵܗ̇ ܚܲܕܘܼ ܐܘܼܣܛܪܵܠܝܵܐ ܕܒܚܘܼܓܵܐ ܡܢ ܩܲܕܲܡ ܣܘܼܦܵܐ ܕܫܢܲܬ݂ܵܐ ٢٠٢٦. ܚܸܠܡܵܬ݂̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ ܓܵܘ ܡܲܡܠܸܟ݂ܬܵܐ ܗܘܼܡܫܲܡܵܐ (ܦܪܵܦܝܼܬܵܐ) ܘܡܲܝܟܘܼܬܵܐ (ܡܲܩܪܒܵܐ ܕܒܵܬܹ̈ܐ) ܘܗܲܡܙܵܕܵܐ ܩܵܐ ܐܵܢܵܫܹ̈ܐ ܕܒܵܢܵܐ ܒܲܥܘܿܡܪܵܐ ܕ ٢٦ ܫܸܢܹ̈ܐ ܘܠܥܸܠ.

ܐܵܢܝܼ ܚܸܠܡܵܬ݂̈ܐ ܝܢܵܐ ܡܲܚܙܝܵܢܹ̈ܐ ܘܡܲܓܢܵܢܹ̈ܐ ܘܦܬܝܼܚܹ̈ܐ ܗ̇ܠܵܗ̇ ܡܵܠܘܿܟܵܐ ܐܲܚܪܵܢܵܐ ܘܥܲܡܵܐ ܗܲܡܝܼܡܘܼܬܵܐ ܠܐܸܢܕܵܐ ܕܡܲܦܬܲܚܬܵܐ. ܗܘܿ ܡܲܢܝܵܢ ܐܲܢܫܹ̈ܐ ܒܸܠܗ ܕܐܵܢܝܼ ܚܸܠܡܵܬ݂̈ܐ ܒܫܵܢܵܐ ܓܵܘ ܦܲܥܠ ܡܲܘܡܕܵܢܹ̈ܐ ܠܟܘܿܗ ܡܲܫܡܥܵܢܬܵܐ ܕ'ܐܲܝܟܲܢ ܩܵܕܪܲܚ ܥܵܝܢܝܼܚ ܕܡܲܗܝܸܪܲܚ' *('how can we help?')* ܘ 'ܠܲܝܬ ܚܕ ܬܲܪܥܵܐ ܚܸܠܡܲܬ݂ܵܐ' *('no wrong door')* ܘܓܵܘ ܡܲܦܠܵܚܬ݂ ܟܠ ܡܲܘܡܕܵܢܘܼܬܵܐ، ܠܥܲܡܵܐ ܘܐܲܝܟܵܢܘܼܬܵܐ ܟܠ ܕܵܪܵܐ ܦܘܼܠܚܵܢܵܐ، ܕܡܲܦܠܚܵܢܘܼܬܵܐ، ܗܲܢܕܵܐ.

ܐܲܝܟ ܓܵܘ ܬܲܓܒܝܼܬܵܐ ܒܥܘܼܕ ܗܵܘܵܝܵܐ ܦܘܼܬܵܠܵܝܵܐ، ܕܡܲܫܠܡܵܢܘܼܬܵܐ، ܠܗܲܢܕܵܐ ܕܡܲܢܝܵܢܵܐ ܡܲܬܹܐ، ܝܠܵܗ̇ ܘܡܲܘܕܥ ܡܘܼܕܥܵܢܘܼܬܵܐ ܗ̇ܠܵܗ̇ ܠܟܠ ܥܲܡܵܐ ܘܠܟܠ ܡܲܗܘܝܵܢܘܼܬܵܐ، ܘܠܟܠ ܐܘܼܡܬܘܼܬܵܐ، ܘܠܟܠ ܡܲܕܲܒܪܵܢܘܼܬܵܐ، ܕܗܲܢܕܵܐ.

ܡܘܼܕܲܝ ܦܝܼܫܵܐ ܕܚܸܠܡܵܬ݂̈ܐ ܓܵܘ ܦܲܠܚܝܼ ܡܲܘܡܕܵܢܹ̈ܐ ܒܚܸܠܡܲܬ݂ ܚܸܠܡܵܬ݂̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ؟

ܚܸܠܡܵܬ݂̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ ܓܵܘ ܡܲܡܠܸܟ݂ܬܵܐ:

- ܗܘܼܡܫܲܡܵܐ ܘܦܪܵܦܝܼܬܵܐ
- ܗܲܢܕܵܝܹ̈ܐ ܕܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܕܡܲܫܲܠܡܵܢܹ̈ܐ ܡܢ ܟܠ ܦܲܠܓܘܼܬܵܐ
- ܡܘܼܠܵܦܹ̈ܐ ܘܗܲܢܕܵܐ ܐܲܚܪܵܢܬܵܐ ܘܦܘܼܠܚܵܢܵܐ ܕܒܵܬܹ̈ܐ ܒܒܵܬܹ̈ܐ
- ܡܲܚܙܝܵܢܘܼܬܵܐ ܕܡܲܝܟܘܼܬܵܐ ܡܲܘܡܕܸܒܬܵܐ ܒܚܸܠܡܲܬ݂ ܦܲܠܚܝܼܢܹ̈ܐ ܕܚܸܠܡܲܬ݂ ܘܡܲܫܪܵܝܘܼܬܵܐ ܟܠ ܡܲܘܕܥܵܢܹ̈ܐ ܕܚܸܠܡܵܬ݂̈ܐ ܐܲܚܪܵܢܹ̈ܐ.

ܓܵܘ ܐܲܚܪܵܢܹ̈ܐ ܝܕܵܥܵܐ ܗܘܿܠ ܕܟܠ ܚܕܵܐ ܡܢ ܦܲܢܝܵܬ̈ܐ ܗܵܘܝܵܐ ܡܲܢܝܵܢܵܐ ܠܡܲܥܒܪܵܢܹ̈ܐ ܚܕ ܗܲܕܵܐ ܠܡܲܚܙܵܐ ܕܚܸܠܡܵܬ݂̈ܐ ܕܗܘܼܡܫܲܡܵܐ ܘܗܲܢܕܵܐ، ܐܲܢܝܼ ܡܢ ܦܲܠܓܵܐ ܕܐܲܟ݂ܝܼ ܒܡܘܼܕܝܼ ܡܢܵܐ ܦܠܓܘܼܬܵܐ ܠܡܲܥܒܪܵܢܘܼܬܵܐ، ܚܸܠܡܵܬ݂̈ܐ ܡܲܘܡܕܵܢܹ̈ܐ ܓܵܘ ܫܲܒܒܵܐ ܚܸܠܡܵܬ݂̈ܐ ܕܦܲܠܓܘܼܬܵܐ ܠܦܲܠܓܘܼܬܵܐ ܘܕܚܘܼܠܡܵܢܹ̈ܐ ܡܢ ܦܪܵܣܵܐ ܘܚܸܠܡܵܬ݂̈ܐ ܡܘܼܚܟܝܵܢܹ̈ܐ (ܟܠܗܘܿܢ) ܕܚܘܼܕܵܪܵܐ ܕܦܲܫܝܼܩܵܐ ܡܢܵܐ ܡܲܘܡܕܵܢܹ̈ܐ ܩܵܐ ܦܲܠܓܘܼܬܵܐ ܠܣܘܼܦܵܐ ܒ ܩܵܐ ܡܲܘܡܕܵܢܹ̈ܐ ܕܐܵܢܵܫܹ̈ܐ.

ܡܘܼܕܝܼ ܝ، ܐܵܢܵܐ ܢܲܥܘܼܡܝܵܐ ܡܝܵ، ܡܲܚܙܝܵܢܹ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܐܵܦ ܒܪܲܫܠܘܼܬܵܐ ܕܗܘܼܡܫܲܡܵܐ؟

ܗܲܢܕܵܐ ܡܲܗܘܝܵܢܘܼܬܵܐ ܗ̇ܠܵܗ̇ ܒܚܸܠܡܲܬ݂ ܐܲܝܟ ܕܢܲܥܘܼܡܝܵܐ ܡܢܵܐ ܡܲܚܙܝܵܢܹ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܗܵܘܵܐ ܒܗܘܿܢ ܝܕܵܥܵܐ ܐܵܦ ܡܲܚܙܝܵܢܹ̈ܐ ܕܪܲܫܠܘܼܬܵܐ ܕܗܘܼܡܫܲܡܵܐ.

ܚܸܠܡܵܬ݂̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ ܓܵܘ ܦܲܠܚܝܼ ܠܡܲܘܕܥܘܿܢ، ܘܟܠ ܡܲܚܙܝܵܢܘܼܬܵܐ، ܘܡܲܫܲܠܡܵܢܘܼܬܵܐ، ܘܗܲܢܕܵܢܘܼܬܵܐ،، ܝ، ܐܲܚܪܵܢܹ̈ܐ، ܒܪܲܫܠܘܼܬܵܐ ܗܵܘܝܵܐ،، ܒܚܕܵܐ ܠܡܲܚܙܝܵܢܹ̈ܐ ܚܕ ܣܘܼܟܵܠܵܐ ܕܡܲܝܟܘܼܬܵܐ ܕܚܸܠܡܵܬ݂̈ܐ ܒܸܠܗ ܘܡܲܗܡܘܼܡܵܢܵܐ ܒܸܠܗ ܒܚܘܼܕܵܪܵܐ، ܘܡܲܒܝܵܢܘܼܬܵܐ،،

ܐܵܦ ܦܲܠܓܵܐ ܕܗܲܢܕܵܐ ܐܲܚܪܵܢܬܵܐ ܕܡܲܦܠܚܝܵܢܹ̈ܐ ܡܢܵܐ ܥܲܡܵܐ ܕܫܲܒܒܵܐ ܦܲܠܓܘܼܬܵܐ ܠܗܲܢܕܵܐ ܩܵܐ ܐܵܢܵܫܹ̈ܐ ܐܲܚܪܵܢܹ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܡܢܵܐ ܒܚܘܼܕܵܪܵܐ ܕܚܝܵܢܹ̈ܐ ܓܵܘ ܗܘܿܢ ܘܕܒܝܼܢܵܐ ܕܡܲܕܒܪܵܢܘܼܬܵܐ، ܘܗܲܢܕܵܢܘܼܬܵܐ،.

ܡܲܢ ܡܲܨܹܐ ܕܡܲܦܠܚܵܢܘܼܬܵܐ، ܚܸܠܡܵܬ݂̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ؟

ܚܸܠܡܵܬ݂̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܘܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ ܡܲܬܘܼܟ݂ܵܝܵܐ ܦܬܝܼܚܹ̈ܐ ܡܢܵܐ ܡܲܘܕܥܝܼ ܩܵܐ ܐܵܢܵܫܹ̈ܐ ܕܒܵܢܵܐ ܒܲܥܘܿܡܪܵܐ ܕ ٢٦ ܫܸܢܹ̈ܐ ܘܠܥܸܠ ܘܢܲܥܘܼܡܝܵܐ ܡܢܵܐ ܡܲܚܙܝܵܢܹ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܒ ܕܛܵܒܘܼܬܵܐ ܕܒܲܝܬܵܐ.

ܐܢ ܐܢܬܘܢ ܝܘܢ ܚܕ ܡܪܒܝܢܐ ܕܟܢܘܫܬܐ ܝܢ ܚܕ ܚܒܪܐ ܝܢ ܚܕ ܫܘܬܦܐ ܝܢ ܡܫܡܫܢܐ ܕܚܕ ܦܠܚܘܬܐ ܕܐܝܬܠܗ ܚܝܠܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ، ܐܦ ܡܨܝܬܘܢ ܕܡܥܕܪܝܬܘܢ ܡܢܬܐ ܠܦܘܪܫܢܐ ܒܡܕܢܚܐ ܕܚܕ ܚܠܝܡܘܬܐ ܠܗ ܐܢܝ ܫܘܬܦܐ، ܝܢ ܡܢ ܡܟܠܬܐ ܕܡܬܡܘܡܝܢ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܕܝܠܗܘܢ.

ܠܡܢܝܢܐ ܡܕܒܪܢܘܬܐ ܒܘܗ ܡܢܬܐ ܥܠ ܐܢܫܐ ܒܟܠܝܬܐ، ܐܢ ܒܥܝܬܘܢ ܠܘܒܠܘܢ ܫܘܡܥܐ ܠܗ ܒܘܟܪܐ ܕܒܝܬ ܠܚܡܐ ('ܡܘܕܝ ܡܢܬܐ ܐܝܬ ܡܨܝܐ ܐܝܬܐ ܥܠ ܐܢܫܐ ܕܒܢܝܐ ܒܡܘܡܬܐ ܕܝܠܚܡܐ ܡܢ ٢٦ 'What support is available for people under the age of 26? ܫܢܝܐ؟').

ܒܢܐ ܐܝܬ ܣܡܟܐ ܓܢܝܐ ܘܣܘܟܢܐ ܡܕܒܘܪܢܘܬܐ؟

ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܥܠܝܡܐ ܒܢܐ ܡܢܘܕܝܐ ܘܣܘܟܢܐ ܥܠ ܡܟܠܬܐ ܕܡܬܡܘܡܝܢ ܡܕܒܘܪܢܝܬܐ ܘܦܪܘܫܘܬܐ ܡܕܒܘܪܢܝܬܐ.

ܒܠܝܗܘ ܡܣܝܥܢܐ ܒܕ ܡܚܒܠܝ ܡܟܠܬܐ ܓܘܢܐ ܘܣܡܟܐ ܕܒܢܐ ܓܢܝܐ ܘܣܘܟܢܐ ܡܕܒܘܪܢܝܬܐ ܘܕܟܝܗ ܠܟܘܗܝ ܠܟܠ ܘܦܠܚܘܬܐ، ܕܣܒܝܪܐ ܐܢܫܐ ܕܡܢ ܓܢܐ ܐܝܟܢܐ ܘܡܢ ܠܟܘܪܕܝܐ ܕܡܘܕܠܬܐ ܕܡܘܕܐ ܘܡܚܘܡܢܐ ܕ LGBTIQ+ ܘܦܘܪܫܐ ܕܡܚܘܡܢܐ ܕܒܢܐ ܦܪܝܫܐ ܡܕܒܘܪܢܝܬܐ ܘܟܢܘܫܝܬܐ ܘܐܝܟ ܕܒܢܐ ܡܢ ܒܝܬܐ ܕܡܬܬܐ ܘܐܢܫܐ ܕܝܠܟܐ ܒܢܐ ܒܝܬ ܠܟܘܗܝ ܘܐܢܫܐ ܕܐܝܬܠܗܘܢ، ܒܦܠܚܘܬܐ ܘܐܢܫܐ ܕܐܝܬܠܗܘܢ، ܡܕܟܪ ܕܠܚܡܐ ܫܠܒ ܐܪܥܐ.

ܒܢܐ ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ ܡܟܝܢܐ؟

ܗܘ، ܐܝܬ ܣܡܟܐ ܒܢܐ ܡܟܝܢܐ ܥܠ ܒܠܝܗܝ ܐܢܫܐ، ܐܦ ܐܢ ܠܒܝܬܠܘܢ ܦܬܐ ܕܡܕܝܢܬܐ.

ܗܝܡܢܐ ܗܘ ܠܣܡܐ ܐܢܬܐ ܕܡܦܩܢܘܬܐ ܡܢ ܚܕ ܚܒܪܐ ܕܚܘܠܡܢܐ ܥܠ ܕܡܚܒܠܝ ܡܢܬܐ ܡܢ ܣܡܐ ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ؟

ܟܠ، ܟܠ ܡܘܗ، ܗܝܡܢܐ ܠܣܡܐ ܐܢܬܐ ܕܡܦܩܢܘܬܐ ܡܢ ܐܗܢܐ ܕܡܚܘܡܢܘܬܘܢ، ܝܢ ܡܢ ܚܕ ܚܒܪܐ ܐܝܟܢܐ ܕܚܘܠܡܢܐ، ܝܢ ܠܚܕ ܣܘܟܠܐ ܕܦܪܘܫܘܬܐ ܕܡܕܟܪ ܕܗܘܢܐ ܘܡܕܝ ܕܡܚܒܠܝܘܢ ܡܢܬܐ ܡܢ ܣܡܐ ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ.

ܕܐܝܟ ܒܢܐ ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ ܦܪܝܫܐ ܡܢ ܣܡܟܐ ܐܝܟܢܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ؟

ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ ܒܕ ܡܫܡܫ ܟܠܗ ܠܐܢܫܐ ܕܗܝܡܢܐ ܒܢܐ ܠܡܢܬܐ ܕܒܝܬܗ ܒܘܟ ܙܘܕܐ ܡܢ ܡܢܬܐ ܕܚܕ ܐܗܢܐ ܟܠܝܬܐ ܝܢ ܕܚܕ ܐܗܢܐ ܕܒܝܬܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܡܨܝܐ ܕܡܫܡܫܝܬܐ. ܐܒܢܐ ܕܟܠ ܒܢܐ ܗܝܡܢܐ ܠܣܡܟܐ ܕܒܢܐ ܒܚܕ ܕܘܟܐ ܝܠܟܐ ܕܝܠܘܘܬܐ، ܐܢܝ ܣܡܟܐ ܕܗܝܡܢܐ ܡܘܡܢܐ ܠܗ ܒܝܬ ܒܩܝܘܬܐ.

ܐܝܬ ܣܡܟܐ ܚܕܬܐ ܠܝ ܒܕ ܡܫܡܫܝܗ ܬܘܦܐ ܕܣܡܟܐ ܕܡܬܚܡ ܦܬܐ ܒܢܐ ܡܘܡܢܐ ܠܗ ܦܒܝܬܘܢ.. ܐܒ ܒܕ ܦܠܚܐ ܡܢ ܡܘܕܢܐ ܥܡ ܐܗܢܐ ܟܠܝܬܐ ܘܐܗܢܐ ܕܒܝܬܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܡܘܕܝܐ ܕܕܘܪܫܢܐ ܥܠ ܬܚܘܡܐ ܕܐܠܗܘܬܐ ܘܥܡ ܬܡܟܝܐ ܕܡܫܡܫܝܐ ܘܡܕܡ ܣܡܟܐ ܚܘܠܡܢܐ ܘܡܬܚܡܐ ܕܐܝܬ ܠܗ ܒܘܡܬܐ، ܒܒܝܬܐ ܠܒܝܬܘܢ (ܠܐܒܘܟܐ) ܕܒܠܝܗܝ ܗܝܡܢܘܬܘܢ، ܠܡܢܬܐ ܦܒܝܐ ܒܢܐ ܡܠܝܐ.

ܕܐܝܟ ܡܨܝܬ ܕܡܣܝܥܝ ܥܠ ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ؟

ܡܨܝܬܘܢ ܕܡܣܝܥܝܬܘܢ ܥܠ ܣܡܐ ܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ ܒܡܕܒܪܢܐ ܐܘܪܚܬܐ ܦܪܝܫܬܐ ܒܐܘܪܚܐ ܕܐܢܬܘܢ ܒܓܒܝܐ ܗܘܢ.

- ܬܠܝܦܘܢ: ١٣٠٠ ٣٧٢ ٣٣٠
- ܬܘܦܐ ܐܠܟܬܪܘܢܝܐ: <https://www.betterhealth.vic.gov.au/mhwlocal> Mental Health and Wellbeing Local

ܡܨܝܬ ܕܡܚܒܠܝ ܡܢܬܐ ܐܢ ܐܢܐ ܠܐ ܡܡܠܠܢ ܚܕ ܠܫܢܐ ܐܝܟܢܐ ܦܪܫܐ ܡܢ ܠܫܢܐ ܐܢܓܠܝܙܝܐ؟

ܗܘ. ܐܢ ܗܝܡܢܐ ܗܘܢ ܠܒܘܟ ܙܘܕܐ ܡܦܫܩܢܘܬܐ ܒܠܫܢܐ ܕܝܠܘܟܘܢ،، ܡܨܝܬܘܢ، ܕܡܣܝܥܝܬܘܢ، ܥܠ TIS National ܒܝܕ ܬܠܝܦܘܢ، ܡܢܝܢܐ ١٣ ١٤ ٥٠ ܘܡܠܠܚܝܬܘܢ، ܚܕ ܡܦܫܩܢܐ، ܘܒܥܘܬܐ، ܡܠܠܚܝܬܘܢ، ܕܦܫܪܝܬܘܢ، ܐܗܢܐ ܒܣܡܟܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܘܛܒܘܬܐ ܕܓܢܝܐ ܡܕܘܟܝܐ ܕܒܘܟ ܡܘܕܥܐ ܡܠܬܐ ܠܟܘܢ..

ܡܘܕܝ ܒܕ ܗܘܝܐ ܒܐܦܢܝܬ ܡܕܝܢܬܐ؟

ܒܕ ܡܡܘܨܝܬܘܢ، ܚܕ ܚܕ ܦܠܝܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ (ܡܡܘܨܝܬܘܢ، ܒܠܚܕ ܕܗܘܢܐ ܦܬܐ ܠܦܬܐ، ܝܢ ܒܝܕ ܐܠܟܬܪܘܢܝܐ ܝܢ ܒܐܘܪܚܐ ܕܬܠܝܦܘܢ).

ܐܗܘ ܦܠܝܐ ܒܕ ܡܫܡܫ ܘܡܚܒܠ ܕܦܪܫܝ ܠܗܘܢ، ܡܫܬܐܠܝܬܘܢ، ܡܕܝ ܕܗܘ ܡܨܝܐ ܕܦܠܚܝܗ ܒܫܡܝܐ، ܘܡܢ ܒܝܬܘܬܐ، ܘܣܘܦܝܘܬܐ، ܘܡܬܒܪܢܝܬܘܢ،، ܐܢ ܐܢܬܘܢ ܝܡܟܠܐ ܗܘܢ،، ܒܒܝܬܐ ܠܡܕܘܟܐ ܚܕ ܣܘܟܠܐ ܕܡܛܝܠܘܬܐ ܕܡܡܘܡܢܘܗܝ ܡܠܝܗ ܒܒܝܬܘܢ، ܘܡܡܒܪܢܘܬܘܢ.

ܣܘܬܟܠܘܟܘܢ ܟܠܟܐ ܕܫܚܝܐ ܚܕ ܡܘܙܓܐ ܕܗܘܢܢܝܐ ܘܕܪܡܢܝܐ ܠܟܘܢ ܗܢܝܘܬܘܟܘܢ.. ܚܕܟܡܐ ܡܢ ܐܢܐ ܗܘܢܢܝܐ ܟܠܟܐ ܕܡܚܠܝܬܘܢ ܠܗܘܢ ܒܩܘܡܬܘܟܘܢ ܦܪܩܣܐ، ܘܐܝܕܝܐ ܒܩܘܡܝܐ ܕܝܠܐܢܐ ܡܢܐ.

ܐܦ ܐܝܬ ܡܘܡܟܝܢܘܬܐ ܕܗܢܝܘܬܘܟܘܢ ܒܕ ܦܪܥܐ ܡܠܝܐ ܒܣܕܪܐ ܐܘܕܫܐ ܒܘܕ ܬܟܒܬܐ ܒܚܕ ܚܕ ܦܝܠܐ ܦܕܒܐ ܕܝܠܦܢܐ ܚ ܚܕ ܦܝܠܐ ܦܕܒܐ ܕܡܙܘܪܐ ܕܝܠܦܢܐ. ܝ ܦܕܒܐ ܡܠܬܐ، ܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ ܒܕ ܦܝܕܒܠܘܟܘܢ ܕܡܫܠܚܬܘܢ ܠܐܢܐ ܝܠܦܢܐ.

ܐܦ ܦܠܝܐ ܕܗܘܢܕܐ ܐܣܬܢܬܐ ܒܕ ܗܘܝ ܣܒܝܪܐ ܕܦܘܕܒܠܘܟܘܢ، ܘܗܘܕܒܠܘܟܘܢ، ܒܟܠܒ ܒܚܘܬܘܟܘܢ، ܘܚܝܦܘܟܘܢ، ܘܗܘܢܕܢܘܟܘܢ..

ܡܝܟ ܚܝܘܦܐ ܘܒܚܘܬܐ ܘܣܒܪܢܝܐ ܕܐܢܬܐ ܕܢܩܘܫܐ ܡܢܐ ܡܕܟܬܐ ܕܚܘܝܐ ܕܡܚܠܒ ܗܘܢܕܐ؟

ܗܘ. ܝ ܐܣܠܗ، ܒܚܘ، ܒܚܕ ܦܘܕܡܐ ܕܚܘܬܐ ܚ ܚܕ ܚܝܘܦܐ ܚ ܣܒܕܐ ܚ ܗܘܕܢܐ ܕܚܕ ܦܕܝܘܦܐ ܕܐܒܠܝܗ ܦܝܬܟܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ، ܗܝܒܠܗ، ܕܡܚܠܒܠܗ، ܦܢܕܐ ܘܗܘܢܕܐ ܡܢ ܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ.

ܝ ܒܚܟܝܐ ܡܗܘ، ܕܡܚܠܒܠܗ، ܦܢܕܐ ܐܚܪ ܦܚܕܝܐ ܕܝܒܘܬܐ، ܚ ܗܘ ܡܟܠܬܐ ܕܗܢܝܘܬܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܕܐܢܘܟܘܢ — ܒܕ ܗܘܒܠܗ، ܗܝܢܝܐ ܠܡܚܘܝܐ ܚܝܒܘܬܐ ܘܗܘܢܕܐ ܘܚܝܒܘܬܐ ܕܗܢܝܘܬܐ ܡܗܘ، ܝܠܗܘܢ ܘܚܝܦ ܕܗܢܝܘܬܐ ܡܗܘ، ܝܠܗܘܢ.

ܡܘܕܝ ܦܝܠܐ ܕܗܘܢܕܐ ܡܝܟ ܐܢܬܐ ܕܫܢܬܐ ܒܚܘܡܕܐ ܕܝܠܝܣܗ ܡܢ ٢٦ ܫܢܝܐ ܕܡܚܠܒܠܗ؟

ܝ ܐܣܠܗ، ܚ ܚܕ ܦܕܝܘܦܐ ܕܝܢܐ ܗܘܕܒܠܗ، ܠܝܗ ܒܚܘ، ܒܚܘܡܕܐ ܕܝܒܠ ١٢ ܘ ٢٥ ܫܢܝܐ، ܝ ܟܡܐ ܟܠܘܟܘܢ، ܗܣܝܕܘ، ܠܣܝܗܕܘ، ܕ headspace ܕܝܠܗ ܦܘܟܠܘܟܘܢ، ܚ ܗܣܝܕܘ، ܠܗܘ، ܠܡܚܘܝܐ ܗܘܢܕܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ.

ܠܡܚܒܘܫܐ ܗܘ ܣܝܗܕܘ، ܕ headspace ܕܚܘܕ ܡܘܕܬܐ ܡܠܝܗ ܝܟܠܘܟܘܢ، ܝ ܟܡܐ ܟܠܘܟܘܢ، ܗܣܝܕܘ، ܠܐܘܦܐ ܐܠܚܬܘܬܐ ܕ [headspace](https://headspace.org.au/) - <https://headspace.org.au/>. ܐܦ ܦܡܘܡܬܐ ܒܟܠ ܐܝܕܝܢܗ ܘܗܘܢܕܐ ܒܐܘܕܫܐ ܕܝܠܒܘܟܘܢ، ܡܚܡܝܢܝܐ ܡܢܐ ܒܐܘܕܫܐ ܕ headspace.

ܝ ܐܣܠܗ، ܒܚܘ، ܒܚܕ ܦܕܝܘܦܐ ܠܚܠܡܐ، ܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ ܟܠܟܐ ܕܡܣܝܕܒܠܘܟܘܢ، ܗܘܢܕܐ ܒܚܕܟܡܐ ܐܢܫܢܩܐ، ܐܚܪ:

- ܡܣܝܕܒܠܗ، ܗܘ ܣܕܪܐ ܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ ܠܝܟܠܬܐ ܦܢܕܐ
- ܐܒܠܘܟܘܢ، ܟܡܘܬܐ ܠܡܚܘܝܐ ܗܘܢܕܐ ܒܐܘܕܫܐ ܕܚܕ ܣܝܗܕܘ، ܕ headspace ܚ ܕܚܕ ܒܝܗ ܒܩܝܘܬܐ ܘܗܢܝܘܬܐ ܡܗܘ، ܠܦܢܕܐ ܚܕܕܢܝܬܐ
- ܐܣܠܗ، ܒܚܘ، ܒܚܕ ܦܘܕܡܐ ܕܚܘܬܐ ܚ ܚܕ ܚܝܘܦܐ ܚ ܣܒܕܐ ܚ ܗܘܕܢܐ ܕܚܕ ܦܕܝܘܦܐ ܕܡܚܘܝܐ ܡܠܝܗ ܗܘܢܕܐ ܡܢ ܣܕܪܐ ܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ.

ܡܘܕܝ ܝ ܐܢܐ ܚ ܚܕ ܦܕܝܘܦܐ ܕܢܘܕܝܟ ܠܝܗ ܗܢܝܘܬܐ ܡܘܣ ܠܗܘܢܕܐ ܚܕܒܝܢܬܐ؟

ܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ ܟܠ ܡܠܬܐ ܣܕܪܐ ܝܠܦܢܐ ܡܣܝܕܒܢܬܐ ܕܗܘܢܕܐ ܚܕܒܝܢܬܐ ܗܘ ܐܢܬܐ ܕܢܩܘܫܐ ܡܢܐ ܚܕ ܕܕܓܐ ܝܟܠܬܐ ܕܝܝܢܬܐ ܕܣܘܪܓܐ ܚܕܕܢܝܬܐ ܠܝܟܠܬܐ ܚ ܠܐܝܕܝܬܐ.

ܒܚܕܢܐ ܕܣܕܪܐ ܚܕܝܒܘܬܐ ܐܒܝܦ ܕܫܢܝܐ ܡܢܐ ܠܐ ܣܝܗܕܐ ܠܡܘܕܐ ܚ ܐܢܫܐ ܕܫܢܝܐ ܕܚܕ ܦܕܝܘܦܐ ܡܢܐ ܠܐ ܣܝܗܕܐ ܡܢܝܐ ܕܦܥܒ ܣܘܪܓܐ، ܡܣܝܕܘ، ܗܘ ܗܟܠܬܐ ܝܒܩܐ (...). ܝ ܟܠ ܡܗܘ، ܚܒܝܫܐ ܕܐܢܫܢܘܬܐ ܒܟܠܗ ܚܕܒܝܢܬܐ، ܡܣܝܕܘ، ܗܘ ܗܟܠܬܐ ܝܒܩܐ (...).

ܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ ܟܠ ܡܢܐ ܦܬܝܚܐ ٢٤ ܫܥܝܐ ܒܝܘܡܐ. ܠܡܚܘܝܐ ܗܘܢܕܐ ܒܚܕܢܐ ܕܐܘܠܝܢܐ ٢٤ ܫܥܝܐ ܒܝܘܡܐ، ܡܣܝܕܘ، ܗܘ ܠܝܦܠܝܢ (Lifeline) ܒܟܠ ܡܢܝܢܐ 14 11 13.

ܐܝܟܐ ܡܝܟ ܕܡܝܟ ܒܘܕ ܙܘܕܐ ܡܘܕܟܢܘܬܐ؟

ܠܡܢܐ ܡܘܕܟܢܘܬܐ ܒܘܕ ܚܝܕܘܬܐ ܒܘܗ ܟܐܢܫܐ ܕܝܠܦܢܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܦܘܫܟܝܐ، ܝ ܟܡܐ ܟܠܘܟܘܢ، ܗܣܝܕܘ، ܠܦܐܬܐ ܕ [Mental Health and Wellbeing Local](https://www.health.vic.gov.au/mental-health-reform/local-adult-and-older-adult-mental-health-and-wellbeing-services) <https://www.health.vic.gov.au/mental-health-reform/local-adult-and-older-adult-mental-health-and-wellbeing-services> ܒܟܠ ܐܘܦܐ ܐܠܚܬܘܬܐ ܕܡܦܠܚܢܘܬܐ ܕܣܘܠܩܢܐ ܕܒܚܘܡܕܐ.

ܝ ܡܣܘܒܐ ܡܗܘ، ܕܢܠܦܒܠܗ، ܒܘܕ ܙܘܕܐ ܒܘܗ ܗܘܕܝܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܕܒܚܘܡܕܐ ܡܠܝܗ ܠܐ ܒܠܝܗ ܐܘܣܕܢܐ ܕܒܚܘܡܕܐ، ܝ ܟܡܐ ܟܠܘܟܘܢ، ܗܣܝܕܘ، ܠܐܘܦܐ ܐܠܚܬܘܬܐ ܕܗܘܕܝܐ ܕܣܘܠܩܢܐ ܕܚܘܝܐ ܘܬܟܒܬܐ ܕܫܢܝܐ ܕܡܦܠܚܢܘܬܐ ܕܣܘܠܩܢܐ ([Mental health and wellbeing reform](https://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform) Department of Health) <https://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform>.

ܠܡܩܒܘܠܗ̇ ܐܵܗܵܐ ܟܬܝܒܬܐ ܒܨܘܪܐ ܐܚܪܢܐ ܡܬܡܨܝܢܝܬܐ، ܡܚܝܪܘܢ ܒܬܠܝܦܘܢ ܥܠ ܡܢܝܢܐ 7183 9096 (03)، ܝܢ ܥܠ ܡܢܝܢܐ 77 36 13 ܒܡܦܠܚܬܐ ܕܚܠܡܐ ܐܢܫܝܬܐ ܕܡܫܘܕܥܬܐ (National Relay Service) ܐܢ ܣܢܝܩܘܬܐ ܓܠܠܬܐ، ܝܢ ܟܬܘܒܘܢ ܐܠܝܢ ܥܠ
localservices@health.vic.gov.au

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