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| **Mental health services** | **Adeegyada caafimaadka dhimirka** |
| Mental health issues affect people from all parts of society. | Arimaha caafimaadka dhimirka waxay ka saameeyaan dadka. dhammaan qaybaha bulshada. |
| Anxiety, depression, eating disorders, self-harm, substance abuse related disorders, suicide, and Schizophrenia are some of the more well-known conditions. | Welwel, niyad jab, cunto xumo waxyeelo nafeed isticmaal xumida walxo oo la xiriira jirooyin isdil iyo Schizophrenia (nooc jirada dhimirka ka mid ah) waa qaar ka mid ah xaaladaha aadka loo yaqaan. |
| But there are many more. | Laakiinse waxaa jira kuwo ka sii badan. |
| About 45% of all people will experience a mental health problem at some time during their life. | Qiyaastii 45% ee dhammaan dadka waxay ogaan doonaan dhibaatada caafimaadka dhimirka wakhti ka mid ah noloshooda inta lagu jiro. |
| And one in five people experience mental health problems each year. | Shanti qofba hal ayaa ogaan doona dhibaatooyinka caafimaadka dhimirka sannad kasta. |
| These experiences can range a great deal in how they affect people, and for how long. | Waxaan ay ogaan doonaan si weyn ayuu u kala duwanaan doona siday u saameeyaan dadka iyo intay le’eg tahay. |
| In Victoria, there is expert advice available to assist you with the treatment of a mental health issue. | Victoria gudaheeda waxaa jira tallo khubaro oo la heli karo si ay kaaga caawiso daaweynta arinta caafimaadka dhimirka. |
| Governments provide many services, and there are private options available too, helping you to get the support you need. | Dawladu waxay bixisaa adeegyo badanwaxaana jira fursado gaar ah oo aad heli kartid xitaa, oo kaa caawimanay helida taageeraad u baahan tahay. |
| It's important to remember that good mental health is about more than accessing professional services. | Waa muhiim inaad xasuusato in caafimaadka wanaagsan ee dhimirka waxaa weeyaan wax ka badan isticmaalka adeegyada aqoonta leh. |
| Mental health is everyone's business. | Caafimaadka dhimirku waa qof kasta shaqadii. |
| Friendship, family, community, education, safety, freedom from violence and discrimination, a good standard of living, and many more factors all help us to build good mental health. | Saaxiibtinimo, qoys, bulsho waxbarasho, ammaan, xariyad ka helida kala sooca iyo qalalaasaha heer wanaagsan oo nololeed iyo qodobo badan oo dhammaan ay inaga caawiyaan dhisitaanka caafimaadka wanaagsan ee dhimirka. |
| "Sometimes people might be in an emergency and need to call 000, or they're at imminent risk and maybe they need to call 000. Or maybe the psychiatric triage number in Victoria, you know, those services are available in emergencies or in crises." | Marmarka qaarkood dadku waxaa laga yaabaa inay ku jiraan xaalad degdeg ah oo ay u baahan yihiin inay wacaan 000, ama ay ku jiraan khatar ku soo fool leh. oo laga yaabo inay u baahan yihiin inay wacaan 000. Ama waxaa laga yaabaa lambarka mudnaanta kala hor marinta dhimirka ee Victoria, waxaad ogtahay, adeegyadaan waxaa laga helayaa xaaladaha degdeg ah ama dhibka. |
| For non-emergency mental health issues, Victoria offers public and private services. | Waxyaalaha aan xaalada deg dega ahayn ee caafimaadka dhimirka Victoria waxay bixisaa adeegyada gaarka ah iyo kuwa dadweynaha. |
| And your GP can work with you to help make the decision on what is the best treatment for you. | Dhakhtarkaaga (GP) ayaa kaala shaqeyn kara si ay kaaga caawiso go’aanka waxay tahay daawada adiga kuugu fiicani. |
| You might access the public system, where many mental health services for severe mental health experiences are subsidised. | Waxaa laga yaabaa inaad isticmaashid nidaamka dadkaweynaha halkaas oo adeegyo caafimaadka dhimirka ah oo badan ee qabitaanka caafimaadka dhimirka oo daran ay kabto. |
| Or your local doctor can refer you to private mental health services such as counsellors, psychologists, and psychiatrists, with most initial sessions eligible for a Medicare rebate. | Ama dhakhtarkaaga xaafada ayaa ku diri kara adeegyada caafimaadka dhimirka ee gaarka ah sida la taliyayaal cilmi nafsiilayaal iyo dhakhtarka dhimirka, oo aad kulamada bilowga ah ee ugu horeeya aad xaq u leedahay in Medicare ku lacag celin kuu sameeyo. |
| People with a disability resulting from mental health problems may be eligible for support under the National Disability Insurance Scheme, as it rolls out. | Dadka qaba iinta ka dhalatay dhibaatooyinka caafimaadka dhimirka waxaa laga yaabaa inay xaq u leeyihiin taageero hoos imaneysa Qorshaha Ceymiska Iinta Qaranka, islamarkay bilaabanto. |
| Support and advice is also available for family, friends, and carers of people with mental health conditions. | Tallo iyo taageero ayaa sidoo kale la helayaa oo loogu talagalay qoyska, saaxiibada iyo xannaaneeyayaasha dadka qaba xaaladaha caafimaadka dhimirka. |
| "It's really important that people with a mental illness call out for help as soon as possible, and it's great because services like ours are voluntary and we meet people where they're at and getting help early is really important. Getting support from your doctor and its health services, is important for recovery. It's not something that people can really cope with on their own. You need your family, you need mental health services, clinical services, to be able to support people to recover." | Run ahaantii waa muhiim in Dadka jirada dhimirka ah qaba ay caawimaad u yeertaan sida ugu dhakhsaha badan ee suurtagalka ah, waana wax weyn sababtoo ah adeegyada sida kuweena waa ikhtiyaari Waxaana kula kulanaa dadka meeshay joogaan helitaanka caawimaaduna run ahaantii waa muhiim. Ka helida taageero dhakhtarkaaga iyo adeegyadeeda caafimaadka waa u muhiim ka soo bogsiga. Ma aha wax ay dadku la qabsan karaan keligood. Waad u baahan tahay qoyskaaga, waad u baahan tahay adeegyada caafimaadka dhimirka, Adeegyada sheybaarka, si loo awoodo in la taageero dadku inay bogsadaan. |
| Mental health issues are experienced by people of all ages, cultures, and backgrounds. | Arimaha caafimaadka dhimirka wuxuu ku dhaca dhammaan dadka da’a kasta, dhaqamada iyo asaladooda. |
| And services can provide help for a broad range of needs. | Adeegyaduna waxay bixin karaan caawimaad loogu talagalay baahiyo balaaran oo kala duwan. |
| As you and your support team move through your plan, there can be a number of different experts. | Sida adiga iyo kooxda taageeradaadu aad ugu shaqaysaan qorshahaaga, waxaa jiri kara tiro khubaro kala duwan. |
| "I work on a team to provide young people and families with psychological intervention to help support them through mental health difficulties.  And we also link people in with other services that might be helpful to them.  We help people who are coming in with issues like depression and anxiety, but it also varies to more distressing topics as well." | Waxaan la shaqeeyaan koox si aan u siiyo qoysaska iyo dadka dhalinyarada ah soo dhexgal cilmi nafsiyadeed si aan u caawiyo oo uga taageero dhibaatooyinka caafimaadka dhimirka. Waxaan sidoo kale ku xirnaa dadka adeegyada kale laga yaabo inay faa’iido badan u leeyihiin. Waxaan caawinaa dadka noola yimaada arimaha sida welwel iyo niyad jab, laakiinse sidoo kale waxay ku kala duwan yihiin sidoo kale mowduucyo niyad jab leh. |
| "I suffered from depression and anxiety and it's helped me to learn how to channel my mind to control those things.  The services are definitely far most beneficial with individual counselling.  I luckily had a psychologist that I really clicked with, and that I felt really safe and secure with, to help fix it and take control of my situation." | Waxaa aan la xannuunsaday welwel iyo niyad jab waxayna iga caawisay inaan barto sidii aan u toosin lahaa maskaxdeyda si aan aan u kontoroolo waxyaalahaas. Adeegyada aan si go’an aan uga helay inay yihiin kuwo faa’iido leh waxay ahaayeen la talinta shakhsiga ah. Waxaan nasiib wanaag heystay cilmi nafsi yaqaan oo aan run ahaantii la qabsaday, oo aan xaqiiq ahaantii ka dareemay nabad gelyo iyo ammaan, oo iga caawiya inaan hagaajiyo oo aan xaaladeyda kontoroolo. |
| There are many different types of mental health professionals and services that you might use. | Waxaa jira noocyo badan oo kala duwan oo ah caafimaadka dhimirka adeegyada iyo aqoon yahanada laga yabaabo inaad isticmaashid. |
| These can include GPs, psychiatrists, nurses, community workers, social workers, occupational therapists, peer workers, psychologists, and counsellors. | Kuwan waxaa ku jiri kara GP yada kalkaaliyayaasha, dhakhaatiirta dhimirka, shaqaalaha bulshada daaweeyayaasha dhaqdhaqaaqa shaqaalaha kale ee la mid ah ka, cilmi nafsi yaqaanka iyo la taliyaasha. |
| "The important aspect is to develop trust and build rapport first of all.  People are sharing very personal things with you, and things that are very important.  So it's really important to develop that trust, and then, once you've got that, then you can go on a bit of a journey with someone." | Wejiga ugu fiicani waa in la abuuro kalsooni iyo in la dhiso qaybin marka ugu horeysa. Dadka waxay ku wadaagayaan Waxyaalo badan oo shakhsi ahaaneed, iyo waxyaalo aad muhiim u ah. Saa daraadeed dhab ahaantii waa muhiim in la abuuro kalsoonidaas, ka dib islamarkaad taas heshid, Ka dib waxyar baad lasii socon kartaa safarka qof. |
| "When Adam took me on as a client, gave me a lot more confidence boost, just having that extra support." | Markii Adam iga dhigtay macmiil, oo uu isiiyey wax kalsoonida xoojinada, helida taageeradaas dheeraadka ah. |
| Support and intervention services provide immediate help and support to people with a mental illness or psychiatric disability who are acutely ill or in crisis. | Taageero iyo adeegyada soo dhexgalka waxay siisaa taageero iyo caawimaad isla markiiba ah dadka qaba jirada dhimirka ama iinta dhimirka ee aadka u jiran ama dhib ku jira. |
| These services also help people to access other specialists or support they may need. | Adeegyadani sidoo kale waxay caawiyaan dadku isticmaalaan takhasuslayaal kale ama taageerada laga yaabo inay u baahdaan. |
| There are mental health services specifically for older people, as well as for people from diverse cultural backgrounds, including refugees. | Waxaa jira adeegyada caafimaadka dhimirka oo khaas ah looguna talagalay dadka da’da ah, iyo sidoo kale dadka ka soo jeeda asada dhaqan ahaanta kala duwan oo ay ku jiraan qaxootigu. |
| Child and youth mental health services offer specialised mental health services as well, and there is a rural and remote areas programme, if you live in regional Victoria. | Adeegyada caafimaadka dhimirka dhalinyarada iyo carruurta waxay sidoo kale bixiyaan adeegyo caafimaadka dhimirka oo khaas ah waxaana jira barnaamijyada goobaha fog fog ee baadiyaha haddii aad ku nooshahay degmooyinka Victoria. |
| If you need support call Lifeline on 13 11 14. | Haddii aad u baahan tahay caawimaad wac Khadka nolosha 13 11 14. |
| If you need urgent assistance, contact Emergency on 000. | Haddii aad u baahan tahay caawimaad degdeg ah kala xiriir Xaalada degdega ah 000. |
| For more information visit: BETTERHEALTH.vic.gov.au/mentalhealth | Wixii macluumaad dheeraad ah gal BETTERHEALTH.vic.gov.au/mentalhealth |