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| **Mental health services**  | ܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ |
| Mental health issues affect people from all parts of society.   | - ܨܒܘܼܝܵܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܟܸܐ ܥܵܒ݂ܕܝܼ ܟܵܐܪ ܥܲܠ ܐ݇ܢܵܫܸ̈ܐ ܕܡ̣ܢ ܟܠܲܝܗܝ ܣܵܗܡܸ̈ܐ ܕܫܲܘܬܵܦܘܼܬܵܐ. |
| Anxiety, depression, eating disorders, self-harm, substance abuse related disorders, suicide, and Schizophrenia are some of the more well-known conditions.   | ܫܓ݂ܘܼܫܝܵܐ، ܥܝܼܩܘܼܬ ܠܹܒܵܐ، ܫܓ݂ܘܼܫܝܸ̈ܐ ܕܡܸܐܟ݂ܘܼܠܬܵܐ، ܥܲܓ̰ܲܙܬܵܐ ܕܓܵܢܵܐ، ܫܓ݂ܘܼܫܝܸ̈ܐ ܐ݇ܣܝܼܪܸܐ ܒܡܲܦܠܲܚܬܵܐ ܒܝܼܫܬܵܐ ܕܣܲܡܡܵܢܸ̈ܐ، ܩܛܵܠ ܓܵܢܵܐ، ܘܦܪܵܛܬܵܐ ܕܦܲܪܨܘܿܦܵܝܘܼܬܵܐ ܐܲܢܸܐ ܚܲܕܟܡܵܐ ܡ̣ܢ ܡܲܪ̈ܥܸܐ ܝܢܵܐ ܕܒܘܼܫ ܨܦܵܝܝܼ ܦܝܼܫܸܐ ܝܢܵܐ ܝܕܝܼܥܝܸܐ. |
| But there are many more.   | ܐܝܼܢܵܐ ܬܵܡܵܐ ܐܝܼܬ ܪܵܒܵܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ. |
| About 45% of all people will experience a mental health problem at some time during their life.   | ܩܘܼܪܒܵܐ ܠ 45% ܕܟܠܲܝܗܝ ܐ݇ܢܵܫܸ̈ܐ ܒܹܕ ܡܢܲܣܝܼ ܚܲܕ ܩܹܛܪܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܒܚܲܕ ܡܲܫܩܠܵܐ ܒܪܲܗܛܵܐ ܕܚܲܝܲܝܗܝ. |
| And one in five people experience mental health problems each year.   | ܘܚܲܕ ܡ̣ܢ ܚܲܡܫܵܐ ܐ݇ܢܵܫܸ̈ܐ ܟܸܐ ܡܢܲܣܝܼ ܩܹܛܪܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܫܸܢ݇ܬܵܐܝܼܬ. |
| These experiences can range a great deal in how they affect people, and for how long.   | ܐܲܢܸܐ ܢܹܣܝܵܢܸ̈ܐ ܟܸܐ ܗܵܘܝܼ ܪܵܒܵܐ ܦܪ̈ܝܼܫܸܐ ܒܐܘܼܪܚܵܐ ܕܐܵܢܝܼ ܟܸܐ ܥܵܒ݂ܕܝܼ ܟܵܐܪ ܥܲܠ ܐ݇ܢܵܫܸ̈ܐ، ܘܩܵܐ ܟܡܵܐ ܥܹܕܵܢܵܐ.  |
| In Victoria, there is expert advice available to assist you with the treatment of a mental health issue.   | ܓܵܘ ܒ݂ܝܼܟܬܘܿܪܝܵܐ، ܡܵܨܝܼܬܘܿܢ ܕܩܲܒܠܝܼܬܘܿܢ ܡܵܠܘܿܟ݂ܘܼܬܵܐ ܚܲܒܝܼܪܵܝܬܵܐ ܠܗܲܝܘܼܪܵܘܟ݂ܘܿܢ ܒܕܲܪܡܲܢܬܵܐ ܕܚܕܵܐ ܨܒܘܼܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ. |
| Governments provide many services, and there are private options available too, helping you to get the support you need. | ܫܘܼܠܛܵܢܸ̈ܐ ܟܸܐ ܡܲܩܪܹܒ݂ܝܼ ܚܹܠܡܲܬܸ̈ܐ ܪܵܒܸܐ، ܘܐܵܦܙܹܐ ܬܵܡܵܐ ܐܝܼܬ ܓܘܼܒܵܝܸ̈ܐ ܦܲܪ̈ܨܘܿܦܵܝܸܐ ܕܡܵܨܝܼܬܘܿܢ ܕܡܲܦܠܹܚܝܼܬܘܿܢ ܠܗܘܿܢ، ܠܗܲܝܘܼܪܵܘܟ݂ܘܿܢ ܕܩܲܒܠܝܼܬܘܿܢ ܠܣܢܵܕܬܵܐ ܕܣܢܝܼܩܸܐ ܝܬܘܿܢ ܐܹܠܵܗ̇. |
| It's important to remember that good mental health is about more than accessing professional services.   | ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܕܵܟ݂ܪܝܼܬܘܿܢ ܩܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܛܵܒ݂ܵܐ ܝܼܠܹܗ ܒܘܼ ܙܵܘܕܵܐ ܡ̣ܢܼ ܡܛܵܝܬܵܐ ܠܚܹܠܡܲܬܸ̈ܐ ܐܘܼܡܵܢܵܝܸ̈ܐ. |
| Mental health is everyone's business.   | ܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܫܘܼܓ݂݇ܠܵܐ ܕܟܠܚܲܕ ܐ݇ܢܵܫܵܐ ܝܠܸܗ. |
| 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.   | ܚܲܒ݂ܪܘܼܬܵܐ، ܒܲܝܬܘܼܬܵܐ، ܟܢܘܼܫܬܵܐ، ܝܘܼܠܦܵܢܵܐ، ܫܲܝܢܘܼܬܵܐ، ܚܸܐܪܘܼܬܵܐ ܡ̣ܢ ܥܢܵܦܵܐ ܘܡ̣ܢ ܦܵܪܘܿܫܘܼܬܵܐ، ܚܕܵܐ ܫܵܘܝܘܼܬܵܐ ܨܦܵܝܝܼ ܕܚܲܝܘܼܬܵܐ، ܘܚܲܕ݇ܕܲܪܝܵܐ ܢܘܼܩܙܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܟܠܲܝܗܝ ܟܸܐ ܗܲܝܹܪܝܼܠܲܢ ܕܒܵܢܲܚ ܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܛܵܒ݂ܵܐ. |
| "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." | - ܚܲܕܟܡܵܐ ܓܵܗܸ̈ܐ ܐ݇ܢܵܫܸ̈ܐ ܒܲܠܟܵܐ ܕܗܵܘܝܼ ܓܵܘ ܚܕܵܐ ܝܼܨܘܼܬܵܐ ܘܣܢܝܼܩܸܐ ܝܢܵܐ ܕܩܵܪܝܼ ܠܡܹܢܝܵܢܵܐ ܕ 3 ܨܝܼܦܵܪܸ̈ܐ (000)، ܝܲܢ ܐܵܢܝܼ ܓܵܘ ܩܹܢܛܵܐ ܡܹܬܗܵܘܝܵܢܵܐ ܝܢܵܐ ܘܒܲܠܟܵܐ ܕܣܢܝܼܩܸܐ ܝܢܵܐ ܕܩܵܪܝܼ ܠܡܹܢܝܵܢܵܐ ܕ 3 ܨܝܼܦܵܪܸ̈ܐ (000). ܝܲܢ ܒܲܠܟܵܐ ܕܩܵܪܝܼ ܠܡܹܢܝܵܢܵܐ ܕܡܩܲܕܡܵܢܘܼܬܵܐ ܕܡܲܪܥܵܐ ܕܢܲܦ̮ܫܵܐ ܓܵܘ ܒ݂ܝܼܟܬܘܿܪܝܵܐ، ܐܲܝܟ݂ ܕܝܵܕܥܝܼܬܘܿܢ، ܐܲܢܸܐ ܚܹܠܡܲܬܸ̈ܐ ܡܵܨܝܵܐ ܕܦܵܝܫܝܼ ܡܘܼܦܠܹܚܸܐ ܒܥܹܕܵܢܵܬܸ̈ܐ ܕܥܪܝܼܨܘܼܬܵܐ ܝܲܢ ܒܥܹܕܵܢܵܬܸ̈ܐ ܕܐܘܼܠܨܵܢܵܐ. |
| For non-emergency mental health issues, Victoria offers public and private services.   | - ܩܵܐ ܨܒܘܼܝܵܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܕܠܵܐ ܝܢܵܐ ܥܪ̈ܝܼܨܵܝܸܐ، ܒ݂ܝܼܟܬܘܿܪܝܵܐ ܟܸܐ ܡܲܩܪܹܒ݂ܵܐ ܚܹܠܡܲܬܸ̈ܐ ܥܲܡܡܵܝܸ̈ܐ ܘܕܝܼܠܵܢܵܝܸ̈ܐ. |
| And your GP can work with you to help make the decision on what is the best treatment for you.   | ܘܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ ܡܵܨܸܐ ܕܦܵܠܹܚ ܥܲܡܵܘܟ݂ܘܿܢ ܠܗܲܝܘܼܪܵܘܟ݂ܘܿܢ ܕܥܵܒ݂ܕܝܼܬܘܿܢ ܠܵܗ̇ ܗ̇ܝ ܩܛܵܥܬܵܐ ܒܘܼܬ ܐܲܝܢܝܼ ܕܲܪܡܲܢܬܵܐ ܒܘܼܫ ܚܫܝܼܚܬܵܐ ܝܠܵܗ̇ ܩܵܐܠܵܘܟ݂ܘܿܢ. |
| You might access the public system, where many mental health services for severe mental health experiences are subsidised.   | ܠܟܵܐ ܕܡܵܛܝܼܬܘܿܢ ܠܛܲܟ݂ܣܵܐ ܥܲܡܡܵܝܵܐ، ܐܲܝܟܵܐ ܕܪܵܒܵܐ ܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܩܵܐ ܢܹܣܝܵܢܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܩܹܫܝܸ̈ܐ ܟܸܐ ܦܵܝܫܝܼ ܡܘܼܩܪܹܒ݂ܸܐ ܒܚܲܕ ܛܝܼܡܵܐ ܡܘܼܒܨܹܪܵܐ. |
| 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. | ܝܲܢ ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ ܡܵܨܸܐ ܕܡܲܦܫܹܛܠܵܘܟ݂ܘܿܢ ܠܟܹܣ ܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܕܝܼܠܵܢܵܝܸ̈ܐ ܐܲܝܟ݂ ܡܵܠܘܿܟ݂ܸ̈ܐ، ܝܵܕܘܿܥܸ̈ܐ ܒܡܲܪܥܵܐ ܕܢܲܦ̮ܫܵܐ، ܐܵܣܝܸ̈ܐ ܕܡܲܪܥܵܐ ܕܢܲܦ̮ܫܵܐ، ܘܩܵܐ ܐܵܢܝܼ ܬܦܲܩܝܵܬܸ̈ܐ ܩܲܕ݇ܡܵܝܸ̈ܐ ܒܹܕ ܩܲܒܠܝܼܬܘܿܢ ܚܲܕ ܒܘܼܨܵܪܵܐ ܡ̣ܢ Medicare.  |
| People with a disability resulting from mental health problems may be eligible for support under the National Disability Insurance Scheme, as it rolls out.   | ܐ݇ܢܵܫܸ̈ܐ ܕܐܝܼܬܠܗܘܿܢ ܚܕܵܐ ܫܲܦܠܘܼܬܵܐ ܐܲܝܟ݂ ܦܠܵܛܵܐ ܕܩܹܛܪܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܒܲܠܟܵܐ ܕܗܵܘܝܼ ܠܚܝܼܡܸܐ ܕܩܲܒܠܝܼ ܣܢܵܕܬܵܐ ܬܚܘܿܬ National Disability Insurance Scheme (ܐܸܣܟܸܝܡܵܐ ܐܘܼܡܬܵܝܵܐ ܕܥܲܪܵܒ݂ܘܼܬܵܐ ܕܫܲܦܠܘܼܬܵܐ) ܝܲܢ NDIS ܟܲܕ ܫܲܪܘܼܝܸܐ ܝܠܸܗ ܦܠܵܚܵܐ. |
| Support and advice is also available for family, friends, and carers of people with mental health conditions.   | ܐܵܦܙܸܐ ܐܝܼܬ ܣܢܵܕܬܵܐ ܘܡܵܠܘܿܟ݂ܘܼܬܵܐ ܩܵܐ ܒܲܝܬܘܼܬܵܐ، ܚܲܒ݂ܪܵܢܸ̈ܐ، ܘܡܲܣܹܡܵܢܸ̈ܐ ܕܒܵܠܵܐ ܠܐ݇ܢܵܫܸ̈ܐ ܕܐܝܼܬܠܗܘܿܢ ܡܲܪ̈ܥܸܐ ܕܗܵܘܢܵܐ. |
| "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."  | - ܪܵܒܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܐ݇ܢܵܫܸ̈ܐ ܕܐܝܼܬܠܗܘܿܢ ܡܲܪܥܵܐ ܕܗܵܘܢܵܐܕܛܵܠܒܝܼ ܗܲܝܲܪܬܵܐ ܐܲܝܟ݂ ܟܡܵܐ ܓ̰ܲܠܕܸܐ ܕܡܹܬܡܲܨܝܵܢܬܵܐ ܝܠܵܗ̇، ܘܐܵܗܵܐ ܚܲܕ ܡܹܢܕܝܼ ܪܸܫܵܝܵܐ ܝܠܸܗ ܒܗ̇ܝ ܕܚܹܠܡܲܬ̈ܐ ܡܐܲܝܟ݂ ܐܵܢܝܼ ܕܕܝܼܲܢ ܨܹܒ݂ܝܵܢܵܝܸ̈ܐ ܝܢܵܐ ܘܐܲܚܢܲܢ ܟܸܐ ܬܲܦܩܲܚ ܒܐ݇ܢܵܫܸ̈ܐ ܒܐܲܝܟܵܐ ܕܝܼܢܵܐ ܘܛܠܵܒܬܵܐ ܕܗܲܝܲܪܬܵܐ ܒܟ݂ܝܼܪܵܐܝܼܬ ܪܵܒܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇.ܩܲܒܲܠܬܵܐ ܕܣܢܵܕܬܵܐ ܡ̣ܢ ܐܵܣܝܵܘܟ݂ܘܿܢ ܘܡ̣ܢ ܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܩܵܐ ܒܣܵܡܬܵܐ. ܐܵܗܵܐ ܠܵܐ ܝܠܸܗ ܚܲܕ ܡܹܢܕܝܼ ܕܐ݇ܢܵܫܸ̈ܐ ܡܵܨܝܼ ܕܒܫܲܪܝܼܪܘܼܬܵܐ ܡܕܲܒܪܝܼܠܸܗ ܒܢܲܦ̮ܫܲܝܗܝ. ܐܲܚܬܘܿܢ ܣܢܝܼܩܸܐ ܝܬܘܿܢ ܠܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ، ܣܢܝܼܩܸܐ ܝܬܘܿܢ ܠܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ، ܠܚܹܠܡܲܬܸ̈ܐ ܕܒܵܬܲܝ ܐܵܣܝܘܼܬܵܐ، ܩܵܐ ܕܡܵܨܝܼܬܘܿܢ ܕܣܵܢܕܝܼܬܘܿܢ ܩܵܐ ܐ݇ܢܵܫܸ̈ܐ ܕܒܵܣܡܝܼ. |
| Mental health issues are experienced by people of all ages, cultures, and backgrounds. | - ܨܒܘܼܝܵܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܟܸܐ ܦܵܝܫܝܼ ܡܢܘܼܣܝܸܐ ܒܐ݇ܢܵܫܸ̈ܐ ܕܒܥܘܼܡܪܸ̈ܐ ܦܪ̈ܝܼܫܸܐ، ܕܡ̣ܢ ܟܠܲܝܗܝ ܡܲܪ̈ܕܘܼܝܵܬܸܐ ܘܒܲܬܪ̈ܘܼܝܵܬܸܐ.  |
| And services can provide help for a broad range of needs. | ܘܚܹܠܡܲܬܸ̈ܐ ܡܵܨܝܼ ܕܡܲܩܪܹܒ݂ܝܼ ܗܲܝܲܪܬܵܐ ܠܹܡܠܵܝܵܐ ܚܲܕ ܣܹܕܪܵܐ ܪܘܝܼܚܵܐ ܕܣܢܝܼܩܘܼܝܵܬܸ̈ܐ. |
| As you and your support team move through your plan, there can be a number of different experts.   | ܟܲܕ ܐܲܚܬܘܿܢ ܘܝܲܗܠܵܘܟ݂ܘܿܢ ܕܣܢܵܕܬܵܐ ܒܹܥܒ݂ܵܪܵܐ ܝܬܘܿܢ ܓܵܘܵܐ ܓܵܘ ܣܘܼܪܵܛܵܘܟ݂ܘܿܢ، ܬܵܡܵܐ ܒܹܕ ܗܵܘܝܼ ܚܲܕ ܡܹܢܝܵܢܵܐ ܕܚܲܒܝܼܪܸ̈ܐ ܦܪ̈ܝܼܫܸܐ. |
| "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." | - ܐܵܢܵܐ ܟܸܐ ܦܵܠܚܵܢ ܥܲܡ ܚܲܕ ܝܲܗܠܵܐ ܠܡܲܩܪܘܼܒ݂ܸܐ ܩܵܐ ܥܠܲܝܡܸ̈ܐ ܘܒܲܝܬܘܼܝܵܬܸ̈ܐ ܡܹܨܥܵܝܘܼܬܵܐ ܕܩܵܐ ܒܲܣܲܡܬܵܐ ܕܡܲܪܥܸ̈ܐ ܕܢܲܦ̮ܫܵܐ ܠܗܲܝܘܼܪܲܝܗܝ ܘܠܹܣܢܵܕܲܝܗܝ ܟܲܕ ܐܵܢܝܼ ܡܢܲܣܘܼܝܸܐ ܝܢܵܐ ܩܹܛܪܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ. ܘܐܲܚܢܲܢ ܐܵܦ ܟܸܐ ܐܵܣܪܲܚܠܗܘܿܢ ܐ݇ܢܵܫܸ̈ܐ ܥܲܡ ܚܹܠܡܲܬܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܕܒܲܠܟܵܐ ܗܵܘܝܼ ܗܲܝܹܪܵܢܸ̈ܐ ܩܵܐܠܲܝܗܝ. ܐܲܚܢܲܢ ܟܸܐ ܗܲܝܹܪܲܚ ܩܵܐ ܐ݇ܢܵܫܸ̈ܐ ܕܒܸܐܬܵܝܵܐ ܝܢܵܐ ܠܹܚܙܵܝܲܢ ܒܘܼܬ ܨܒܘܼܝܵܬܸ̈ܐ ܡܐܲܝܟ݂ ܥܝܼܩܘܼܬ ܠܹܒܵܐ ܘܫܓ݂ܘܼܫܝܵܐ، ܐܝܼܢܵܐ ܗܲܪ ܒܗ̇ܝ ܥܹܕܵܢܵܐ ܐܵܦ ܒܘܼܬ ܫܲܪ̈ܒܸܐ ܦܪ̈ܝܼܫܸܐ ܒܘܼܫ ܡܲܦܫܹܡܵܢܸ̈ܐ.  |
| "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." | - ܐܵܢܵܐ ܥܘܼܓ̰ܹܙܠܝܼ ܡ̣ܢ ܥܝܼܩܘܼܬ ܠܹܒܵܐ ܘܫܓ݂ܘܼܫܝܵܐ ܘܐܲܝܵܐ ܗܘܼܝܹܪܬܝܼ ܝܠܵܗ̇ ܕܝܵܠܦܵܢ ܕܵܐܟ݂ܝܼ ܡܲܥܒ݂ܹܕܵܢ ܕܪܹܥܝܵܢܝܼ ܡܫܲܠܛܹܢ ܥܲܠ ܕܐܵܢܝܼ ܡܹܢܕܝܼܵܢܸ̈ܐ. ܚܹܠܡܲܬ̈ܐ ܫܲܪܝܼܪܵܐܝܼܬ ܝܼܢܵܐ ܟ̰ܹܡ ܪܵܒܵܐ ܒܘܼܫ ܡܵܪܸܐ ܝܘܼܬܪܵܢܵܐ ܥܲܡ ܡܵܠܘܿܟ݂ܘܼܬܵܐ ܦܲܪܨܘܿܦܵܝܬܵܐ. ܓܲܕܲܢܬܵܐ ܝܘܵܢ ܗܘܵܐ ܕܐܝܼܬ ܗܘܵܐܠܝܼ ܚܲܕ ܐܵܣܝܵܐܝܵܕܘܿܥܵܐ ܒܡܲܪܥܵܐ ܕܢܲܦ̮ܫܵܐ ܕܡܨܸܐ ܠܝܼ ܕܦܵܠܚܵܢ ܗܘܵܐ ܥܲܡܸܗ، ܘܕܫܲܪܝܼܪܵܐܝܼܬ ܪܓ݂ܝܼܫܠܝܼ ܒܫܲܝܢܘܼܬܵܐ ܘܢܛܝܼܪܬܵܐ ܥܲܡܸܗ، ܠܗܲܝܘܼܪܝܼ ܒܫܪܵܝܬܵܐ ܕܩܹܛܪܵܐ ܘܠܹܡܫܲܠܛܘܼܢܸܐ ܥܲܠ ܐܲܝܟܲܢܵܝܘܼܬܝܼ. |
| There are many different types of mental health professionals and services that you might use. | - ܬܵܡܵܐ ܐܝܼܬ ܚܲܕ݇ܕܲܪܝܵܐ ܦܹܨܠܸ̈ܐ ܦܪ̈ܝܼܫܸܐ ܕܐܘܼܡܵܢܵܝܸ̈ܐ ܘܕܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐܕܒܲܠܟܵܐ ܡܲܦܠܹܚܝܼܬܘܿܢ ܠܗܘܿܢ. |
| These can include GPs, psychiatrists, nurses, community workers, social workers, occupational therapists, peer workers, psychologists, and counsellors.   | ܐܲܢܸܐ ܡܵܨܝܵܐ ܕܚܵܒ݂ܫܝܼ ܐܵܣܝܸ̈ܐ ܓܵܘܵܢܵܝܸ̈ܐ، ܐܵܣܝܸ̈ܐ ܕܡܲܪܥܵܐ ܕܢܲܦ̮ܫܵܐ، ܝܵܨܘܿܦܝܵܬܸ̈ܐ، ܦܲܠܵܚܸ̈ܐ ܕܟܢܘܼܫܬܵܐ، ܦܲܠܵܚܸ̈ܐ ܕܥܘܼܕܪܵܢܵܐ ܫܲܘܬܵܦܵܝܵܐ، ܐܵܣܝܸ̈ܐ ܕܦܘܼܠܚܵܢܵܐ، ܦܲܠܵܚܸ̈ܐ ܒܢܲܝ ܦܹܚܡܵܐ، ܝܵܕܘܿܥܸ̈ܐ ܒܡܲܪܥܵܐ ܕܢܲܦ̮ܫܵܐ ܘܡܵܠܘܿܟ݂ܸ̈ܐ. |
| "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." | - ܗ̇ܘ ܡܹܢܕܝܼ ܐܵܢܲܢܩܵܝܵܐ ܝܼܠܸܗ ܠܹܒܪܵܝܵܐ ܗܲܝܡܵܢܘܼܬܵܐ ܘܠܹܒܢܵܝܵܐ ܐܵܘܝܘܼܬܵܐ ܡܩܲܕ݇ܡ ܟܠ ܡܹܢܕܝܼ. ܐ݇ܢܵܫܸ̈ܐ ܒܸܝܠܵܦܵܐ ܝܢܵܐ ܡܹܢܵܘܟ݂ܘܿܢ ܡܹܢܕܝܼܵܢܸ̈ܐ ܪܵܒܵܐ ܦܲܪ̈ܨܘܿܦܵܝܸܐ ܒܘܼܬ ܕܝܼܵܘܟ݂ܘܿܢ، ܘܡܹܢܕܝܼܵܢܸ̈ܐ ܕܪܵܒܵܐ ܐܵܢܲܢܩܵܝܸ̈ܐ ܝܢܵܐ. ܩܵܐ ܒܘܼܬ ܐܵܗܵܐ، ܪܵܒܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܒܪܵܝܬܵܐ ܕܗܲܝܡܵܢܘܼܬܵܐ، ܘܒܗ̇ܝܓܵܗܵܐ، ܡ̣ܢ ܒܵܬ݇ܪ ܕܒܹܪܝܵܐܠܵܘܟ݂ܘܿܢ ܗܲܝܡܵܢܘܼܬܵܐ، ܒܗ̇ܝܓܵܗܵܐ ܡܵܨܝܼܬܘܿܢ ܕܐܵܙܠ݇ܝܼܬܘܿܢ ܒܚܲܕ ܦܹܨܠܵܐ ܕܚܙܘܼܩܝܵܐ ܥܲܡ ܚܲܕ ܦܲܪܨܘܿܦܵܐ. |
| "When Adam took me on as a client, gave me a lot more confidence boost, just having that extra support." | - ܐܝܼܡܵܢ ܕܐܵܕܵܡ ܩܲܡ ܫܲܩܹܠ ܠܝܼ ܐܲܝܟ݂ ܚܕܵܐ ܬܵܟ݂ܘܿܠܬܵܐ، ܗ̇ܘ ܩܲܡ ܝܵܗܒ݂ܹܠܝܼ ܒܘܼܫ ܙܵܘܕܵܐ ܗܲܝܡܵܢܘܼܬܵܐ ܒܓܵܢܵܐ، ܩܲܒܲܠܬܵܐ ܕܗ̇ܝ ܣܢܵܕܬܵܐ ܙܵܘܕܵܢܬܵܐ. |
| 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.   | - ܚܹܠܡܲܬܸ̈ܐ ܕܣܢܵܕܬܵܐ ܘܕܡܹܨܥܵܝܘܼܬܵܐ ܟܸܐ ܝܵܗܒ݂ܝܼ ܗܲܝܲܪܬܵܐ ܘܣܢܵܕܬܵܐ ܚܲܕܪܹܫܵܝܬܵܐܵܐ ܐ݇ܢܵܫܸ̈ܐ ܕܐܝܼܬܠܗܘܿܢ ܚܲܕ ܡܲܪܥܵܐ ܕܗܵܘܢܵܐ ܝܲܢ ܚܕܵܐ ܫܲܦܠܘܼܬܵܐ ܢܲܦ̮ܫܵܢܵܝܬܵܐ ܐܵܢܝܼ ܕܫܲܪܝܼܪܵܐܝܼܬ ܡܪܝܼܥܸܐ ܝܲܢ ܓܵܘ ܐܘܼܠܨܵܢܵܐ ܝܢܵܐ. |
| These services also help people to access other specialists or support they may need.   | ܐܲܢܸܐ ܚܹܠܡܲܬܸ̈ܐ ܐܵܦܙܸܐ ܟܸܐ ܗܲܝܹܪܝܼ ܩܵܐ ܐ݇ܢܵܫܸ̈ܐ ܕܡܵܛܝܼ ܠܐܵܣܝܸ̈ܐ ܕܝܼܠܵܢܵܝܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܲܢ ܠܣܢܵܕܬܵܐ ܕܐܵܢܝܼ ܣܢܝܼܩܸܐ ܝܢܵܐ ܐܹܠܲܝܗܝ |
| There are mental health services specifically for older people, as well as for people from diverse cultural backgrounds, including refugees.   | ܬܵܡܵܐ ܐܝܼܬ ܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܗܵܘܢܵܐ ܕܦܪܝܼܫܵܐܝܼܬ ܩܵܐ ܐ݇ܢܵܫܸ̈ܐ ܥܒ݂ܝܼܪܸ̈ܐ ܒܫܹܢܸ̈ܐ، ܘܗܲܪ ܗܵܕܲܟ݂ ܩܵܐ ܐ݇ܢܵܫܹ̈ܐ ܕܡ̣ܢ ܒܲܬܪ̈ܘܼܝܵܬܸܐ ܡܲܪ̈ܕܘܼܬܵܢܵܝܸܐ ܦܪܝܼܫܸܐ ܝܢܵܐ، ܒܹܚܒ݂ܵܫܵܐ ܓܵܘܣܵܢܸ̈ܐ. |
| 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.   | ܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܩܵܐ ܛܹܦܠܸ̈ܐ ܘܥܠܲܝܡܸ̈ܐ ܗܲܪ ܒܗ̇ܝ ܥܹܕܵܢܵܐ ܟܸܐ ܡܲܩܪܹܒ݂ܝܼ ܚܹܠܡܲܬܸ̈ܐ ܕܝܼܠܵܢܵܝܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ، ܘܬܵܡܵܐ ܐܝܼܬ ܚܲܕ ܚܘܼܪܙܵܐ ܕܩܵܐ ܦܹܢܝܵܬܸ̈ܐ ܩܘܼܪ̈ܝܵܝܸܐ ܘܪܲܚܝܼܩܸ̈ܐ، ܐܸܢ ܐܲܚܬܘܿܢ ܟܸܐ ܚܵܝܝܼܬܘܿܢ ܓܵܘ ܦܹܢܝܵܬܸ̈ܐ ܩܠܸܝܡܵܝܸ̈ܐ ܕܒ݂ܝܼܟܬܘܿܪܝܵܐ. |
| If you need support call Lifeline on 13 11 14. | ܐܸܢ ܣܢܝܼܩܸܐ ܝܬܘܿܢ ܠܣܢܵܕܬܵܐ، ܩܪܘܿܢ ܩܵܐ Lifeline ܥܲܠ ܡܹܢܝܵܢܵܐ 13 11 14 |
| If you need urgent assistance, contact Emergency on 000.  | ܐܸܢ ܣܢܝܼܩܸܐ ܝܬܘܿܢ ܠܗܲܝܲܪܬܵܐ ܐܲܠܨܵܝܬܵܐ، ܩܪܘܿܢ ܠܡܹܢܝܵܢܵܐ ܕ 3 ܨܝܼܦܵܪܸ̈ܐ (000). |
| For more information visit: BETTERHEALTH.vic.gov.au/mentalhealth | ܩܵܐ ܒܘܼܫ ܙܵܘܕܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ، ܣܲܚܒܹܪܘܿܢ ܠܫܵܘܦܵܐ کنید BETTERHEALTH.vic.gov.au/mentalhealth |