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| **Mental health services**  | **Huduma za afya ya akili** |
| Mental health issues affect people from all parts of society.   | Masuala ya afya ya akili yanaathiri watu kutoka kila sehemu ya jamii. |
| Anxiety, depression, eating disorders, self-harm, substance abuse related disorders, suicide, and Schizophrenia are some of the more well-known conditions.   | Wasiwasi, huzuni, maradhi ya kula, kujiumiza, maradhi yahusika kutumia dawa ya kulevya, kujiua na Skizofrenia ni baadhi ya hali inayojulikana zaidi. |
| But there are many more.   | Lakini kuna nyingi zaidi. |
| About 45% of all people will experience a mental health problem at some time during their life.   | Karibia 45% ya watu wote watapata tatizo la afya ya akili kwa kipindi katika maisha yao. |
| And one in five people experience mental health problems each year.   | Na mmoja wa watu watano wanapata matatizo ya afya ya akili kila mwaka. |
| These experiences can range a great deal in how they affect people, and for how long.   | Mazoefu hayo yanaweza kutofautiana sana jinsi yanayoathiri watu, na kwa muda gani. |
| In Victoria, there is expert advice available to assist you with the treatment of a mental health issue.   | Katika Viktoria, kuna ushauri wa wataalamu kupatikana kukusaidia na tiba ya suala ya afya ya akili. |
| Governments provide many services, and there are private options available too, helping you to get the support you need. | Serikali zinatoa huduma nyingi, na kuna uchaguzi wa binafsi unaopatikana pia, kukusaidia kupata msaada unaohitaji. |
| It's important to remember that good mental health is about more than accessing professional services.   | Ni muhimu kukumbuka kuwa afya njema ya akili ni kuhusu zaidi kuliko kupata huduma za weledi. |
| Mental health is everyone's business.   | Afya ya akili ni kazi ya watu wote. |
| 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.   | Urafiki, familia, jumuiya, elimu, usalama, huru kutoka vurugu na ubaguzi, kiwango kizuri cha kuishi, na vipengele vingi zaidi yote inatusaidia kujenga afya nzuri ya akili. |
| "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." | Wakati mwingine watu huweza kujikuta katika hatari na wana haja kupiga simu 000, au wana hatari ya karibu sana na labda wana haja kupiga simu 000. Au labda nambari ya triage ya magonjwa ya akili hapa Viktoria, wajua, huduma hizo zinapatikana wakati wa dharura au hali ya hatari. |
| For non-emergency mental health issues, Victoria offers public and private services.   | Kwa masuala yasiyo dharura ya afya ya akili, Viktoria inatoa huduma za umma na za binafsi. |
| And your GP can work with you to help make the decision on what is the best treatment for you.   | Na GP yako anaweza kushughulikia nawe kukusaidia kuchukua uamuzi kuhusu tiba nzuri kwako ni nini. |
| You might access the public system, where many mental health services for severe mental health experiences are subsidised.   | Waweza kutumia mfumo wa umma, kunapo huduma nyingi za afya ya akili kwa matukio makali ya afya ya akili yanapata ruzuku. |
| 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. | Au daktari yako wa mtaa anaweza kukupendekeza kwenda huduma za binafsi za afya ya akili kama washauri nasaha, saikolojist, na daktari wa magonjwa ya akili, na vikao vingi vya kwanza kustahiki kipunguzo cha 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.   | Watu wenye ulemavu kutokea matatizo ya afya ya akili wanaweza kustahiki msaada chini ya Mpango wa Bima wa Ulemavu wa Kitatifa, unaposambaza. |
| Support and advice is also available for family, friends, and carers of people with mental health conditions.   | Msaada na ushauri unapatikana pia kwa jamaa, marafiki, na watunzaji wa watu wenye hali ya afya ya akili. |
| "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."  | Ni muhimu sana kwa watu wenye ugonjwa wa akili waombe msaada mapema iwezekanavyo, na ni nzuri kabisa kwa sababu huduma kama yetu ni ya hiari na tunakuta watu katika hali yao na kupata msaada mapema ni muhimu sana. Kupata usaidizi kutoka daktari yako na huduma za afya, ni muhimu kwa kupata nafuu. Siyo hali ambao watu wanaweza kuvumilia peke yao. Unahitaji jamaa yako, unahitaji huduma za afya ya akili, huduma za matibabu, ili kuweza kuwasaidia watu kupata nafuu. |
| Mental health issues are experienced by people of all ages, cultures, and backgrounds. | Masuala ya afya ya akili yanatokea na watu wenye umri wote, utamaduni, na usuli.. |
| And services can provide help for a broad range of needs. | Na huduma zinaweza kutoa msaada kwa anuwai kubwa ya mahitaji. |
| As you and your support team move through your plan, there can be a number of different experts.   | Wakati wewe na timu yako ya wasaidizi wanapofuata mpango wako, kunaweza kuwa mabingwa mbalimbali. |
| "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." | Nafanya kazi na timu kutoa vijana na familia na matibabu ya saikolojia kuwasaidia kupitia matatizo ya afya ya akili. Na pia tunaunganisha watu na huduma nyingine zinazoweza kufaa kwao. Tunasaidia watu wanaokuja na masuala kama huzuni na wasiwasi, lakini pia inatofautiana kwa mada inayosikitikisha zaidi pia. |
| "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." | Niliteswa na huzuni na wasiwasi na imenisaidia kujifunza jinsi ya kuongoza akili yangu kutawala hali hiyo. Huduma zile zinafaa zaidi sana kwa kweli pamoja na ushauri nasaha wa mtu mmoja. Kwa bahati nilikuwa na mwanasaikolojist niliyempenda, na nilijisikia salama na amani sana naye, kusaidia kutatua na kuwa na amri juu ya hali yangu. |
| There are many different types of mental health professionals and services that you might use. | Kuna aina nyingi mbalimbali za wataalamu na huduma za afya ya akili unazoweza kutumia. |
| These can include GPs, psychiatrists, nurses, community workers, social workers, occupational therapists, peer workers, psychologists, and counsellors.   | Hizo zinaweza kuwa pamoja na GPs, madaktari wa magonjwa ya akili, muuguzi, wafanyakazi wa jamii, wafanyakazi wa ustawi wa jamii, wataalamu wa tibakazi, wafanyakazi wenzako, wanasaikolojia, na washauri nasaha. |
| "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." | Kitu cha muhimu ni kujenga imani na kujenga mapatano kwanza kabisa. Watu wanashiriki mambo ya mtu binafsi nawe, na mambo ambayo ni muhimu sana. Kwa hiyo ni muhimu sana kujenga imani, na ndipo, unapopata kuaminiana, basi unaweza kwenda aina safari na mtu. |
| "When Adam took me on as a client, gave me a lot more confidence boost, just having that extra support." | Wakati Adam aliponipata kama mteja, ilinipa uwezo wa kujiamimi ziada, kwa sababu tu kuwa na msaada ziada. |
| 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.   | Msaada na huduma za matibabu zinatoa msaada na msaidizi wa mara moja kwa watu wenye ugonjwa wa akili au ulemavu wa ugonjwa wa akili wanaoumwa kali au wamo hali ya hatari. |
| These services also help people to access other specialists or support they may need.   | Huduma hizo pia zinasaidia watu kupata mabingwa wengine au msaada wanaohitaji. |
| There are mental health services specifically for older people, as well as for people from diverse cultural backgrounds, including refugees.   | Kuna huduma maalum za afya ya akili kwa wazee, pia na watu kutoka usuli wa utamaduni mbalimbali, pamoja na wakimbizi. |
| 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.   | Huduma za afya ya akili za watoto na vijana zinatoa huduma maalum za afya ya akili pia, na kuna mpango wa maeneo ya mashambani na sehemu za mbali, kama ukiishi kule Viktoria mikoani. |
| If you need support call Lifeline on 13 11 14. | Ikiwa ukihitaji msaada pigia simu Lifeline kwenye 13 11 14.. |
| If you need urgent assistance, contact Emergency on 000.  | Ikiwa unahitaji msaada wa haraka, piga simu Dharura kwa 000 |
| For more information visit: BETTERHEALTH.vic.gov.au/mentalhealth | Kwa habari zaidi tembelea BETTERHEALTH.vic.gov.au/mentalhealth |