

Wetin na da sik wae de mek yu frayd otem?

(What is an anxiety disorder?)



Wetin na da sik wae de mek yu frayd oltem?

Frayd sik na aw pɔrsin fil wae yu de insai tɔɔbɔɔl ɔɔ get pwel hart. Wae pɔrsin nɔɔr de fayn, den kin tɔɔrment, bet bet en frayd Dis wae fɔɔ fil kin apun to pɔɔrsin lek wae woke lef yu, den wan wae yu de tɔɔb skin wit skata pan yu, yu sik bad bad wan, wae yu get byg byg aksident ɔɔr pɔɔrsin wae ina tu kloze dye. Dis kayn wae fɔɔ fil fayn en nɔɔr kin tay.

Bicoz dis frayd sik de anbcɔɔg pipul dem ɔɔltɔɔm, e fayn fɔɔr no de difrens wae de bitwin wae de bet bet en wae yu de frayd ɔɔltɔɔm na yu lyfe.

Dis frayd frayd sik nɔɔr jis bi wan kayn sik, bɔɔt na bɔɔrku ɔɔda sik dem wae kin ɔɔltɔɔm mek pɔɔrsin frayd pas mak, de tɔɔrment pasmak en kɔɔnfuze.

Den kin fen dis sik pan pipul den wae de frayd frayd pasmak en dat de anbcɔɔg aw den de liv den lyfe en tap den fɔɔ du wetin den go lek fɔɔ du.

Dis frayd frayd sik na wan pan den sik wae de ɔɔltɔɔm mek pipul krese, en de anbcɔɔg wan pɔɔrsin usai evri twenti(20) pɔɔrsin dae. E kin bigin wae yu de tɔɔn big man, but kin bigin bak wae yu na pikin ɔɔr sɔɔmtɔɔm na yu lyfe.Uman den kin get dis frayd frayd sik pas man dem.

Dis frayd frayd sik kin jis kam pan pɔɔrsin wae yu nor dae no. De sik kin kam wit som kayn tin wae de mek yu nɔɔr de blo fayn en yu hart de bit kwik kwik. ɔɔda sayn na dat yu kin swet pasmak, yu bɔɔdi kin shayk ɔɔnda yu, yu de choke, yu de fil lek yu wan vɔɔmit, yu beleh de anbcɔɔg, yu hade de tɔɔn, yu bɔɔdi de chuk chuk, yu nɔɔr de no wetin de apun to yu ɔɔr yu kin fil sae yu dɔɔn halaki.

Dis frayd frayd sik de anbcɔɔg aw yu de memba, fil, bihayv en if yu nɔɔr tritam, e kin kam wit pasmak pwel hart en go anbcɔɔg yu. De gud nyus na dat, de tritment kin woke fayn fayn wan.

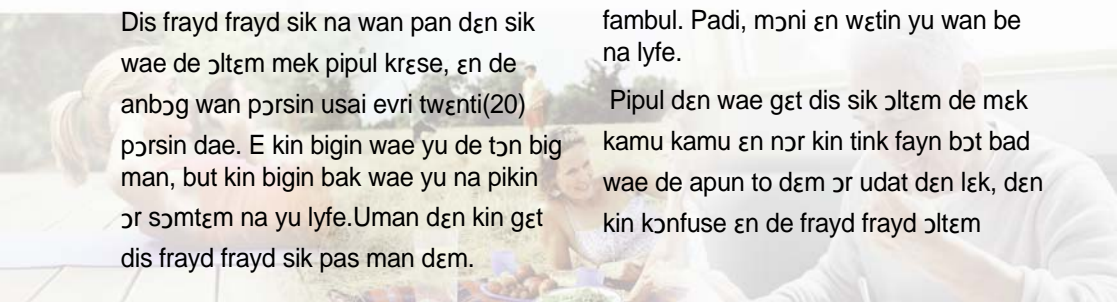
wetin na di difren kayn frayd frayd sik dem?

Bɔɔrku ɔɔda kayn frayd frayd sik den dae.

De frayd frayd sik fɔɔɔlman

Dis wan wae de kam fɔɔɔlman kin kam wit pasmak kamu kamu wae yu nɔɔr ebul kɔɔntrol. Yu kin wɔɔri bɔɔt wel bɔɔdi, yu fambul. Padi, mɔɔni en wetin yu wan be na lyfe.

Pipul den wae get dis sik ɔɔltɔɔm de mek kamu kamu en nɔɔr kin tink fayn bɔɔt bad wae de apun to dem ɔɔr udat den lek, den kin kɔɔnfuse en de frayd frayd ɔɔltɔɔm



Da kwik frayd wae dae apun אלתם ען kin kam כר נכר kin kam wit wae yu נכר לֶק כֹּכ frayd usai yu נכר go ebul נכר כֹּכ yu lyfe (agoraphobia)

Pipul den wae get dis sik kin frayd tin wae נכר du כֹּכ frayd ען yu kin si אן pan דעם so. E kin tan לֶק דען de get hart atak. דען kin frayd bak sae דען go קרעסע , de sik go kil דעם כר נכר kin no וועטין כֹּכ du.

Den frayd kin מעק סאָם man tap כֹּכ קאָמט, kin si inset pan סאָם kayn lyfe wae אַט ען נכר kin ebul exkape pam. דען kin frayd bak sae פּאָרסין נכר go day כֹּכ עפּ דעם wae דען nid אן.

Pipul דען wae de fil dis kayn wae kin frayd כֹּכ de na krowd לֶק דען big big shap, sai wae tyte, פּאָבליק מאַטוקא, lyft ען דען big road.

דען wan wae get dis sik kin fil fayn wit udat דען טראַס כר וועטין de nia דעם. Dis kin bi yu וועפּ, padi, puse כר דאָג wae yu de מען כר מערעסין כֹּכ דען sik.

Wan patikula frayd (specific phobia)

אלמן get סאָם kayn frayd wae kin jis אפּונ, בֹּתֵי frayd kin bi sae na wan patikula tin כר סאָמטין wae bin דאָן אפּונ de אַנבאָג yu. Dis kin bi wae yu de frayd

כֹּכ tinap sai wae hi, wata, דאָג, sai wae smol, snayk כר bra spyda.

פּאָרסין wae get סאָם kayn frayd kin du fayn wae de tin wae e kin frayd נכר de bifo ram.

דאָן bak, wae דען si כר מעמבא dat tin wae דען kin frayd, דען kin bet bet pas mak wan ען kin get som kayn blak owt.

דען wan wae get dis sik kin trai נכר כֹּכ kam nia tin כר draw draw wae go מעק דען frayd.

Wae yu de frayd כֹּכ de wit אָדא פּאָרסין (social phobia)

Dis kayn frayd tranga n kin fasyn pan פּאָרסין. De פּאָרסין kin frayd sae אָדא pipul דען de wach אן ען go טאָכ bad בֹּתֵי דעם.

Dis frayd כֹּכ de wit pipul דען kin אַנבאָג פּאָרסין in lyfe bad bad wan, דען kin fil beteh wae דען קאָמט nia אלמן ען kin bia wit דען פּוועל hart. דען kin no וועטין כֹּכ du bifo אָדא pipul דעם, lek wae דען de it, טאָכ, drynk, ryte כר לֶפּ כֹּכ mix wit אלמן.

Wae de sik de wit yu pasmak (obsessive compulsive disorder)

Dis sik kin אלתם מעק yu de מעמבא tin wae yu נכר לֶק, ען kin מעק yu put אן pan

ɔl kayn tin fɔ tap dis kayn wae fɔ mɛmba.

Dɛn sarah ya kin teik pɔrsin in tɛm ɛn kin anbcɔg wɛtin yu blant du. Lɛk so, yu kin ɔltɛm lɛk fɔ wɔsh yu an, wach if de domɔt lɔk, de ovin de uf ɔr kin lɛk fɔ du trayt.

Pɔrsin wae get dis kayn sik pasmak kin shaym ɔltɛm nɔr kin lɛk fɔ tɔk bɔt de sarah wae dɛn kin de pan ah lɛk na dɛn fambul

De pwɛl hart wae kin kam wae sɔm kayn trobul pas yu (Post traumatic stress disorder)

Dɛn wan wae kin dɔn pas tru pasmak trobul lɛk fɛt, bad tritment, mɔtoka aksident, faya ɔr du dɛn sɛf bad, kin get dis pwɛl hart ɛn frayd evin wae de trobul go dɔn pas lɔn lɔn tɛm. Nɔr to ɔlman wae dɔn pas tru trobul kin fil dis wae.

Dɛn wan wae kin get dis prɔblem ɔltɛm de mɛmba dis na dɛn hade, lɛk so, de trobul kin kam to dɛm wae dɛn de slip ɔr wae dɛn kin mɛmba. Dis mɛmba wae dɛn kin mɛmba de trobul kin kam lɛk wae dɛn si tin wae fiba wɛtin mit dɛm, dɛn kin trai fɔ avoyd dɛn kayn sai. Dis kayn tin kin mɛk sɔm man nɔr de fil natin agayn na den lyfe, dɛn nɔr kin kry ɔr get sɔry hart agayn.

Aw dis sik de bryng kam ɔda krɛse hade sik

Den wan wae get pan dɛn frayd frayd sik kin get ɔda wan bak ɛn dɛn kin get pwɛl hart bak. If yu wan no mɔr bɔt pwɛl hart, na fɔ rid de paypa wae tɔk bɔt wɛtin na pwɛl hart sik?

Dɛn nɔm ɛn dɛn bad bad chɔp wae kin anbcɔg pɔrsin kin ɔltɛm kam wit dis frayd frayd. Dis kin mɛk am at fɔ gi tritment , ɛn wae yu tap fɔ it den kayn bad chɔp ya go fayn.

Wɛtin kin kam wit dis frayd frayd sik?

Bɔrku ɔda tin de wae de kam wit dis sik ɛn dɛn ɔl joyn joyn. Dɛn ɔl get wɛtin kin bryng dɛm ɛn kin at fɔ no sɔmtɛm.

Aw yu de get am to yu mama ɛn papa

Wi dɔn no sae yu kin get dis sik na famili. Dis fiba ɔda kayn sik dɛm lɛk wae yu get bɔrku shuga na yu blɔd ɛn hart kɔmplayn.

Pɔrsin kin teik wɔri wɔri sik bak to yu mama, papa ɔr pɔrsin insai yu famili.

Aw de yam yam na yu bɔdi de woke

Sɔm pan de frayd frayd sik kin kam pan pɔrsin wae dɛn yam yam na yu bɔdi kin dɔn mixup na yu hade. Da tin wae de kɔntrol aw yu de fil ɛn ri akt to sɔmtin kin gɛt fɔ du wit dis.

Wam hat

Dɛn wan wae gɛt wam hat kin gɛt dis frayd frayd sik pas ɔlman. Dɛn wan wae sɔmtin kin mɔna kwik ɛn vɛx, kin lɛk fɔ no bɔt ɔltin wae de apun ɛn de panik kin dis frayd frayd sik pas ɔlman bak.

Pɔrsin wae nɔr bin de du wɛtin e wan fɔ du ɛn dae shaym wae e smɔl, kin gɛt sɔm kayn frayd frayd sik, lɛk wae dɛn frayd fɔ de wit pipul dɛm. Wae yu de lan fɔ fet bak

Sɔm man kin de sɔm sai, pɔrsin, tin wae de mɛk dɛn vɛx ɔr frayd kam pan dɛm. Dis kin apun wae de tin wae apun fiba wɛtin bin dɔn mit dɛm bifo.

Pwɛl hat

Pwɛl hart pan pɔrsin kin gɛt fɔ du wit frayd frayd sik, mɔr lɛk wae de kin mɛmba trɔbul wae bin dɔn pas.

Uskayn tritment dae?

Dɛn kin mɛn dis frayd frayd sik fayn fayn wan. Wi no sae ɔl mix up get in yone

wae, bɔrku kin mɛn wae de pɔrsin gɛt tritment bɔt in hade ɔr teik mɛrɛsin

Tritment wae dae fɔ mɛn de hade ɛn gi mɛrɛsin bak kin ɔltɛm kɔmot fayn.

Fayn tritment fɔ frayd frayd sik na dɛn wan ya:

- da tritment wae de fɔ mɛn aw yu mynd de woke kin ɛp for chayng aw yu de mɛmba, bihayv ɛn tin dɛn wae yu fil sae de mɛk yu frayd. De tritment fɔ mɛk de pɔrsin yuse to wɛtin de mɛk e frayd ɔltɛm.
- Aw yu de kɔntrol frayd ɛn aw yu fɔ de kip yu tɛm.
- Dɛn tin wae nɔr de mɛk yu gɛt pwɛl hat fayn fɔ dɛm frayd frayd sik ɛn de ɔda tin dɛm wae kin kam wit pwɛl hat.
- Yuse mɛrɛsin wae de fɔ tap frayd frayd na yu mynd ɛn dɛn kin ɛp. Mɛrɛsin nɔr de fɔ mɛn frayd frayd sik, dɛn kin jis trai fɔ kɔntrol de sik in sayn dɛm wae de pɔrsin de teik tritment fɔ in hade.

Fambul ɛn padi dɛn wae gɛt pɔrsin wit dis sik kin ɔltɛm kɔnfuze ɛn gɛt pwɛl hart. Wae yu gi dɛm ɛp, lan bɔt de sik, dɔn bak wae ɔlman na dɛn kɔminiti no bɔt de sik, kin fayn fɔ mɛn de sik.

Usai fɔ go wae yu nid ɛp?

- Yu ɔkta (dat na yu GP)
- Yu kɔminiti hɛlt senta
- Usai dɛn kin mɛn krɛse na yu kɔminiti

Fɔ mɛk yu no mɔr bɔt de sai dɛn wae de fɔ go, chɛk usai dɛn kɔl kɔminiti ɛp ɛn de ɔda sai wae de kia bɔt wi, yu kin get dɛm ɔltɛm ɛn dɛn nɔmba de usai wi kin wach fɔ tɛlifone nɔmba na ya so.

If yu go lɛk ɔksin fɔ intaprit fɔ yu, kɔl (TIS) pan dis nɔmba **13 14 50**

If yu wan kwik sai fɔ tɔk to ɔksin bɔt yu trɔbul, go or kɔl da sai wae naym Lyfelyne (LifeLine) pan

13 11 14. Lyfelyne kin gi ɔda sai dɛn fɔ kɔl ɛn dɛn go tɛl yu bɔrku ɔda tin fɔ no ɛn ɛp yu.

Bɔrku ɔda tin de fɔ no na:

- www.mmha.org.au
- www.beyondblue.org.au
- www.betterhealth.vic.gov.au
- www.adavic.org.au
- www.crufad.com
- www.ranzcp.org
- www.sane.org

Insert your local details here

Wɛtin fɔ no bɔt dis paypa

Dis paypa ya de wit bɔrku ɔda paypa dɛn wae dɛn ryte bɔt krɛse sik ɛn na Australia gɔvment gi de kɔpor wae dɛn de tri fɔ fɛt krɛse biznɛs na de ole kɔntri.

ɔda paypa wae dɛn dɔn ryte bɔt dɛn saym kayn tin na dɛn wan ya so:

- *Wɛtin na krɛse sik?*
- *Wɛtin e min wae yu mood nɔr stɛdi?*
- *Wɛtin e min wae yu hart pwɛl ɔltɛm?*
- *Wɛtin na kraibɛlɛh ɔr angri-bɛlɛh?*
- *Wɛtin e min wae yu nɔr de du tin wae fiba yu?*
- *Wɛtin na Haflahun?*

Yu kin get dɛn paypa ya fɔ natin na Wel hade ɛn woke man biznɛs

Wae na sai fɔ di Australia gɔvment

Dipatmɛnt fɔ wɛl bɔdi ɛn ole pipul biznɛs

GPO Box 9848

CANBERRA ACT 2601

Tel 1800 066 247

Fax 1800 634 400

www.health.gov.au/mentalhealth

fɔ get ɔda kɔpi insai ɔda pipul dɛn

langwayg, kɔl Mɔltikɔltchoral Mental Hɛlt na

ɔstraylia (Multicultural Mental Health

Australia) ya so pan dis nɔmba:

(02) 9840 3333

www.mmha.org.au

