Assyrian

ܡܘܕܝ ܝܠܗ̇ ܢܟܠܬܐ ܕܡܘܙܓܐ ܕܬܪ̈ܝܢ ܩܘܛܒ̈ܐ؟

(What is bipolar mood disorder?)

ܡܘܕܝ ܝܠܗ ܫܟܪܬܐ ܕܡܘܙܓܐ ܕܗܕܡ ܡܘܚܬܐ؟

ܫܟܪܬܐ ܕܡܘܙܓܐ ܕܗܕܡ ܡܘܚܬܐ ܝܠܗ ܚܕܐ ܡܘܪܥܐ ܕܫܟܪܬܐ ܕܚܠܝܘܬܐ ܕܡܐ ܕܓܘ ܦܓܪܐ ܗܘܐ ܡܐܬܐ ܡܪܥܐ ܕܓܪܡܬܐ ܘܚܠܝܘܬܐ ܕܕܡܐ.

ܐܢܫܐ ܕܐܝܬܠܗܘܢ ܫܟܪܬܐ ܕܡܘܙܓܐ ܕܗܕܡ ܡܘܚܬܐ ܓܘ ܥܒܕܝ ܒܝܢܝܬܐ ܡܣܘܦܩܬܐ ܕܡܘܙܓܐ - ܡܢ ܚܠܝܘܬܐ ܕܡܐ ܘܗܝܬܐ ܠܗܘܕܐ ܘܦܝܫܐ. ܐܢܝܬܐ ܕܡܘܙܓܐ ܕܓܘ ܓܘܝ ، ܗܘܝܐ ܡܣܠܩܝ ܡܢ ܐܢܝܬܐ ܠܐ ܡܕܘܦܐ ܠܐܢܝܬܐ ܡܕܘܦܐ ، ܘܗܘܐ ܡܝܬܐ ܦܪܝܬܐ ܕܝܡܐ.

ܫܟܪܬܐ ܕܡܘܙܓܐ ܕܗܕܡ ܡܘܚܬܐ ܐܝܬܠܗ ܡܥܒܕܢܘܬܐ ܥܡ ܡܘܪܬܐ ܠܚܕ ܐܡܘܪܐ ܡܢ ܥܡܪܐ ܐܘܗܕܠܝܐ ، ܚܕ ܠܗ ܒܟܠ ܗܕܡܝܬܐ ܐܢܝܬܐ ܓܘ ܥܒܕܝ ܒܝܫܝܬܐ ܕܫܟܪܬܐ ܡܕܘܦܬܐ ܠܗ ܚܕ ܡܝܬܐ ܡܡܘܫܟܐ ܕܝܡܐ.

ܗܘܝܬܐ ܒܓܒܪܬܐ ܘܪܘܡܬܐ ܡܥܒܕܢܬܐ ܒܓܒܪܬܐ ܪܒܐ ܐܢܫܝܐ ܝܢܐ ܗܘ ܗܠܡܘܬܐ ܕܒܗܝܕܢܝܬܐ ܕܐܢܝܬܐ ܕܐܝܬܠܗܘܢ ܫܟܪܬܐ ܕܡܘܙܓܐ ܕܗܕܡ ܡܘܚܬܐ. ܪܘܡܬܐ ܡܥܒܕܢܬܐ ܓܘ ܦܝܫܐ ܠܐܢܝܬܐ ܕܫܢܝ ܚܝܝܐ ܡܝܩܪܬܐ.

ܡܘܕܝ ܝܢܐ ܢܝܫܢܩܐ ܕܫܟܪܬܐ ܕܡܘܙܓܐ ܕܗܕܡ ܡܘܚܬܐ؟

ܚܠܝܘܬܐ ܕܡܐ

ܚܠܝܘܬܐ ܕܡܐ ܝܠܗ ܚܕ ܡܫܟܚܬܐ ܪܒܬܐ ܕܡܘܙܓܐ ܗܘ ܐܢܝܬܐ ܕܐܝܬܠܗܘܢ ܫܟܪܬܐ ܕܗܕܡ ܡܘܚܬܐ. ܘܓܘ ܦܓܪܐ ܣܘܟܐ ܚܕܬܐ ܘܕܫܓܐ:

- ܡܠܡܐ ܕܗܘܕܐ ܘܡܕܘܐ ܒܥܒܕܘܕܝܐ ܕܦܬܚ ܗܘܘ ܠܒܒܐ ܒܪܢܫܐ.
- ܗܝܐ ܡܢܚܐ.
- ܠܪܥܐ ܕܐܢܐ ܡܢ ܡܓܕܘܬܐ ܘܪܫܡܐ ܡܢ ܥܒܕܘܬܐ ܬܘܩܦܬܐ.
- ܡܥܠܝܬܐ ܕܩܠܝܬܐ ܕܗܠܒܪܬܐ ܦܪܝܩܬܐ ܐܝܟ ܪܫܥܬܐ ܠܥܘܩܐ ܐܘ ܚܢܩܬܐ ܗܣܘܗ ܪܗܛܐ.
- ܒܘܣܠܩܐ ܠܗ ܐܓܕܬܐ ܠܐܓܠܬܐ ܘܡܫܠܘܩܐ ܕܒܗܪܐ.
- ܠܒܝܘܬܐ ܕܡܣܗܕܢܬܐ ܕܪܒܢܝܐ ، ܓܓܢܐ ܡܣܘܦܩܐ ، ܘܪܓܬܐ ܒܠܒܐ ܘܠܐ ܚܒܝܫܘܬܐ.
- ܘܬܕܐ ܕܣܘܡܩܐ ܝܠܝܕܐ (ܗܕܝܩܐ) ܕܐܠܝܬܐ ܐܘ ܠܒܐ

ܥܒܝܕܬܐ ܓܠܝܘܬܐ ܘܡܦܠܚܬܐ ܕܡܓܠܓܠܬܐ ܐܝܕܝܐ ܕܟܐ ܠܗܝܐ ܓܘ ܦܓܪܐ ܣܘܟܐ ܒܒܝܢܬܐ ܕܚܠܝܘܬܐ ܕܡܐ. ܐܗܐ ܓܘ ܥܒܕ ܕܪܡܬܐ ܗܘܝܐ ܒܘܟ ܡܗܝܕܬܐ ܘܡܥܒܕܢܘܬܐ ܕܥܒܝܕܬܐ ܘܡܦܠܚܬܐ ܕܡܓܠܓܠܬܐ ܐܝܕܝܐ ܗܘܝܐ ܐܢܫܝܬܐ.

ܝܕܥܐ ܕܡܫܠܠܬܐ ܕܐܢܐ ܕܟܐ ܕܡܐ ܝܠܗ ܓܘ ܐܢܝܬܐ ܕܥܒܕܝ ܒܝܫܬܐ ܕܚܠܝܘܬܐ ܕܡܐ.
ܗܘ ܙܘܓܐ ܡܘܕܥܢܘܬܐ ܒܘܗ ܚܠܝܘܬܐ ܕܡܐ ، ܡܪܝ ܒܘܕܩܐ ܕ:

ܡܘܕܝ ܝܠܗ ܫܟܪܬܐ ܕܚܠܝܘܬܐ ܕܡܐ ؟

ܬܪܒܝܬܐ

ܚܕܐ ܕܬܪܒܝܬܐ ܡܢ ܦܝܫܬ ܡܘܦܩܢܝܬܐ ܗܝ ܬܡܘܬܐ ܕܗܝ ܐܪܓܢܘܬܐ ܒܘܕ ܝܕܥܬܐ ܕܐܘܪܚܐ ܡܗܘܦܬܐ ܘܡܚܫܒܘܬܐ ܙܘܕܐ. ܐܝܟ ܗܘܡܐ ܘܚܕܐ ܕܐܢܫܐ ܕܢܒܗܠܘܗ، ܝܠܠܬܐ ܕܗܘܢ ܡܘܚܬܐ ܕܠܣܘܪ ܡܢ ܢܟܪܝܢ ܒܝܫܢܬܐ ܕܢܘܩܬܐ ܕܬܪܒܝܬܐ ܘܠܐ ܢܟܪܝܢ ܒܝܫܢܬܐ ܕܢܘܩܬܐ ܕܣܠܝܩܘܗ ܠܝܬܐ

ܒܝܢܩܐ ܚܢܕܝܐ ܕܬܪܒܝܬܐ ܡܢ ܫܒܒܐ ܕܩܠܐ ܦܪܝܐ ܕܝܘܡܢܐ ܕܝܠܗܢ ܡܢܐ:

- ܡܘܙܓܐ ܙܘܕܢܐ ـ ܦܪܝܘܦܐ ܡܢ ܕܠܐ ܒܢܫܠܐ ܕܟܐ ܕܡܐ ، ܗܘܢܕܐ ، ܘܡܠܢܐ. ܐܗܐ ܝܫܢܬܐ ܡܢ ܦܝܫܬ ܡܚܘܡܚܐ ܕܟܐ ܟܘܙܐ ܒܕܟܬܐ ܕܦܪܝܘܦܐ ܕܕܘܒܐ ܕܕܡܘ ܡܠܘ ܦܕܠܐ ܦܝܫܬ ܠܠܒܟܐ.
- ܚܠܠܐ ܙܘܕܢܐ ܘܡܚܫܒܘܬܐ ܙܘܕܐ.
- ܗܒܝܡܘܬܐ ܟܦܘܪܬܐ ܗܝ ܕܡܚܝܐ.
- ܠܦܫܬܐ ـ ܦܪܝܘܦܐ ܗܘܡܐ ܟܦܪ ܘܠܘܚ ܒܡ ܐܢܫܐ ܕܠܐ ܗܘܠܕܒ ܒܝܡܘ ܐܘ ܟܠ ܓܝܡܡ ܣܢܠܬܘܗܝ ܟܠ ܬܪܒܝܬܐ.

- ܓܫܡܢܬܐ ܘܡܘܡܘܬܐ ܒܠܠܒܘܬܐ ـ ܓܫܡܢܝܬܐ ܡܠܝܘܬܐ ܡܢܐ ܡܢ ܣܠܟ ܕܗܘܝ ܚܢܕܝܐ. ܐܗܐ ܗܘܡܐ ܡܡܚܐ ܠܦܪܝܘܦܐ ܕܡܘܡ ܒܠܠܒܘܬܐ ܘܡܣܠܦ ܡܢ ܬܪܬܐ ܠܬܪܬܐ.

- ܒܠܒܝܘܬܐ ـ ܐܗܐ ܗܘܡܐ ܗܘܝܐ ܦܠܚܐ ܠܡܢܝܬܐ ܒܒܪܬܐ ܕܦܪܝܘܦܐ ܕܫܘܝܐ ܦܠܚܐ ܕܒܚܒܪܗ ، ܐܢܝ ܣܪܛܬܐ ܕܕܟܐ ܘܘܙܐ ܒܟ ܘܬܢܬܐ ܕܡܢܒܝܬܐ ܕܒܝܪܝܗܘܬܐ ܠܒܗ ܗܒܝܡܘܬܐ ܒܠܬܘܗܝ.

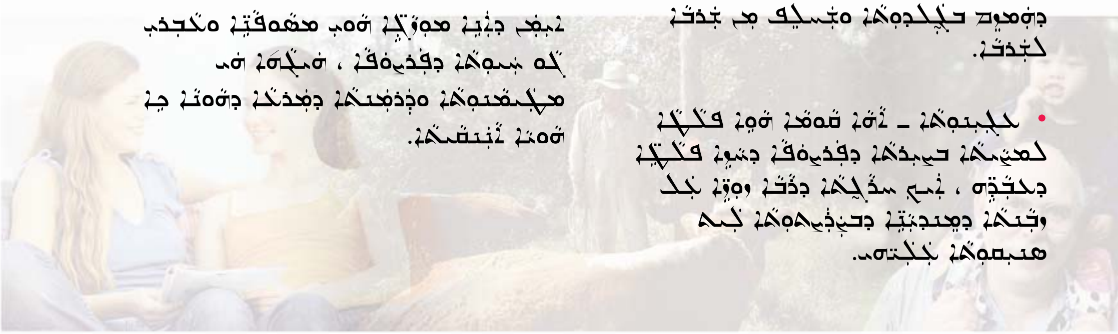
- ܣܘܓܠܐ ܘܣܘܥܬܐ ܕܟܐ ܠܘܒܕܐ ـ ܚܢܕܝܬܐ ܡܠܘ ، ܕܐܢܫܐ ܕܡܒܒܝ ܒܝܫܢܬܐ ܕܬܪܒܝܬܐ ܕܫܒܒ ܕܢܒܗܠܘܗ، ܫܠܠܒܗ ܐܘ ܡܚܘܒܘܬܐ ܟܠ ܚܢܕܝܬܐ ، ܐܘ ܕܡܠܟܐ ܡܢܐ ، ܐܘ ܓܠܐܠܬܐ ܡܒܡܚܐ ܕܦܠܩܐ ܐܘ ܕܪܟ ܦܘܒܕܐ ܡܢܐ. ܣܘܥܬܐ ܗܘܒܗܢܝܬܐ ܡܢ ܫܠܝܒ ܐܘ ܐܢܫܐ ܡܢ ܫܒܒ ܕܒܢܐ ܦܪܝܘܦܐ ܗܘܒܗܢܝܬܐ ܐܢܫܝܬܐ.

- ܠܒܗܘܬܐ ܕܠܡܢܬܐ ـ ܕܐܢܫܐ ܕܡܒܒܝ ܒܝܫܢܬܐ ܕܬܪܒܝܬܐ ܗܘܡܐ ܟܠ ܫܘܒ ܕܕܘܒܪܗܘܢ ܠܐ ܡܢܐ ܠܣܒܩܐ ، ܐܦ ܕܦܪܡܒ ܕܐܢܫܐ ܐܝܕܝܐ ܡܢ ܫܘܒ ܕܓܫܡܢܝܬܗܘܢ ܘܡܒܪܬܗܘܢ ܠܐ ܡܢܐ ܠܣܒܩܐ ، ܒܒܝܬܐ ، ܐܘ ܠܒܝܠܐ.

- ܬܪܒܝܬܐ ܡܢ ܦܠܚܐ ܦܘܪܝܦܬܐ ܐܒܗ ܕܒܝܒܢܩܐ ܦܠܚܒ ܝܘܡܐ ܗܝ ܐܝܟ ܬܒܗܠܐ ܐܘ ܙܘܕܐ. ܬܪܒܝܬܐ ܬܘܢܐ ܟܦܘܪܬܐ ܒܠܘ ܒܝܕܥܘܬܗ ܘܡܢ ܗܘܢܐ ܗܝ ܝܕܥܬܐ ܒܘܕ ܚܪܒܬܐ.

ܡܘܙܓܐ ܚܢܕܝܐ

ܗܘܡܐ ܙܘܕܐ ܕܐܢܫܐ ܕܢܒܗܠܘܗ، ܢܘܩܬܐ ܕܬܪܒܝܬܐ ܘܣܠܝܩܘܗ ܠܝܬܐ ܡܢ ܢܟܪܝܢ ܒܝܫܢܬܐ ܕܡܘܙܓܐ ܚܢܕܝܐ ܒܠܬܘܗܝ. ܦܝܢܝܐ ܡܢܐ ܕܫܒ ܫܒܬܘܗܝ ܒܡܢܒܬܐ ܘܡܬܪܒܐ ܘܠܒܝܬܐ ܕܒܝܬܐ ܦܕܡܘܒܠܐ.



ܐܒܗ ܕܐܝܠ ܡܘܙܓܐ ܗܘܝ ܡܫܘܦܬܐ ܘܡܚܫܒ ܟܠ ܚܘܬܐ ܕܦܪܝܘܦܐ ، ܗܡܠܘܐ ܗܝ ܡܓܫܡܢܘܬܐ ܘܡܪܡܢܬܐ ܕܡܕܟܐ ܕܗܘܢܐ ܡܢ ܗܘܢܐ ܐܢܫܝܬܐ.

ܡܘܕܝ ܝܠܗ ܗ̇ܘܝܐ ܥܠܠܬܐ ܕܡܘܙܓܐ ܕܐܪܥܐ ܡܘܫܚܠܦܐ ؟

ܟܒܪܐ ܘܝܡܬܐ ܐܬܚܠܘܦܘ، ܦܘܪܫܐ ܚܘܡܢܐ ܕܗܘܐ ܐܬܚܠܘܦܘ، ܐܝܟ ܡܕܥܐ ܕܗܘܢܐ. ܒܘܕ ܒܢܓܝܫܬܐ ܗ̇ܠܘ ܕܦܪܝܫ ܚܘܡܢܐ ܡܕܥܐ ܐܒܩܐ ܕܐܢܫܐ ܒܢܐ ܒܝܬܐ ܕܝܗܘܕܝܐ ܐܒܢܐ ܗܘܝܐ ܦܪܝܫ ܚܘܡܢܐ ܒܝܕܥܬܐ ܒܘܕ ܒܓܒܪܬܐ ܐܘ ܒܓܒܪܬܐ ܕܚܘܡܐ. ܦܝܫܬܐ ܗ̇ܠܘ ܣܒܝܒܬܐ ܕܗܘܝܐ ܕܥܠܠܬܐ ܕܡܘܙܓܐ ܕܐܪܥܐ ܡܘܫܚܠܦܐ ܒܝܠܗ ܐܝܟ ܕܗܘܐ ܕܡܥܡܪܐ ܝܚܝܕܐ ܡܥܡܪܐ ܢܕܘܬܝܐ، ܬܘܩܦܢܝܐ ܘܡܥܡܪܐ ܡܣܕܘܪܝܐ.

ܡܥܡܪܐ ܢܕܘܬܝܐ

ܒܘܪܝܐ ܒܘܕ ܐܘܟܝܐ ܚܠܝܬܐ ܕܐܢܫܐ ܐܝܟ ܦܪܘܦܐ ܠܩܛܐ ܘܡܓܒܝܐ ܐܪܥܐ ܕܐܪܥܬܘܗܝ ܒܢܫܐ ܐܬܚܠܘܦܘ، ܥܠܠܬܐ ܕܡܘܙܓܐ ܕܐܪܥܐ ܡܘܫܚܠܦܐ، ܕܪܐ ܡܣܬܘܝܐ ܐܢܐ ܕܡܕܥܐ ܓܐ ܩܪܝܒ ܢܡܒܠܐ ܠܝܢܐܝܬ. ܚܒܝܪܐ ܕܐܪܥܬܐ ܕܐܬܚܠܘܦܘ، ܥܠܠܬܐ، ܐܝܟ ܡܢܩܠܐ ܒܘܕ ܠܘܒܪܐ ܚܠܝܬܘܗܝ ܕܗܘܐܬܠܘܦܘ، ܐܝܟ ܥܠܠܬܐ.

ܡܥܡܪܐ ܬܘܩܦܢܝܐ

ܚܪܒܬܐ، ܐܝܟ ܣܠܒܘܬܐ ܠܚܡܐ، ܒܘܕ ܡܢ ܗܘܝܘܗܝ ܦܝܫܐ ܐܝܠܗ ܣܒܝܒܬܐ ܕܒܝܠܗ ܠܐ ܬܘܡܬܐ ܒܡܥܡܪܢܐ ܠܗ ܡܘܫܐ. ܐܝܟ ܡܬܦܩܢܬܐ ܗ̇ܠܘ ܕܡܥܡܪܘܗܝ ܒܕܘܟܝܬܐ.

ܓܝܚܐ ܢܘܪܢܝܐ

ܓܝܚܐ ܢܘܪܢܝܐ ܗܘܝܐ ܦܠܝܛ ܒܘܕ ܠܓܘܐ ܒܓܒܪܬܐ ܕܒܣܒܝܩܐ ܐܒܢܐ ܠܐ ܐܡܒܢܐܝܬ. ܒܚܘܝܐ ܠܗܘܐ ܡܕܥܐ ܒܠܝܬܘܗܝ ܗܘܝܐ ܗܘܐ ܗܘܝܐ ܕܗܘܢܝܐ ܡܚܦܝܢܐ ܢܘܪܢܝܐܝܬ (ܐܝܟ ܕܩܢܬܐ ܐܘ ܝܘܢܢܐ ܠܐ ܡܘܣܝܢܐ) ܗܘܝܐ ܕܠܡܬܝܘܗܝ ܩܪܝܒ ܡܘܬܒܐ ܒܓܘ ܡܕܥܐ.

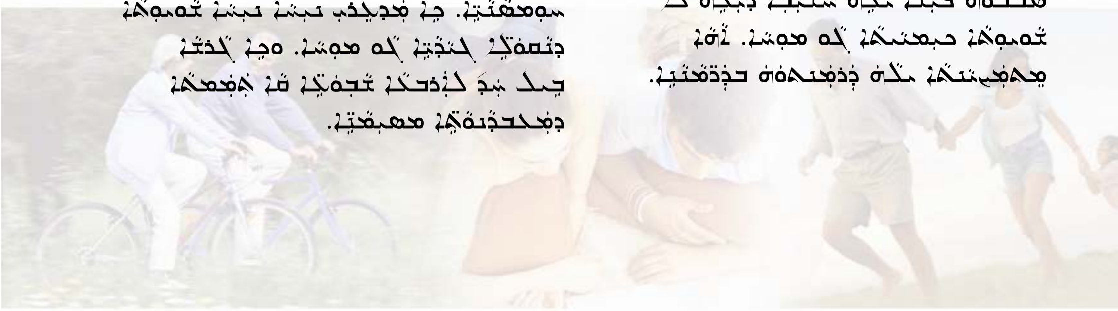
ܡܘܕܝܢ ܕܡܥܡܪܢܘܬܐ ܐܢܫ ؟

ܐܢܫ ܕܡܥܡܪܢܝܬܐ ܡܥܒܕܢܝܬܐ ܗ̇ܝ ܥܠܠܬܐ ܕܡܘܙܓܐ ܕܐܪܥܐ ܡܘܫܚܠܦܐ. ܡܠܦܬܐ ܒܘܕ ܡܕܥܐ ܘܡܠܦܬܐ ܕܒܪܝܬܐ ܕܢܒܝܗܐ ܒܓܒܪܐ ܕܘܪܘܕܐ ܕܒܝܕ ܢܘܦܐ ܘܦܠܓܐ ܬܘܡܠ ܠܐܢܐ ܒܝܕ ܒܟܒܪܐ ܕܣܝܣܬܐ ܐܢܫܩܬܐ ܗ̇ܠܘ. ܗܢܕܝܬܐ ܕܒܕܪܘܬܐ ܡܦܩܢܝܬܐ ܗ̇ܠܘ ܕܗܘܢܐ ܕܒܠܬܢܝܬ ܡܟܕܪܢܝܬܐ ܒܐܘܐ ܐܘܪܚܐ.

ܕܡܥܡܪܢܝܐ ܕܒܠܬܢܝܐ ܓܐ ܚܝܪܒ ܒܡܩܪܒܬܐ ܕܚܢܢܝܬܐ ܕܡܘܙܓܐ.

ܗ̇ܝ ܬܚܘܪܐ ܕܣܠܒܘܬܐ ܠܚܡܐ ܕܐܘܐ ܡܕܥܐ، ܕܡܥܡܪܢܝܐ ܕܠܡܘܒܠ ܕܣܠܒܘܬܐ ܠܚܡܐ ܗܘܝܐ ܡܢܝܫ ܕܟܪܢܝܬܐ ܡܣܠܝܬܐ ܕܠܚܡܐ، ܡܒܝܠܢ ܓܗܠܘܩܐ ܠܢܓܝܬܐ ܕܕܡܓܐ ܘܡܒܪܘܬܐ ܕܐܓܠܬܐ ܘܡܟܝܠܢ ܕܠܒܫܬܐ.

ܕܡܥܡܪܢܝܐ ܕܠܡܘܒܠ ܕܣܠܒܘܬܐ ܠܚܡܐ ܠܝܬ ܐܢܐ ܣܘܡܩܢܝܐ. ܓܐ ܡܒܝܠܢ ܒܢܫܐ ܒܢܫܐ ܬܘܡܬܐ ܕܢܡܦܩܐ ܠܢܓܝܐ ܠܗ ܡܘܫܐ. ܘܓܐ ܠܟܕܪܐ ܓܒܠ ܒܕ ܠܐܪܒܥܐ ܬܒܦܩܐ ܗ̇ܝ ܓܡܬܐ ܕܡܟܕܪܢܘܬܐ ܡܣܩܢܝܐ.



ܠܗ ܢܘܟܪܝܐ ܚܕܘܩܐ ܐܘ ܝܠܕܐ ܕܡܕܝܢܬܐ ، ܚܕ ܡܢܝܢܐ ܕܬܘܕܥܝܐ ܦܩܝܕܐ ܓܘ ܦܠܚܝ ܡܘܦܠܛܝܐ. ܚܕܟܡܐ ܡܢܢܗܝ ܓܘ ܦܠܚܝ ܡܘܦܠܛܝܐ ܩܐ ܡܫܠܡܬܐ ܕܡܕܝܢܬܐ ܕܦܪܨܘܦܐ ؛ ܐܝܟܢܐ ܩܐ ܕܥܒܬܐ ܕܡܘܙܓܐ ܕܦܪܨܘܦܐ.

ܚܕܟܡܐ ܬܘܕܥܝܐ ܐܦ ܓܘ ܦܠܚܝ ܡܘܦܠܛܝܐ ܐܝܢ ܗܘܝܕܝܐ ܫܚܝܩܐ ܩܛܠ ܓܘ ܦܝܫܝ ܒܘܪܓܢܝܬܐ ܕܠܢܝܬܐ ܕܡܘܙܓܐ ܘܓܘ ܡܚܝܕܝ ܗܢܬܐ ܘܝܕܥܘܬܐ ܕܚܠܘܩܐ ܕܣܠܝܩܘ ܠܝܐ ܘܕܒܝܢܬܐ.

ܕܬܘܕܥܝܐ ܩܐ ܡܗܫ ܢܕܒܓܐ ܕܝܓܕܢܐ ܩܘܥܐ ܗܘܢܐ ܗܝܡܘܬܐ ܢܓܝܘ ܠܣܝܣܬܐ ܡܢ ܢܘܟܪܝܐ ܓܢܝܐ.

ܒܡܣܠܩܐ ܕܠܘܕܫܐ ܕܚܘܬܐ ܐܝܢ ܚܢܢܐ ܦܓܕܢܝܐ ܘܡܚܝܕܬܐ ܕܒܬܟܬܐ ܢܓܘܬܐ ܘܡܚܝܕܬܐ ܕܡܦܠܣܬܐ ܕܡܓܠܓܕܢܐ ܐܝܟܢܐ ܘܡܢܕܝܢܐ ܐܝܟܢܐ ܕܝܕܝ ܠܢܘܟܪܝܐ ، ܩܘܥܐ ܦܝܫܝ ܐܢܝܐ ܕܟܗܡܝ.

ܦܝܕܬܐ ܢܦܩܢܬܐ ܩܘܥܐ ܗܘܢܐ ܚܕ ܫܘܥܐ ܐܢܫܢܐ ܕܪܕܡܬܐ. ܕܬܡܢܝܐ ܐܝܢ ܪܕܡܬܐ ܕܕܘܟܝܐ ܗܘܟܠܝܐ ، ܒܝܬܘܗܝ ܢܓܝܘ ܚܣܠܦܬܐ ܕܡܗܠܘܩܐ ܕܡܣܡܬܐ ، ܕܘܟܝܐ ܘܣܘܥܝܐ ܕܓܐ ܬܘܦܩܝ ܠܗ ܘܩܝܬܐ ܕܡܕܟܐ.

ܕܬܡܢܝܐ ܕܓܝܠ ܦܪܨܘܦܝܐ ܓܘ ܦܝܫܝ ܩܐ ܐܢܝܐ ܕܢܠܟܝ ܠܘܣܝܐ ܚܕܝܐ ܕܢܗܘܢܐ ܢܓܡ ܐܢܝܐ ܐܢܫܝܐ ܠܗ ܚܘܒܬܘܗܝ.

ܐܝܟ ܕܐܢܝܐ ܒܢܐ ܠܗ ܚܕ ܢܘܟܪܐ ܕܒܝܢܬܐ ، ܕܟܐ ܢܗܘܐ ܡܠܘ ܡܦܪܡܚܣܘܗܝ ܕܗܝܝܩܐ ܡܢܐ ܠܪܕܡܬܐ. ܚܕܟܡܐ ܠܘܝܐ ܐܢܫܢܬܐ ܡܠܘ ܩܐ ܚܕ ܦܪܨܘܦܐ ܕܦܝܪ ܡܘܠܟܕܐ ܠܓܘ ܒܕܝܘܐ ܝ݂ ، ܢܒܢܝܐ ܕܟܐ ܝܠܕܐ ܡܢܐ.

ܕܟܐ ܡܢ ܐܢܝܐ ܗܘ ܠܐ ܦܠܚܝ ܡܘܠܟܕܐ ܠܓܘ ܒܕܝܘܐ ܘܚܣܘܬܐ ܣܘܠܩܢܝܬܐ ܓܘ ܦܠܐ ܡܘܡܕܓܬܐ ܩܓܢܘܗܝ ܒܠܢܐܝܗ ܠܗ ܒܢܘܬܐ.

ܒܡܟܠܬܐ ܠܪܕܡܬܐ ܠܚܘܡܬܐ ܢܓܡ ܗܢܕܬܐ ، ܐܢܝܐ ܐܝܟܠܘܗܝ ܝܠܬܐ ܕܡܘܙܓܐ ܕܗܕܝܡ ܡܘܟܠܝܐ ܓܘ ܩܝܡ ܕܫܝܡ ܚܝܐ ܡܢܝܢܝܐ.

ܦܕܩܐ ܕܝܗܘܬܐ ܘܚܕܘܬܐ ܕܐܢܝܐ ܕܐܝܟܠܘܗܝ ܝܠܬܐ ܕܡܘܙܓܐ ܕܗܕܝܡ ܡܘܟܠܝܐ ܕܟܐ ܠܘܝܐ ܩܘܥܐ ܗܘܝ ܪܠܝܐ ܘܠܗܘܢܐ.
ܗܢܕܬܐ ܘܡܠܦܬܐ ، ܘܐܦ ܦܪܡܬܐ ܒܡܕ ܕܘܝܬܐ ܡܢ ܒܢܘܬܐ ، ܒܢܐ ܚܕ ܫܘܥܐ ܐܢܫܢܐ ܕܪܕܡܬܐ.

ܐܝܟܐ ܐܪܓܠ ܗܐ ܚܠܒܠܬܐ ܕܦܝܪܬܐ؟

- ܐܣܝܐ ܕܒܝܬܘܬܘܟ
- ܡܝܠܕܘܟ ܕܫܘܠܛܢܐ ܕܚܘܒܫܬܐ
- ܡܝܠܕܘܟ ܕܫܘܠܛܢܐ ܕܪܘܚܐ ܕܚܘܒܫܬܐ

ܗܐ ܡܘܕܥܢܘܬܐ ܒܘܗ ܝܠܦܬܐ ، ܣܘܒ ܝܠܦܬܐ ܕܦܝܪܬܐ ܘܕܚܘܕܪܢܐ ܬܘܬܦܐ ܕܚܘܒܫܬܐ ܘܢܣܝܒ ܠܡܢܝܢܐ ܕܚܕܒܫܘܬܐ ܕ24 ܫܥܐ ܠܗ ܟܬܒܐ ܡܒܚܠܢܐ ܕܓܠܝܦܘܟ ܕܡܬܒܫܘܟ.
(Community Help and Welfare Services)

ܝܢ ܫܒܝܩ ܠܡܬܪܓܡܢܐ ، ܡܨܝܬ ܗܐ (TIS) ܒܟܠ ܡܢܝܢܐ ܕܓܠܝܦܘܟ 13 14 50.

ܗܐ ܦܝܪܬܐ ܫܬܝܬܐ ܕܡܦܪܢܝܘܬܐ ، ܡܕܒ ܗܐ ܫܥܬܐ ܫܢܐ ܒܟܠ ܡܢܝܢܐ **131114** (Lifeline) ܫܥܬܐ ܫܢܐ ܩܝܡܐ ܐܦ ܡܡܕܒ ܡܢܝܢܐ ܐܚܪܢܐ ، ܡܘܕܥܢܘܬܐ ܙܘܕܐ ܘܦܝܪܬܐ.

ܐܝܟ ܙܘܕܐ ܡܘܕܥܢܘܬܐ ܠܗ:

www.mmha.org.au

www.beyondblue.org.au

www.blackdoginstitute.org.au

www.ranzcp.org

www.sane.org

ܒܘܗ ܐܪܐ ܒܘܪܫܐ

ܐܪܐ ܒܘܪܫܐ ܒܝܬܗ ܫܘܡܐ ܡܕܥܢܐ ܡܢ ܝܝܠܬܐ ܕܒܘܪܫܐ ܠܡܒܝܬܐ ܒܘܗ ܡܕܒܪܐ ܕܪܘܚܐ ܕܦܒܬܐ ܗܒܓܐ ܘܙܢܝܗ ܒܒܘܠܛܢܐ ܐܘܣܛܪܠܝܢܐ ܡܣܦܗ ܗܡܪܫܝܒܘܬܐ ܐܪܫܬܐ ܕܫܘܠܛܢܐ ܕܪܘܚܐ. ܡܘܕܥܢܘܬܐ ܒܘܗ ܡܕܪܓܐ ܕܒܠܢܝܬܐ ܕܪܘܚܐ ܡܝܢܬܐ ܡܠܗ ܡܓܣܓܬܘܢ ܠܗ ܒܘܪܫܐ ܐܝܕܝܐ ܕܐܪܐ ܝܝܠܬܐ ، ܕܝܣܒܬܐ ܡܢܐ:

- ܡܘܕܒ ܡܠܝܗ ܡܕܒܪܐ ܕܪܘܚܐ ؟
- ܡܘܕܒ ܡܠܗ ܝܠܠܬܐ ܕܕܠܣܘܬܐ ؟
- ܡܘܕܒ ܡܠܗ ܝܠܠܬܐ ܕܣܠܒܝܦܗ ܠܒܐ ؟
- ܡܘܕܒ ܡܠܗ ܝܠܠܬܐ ܕܐܓܠܬܐ ؟
- ܡܘܕܒ ܡܠܗ ܝܠܠܬܐ ܕܗܝܘܦܪܢܐ ؟
- ܡܘܕܒ ܡܠܗ ܝܠܠܬܐ ܕܦܕܝܦܩܘܬܐ ؟

ܐܢܫܝܐ ܡܓܝ ܗܐ ܒܠܬܘܢ ܒܘܪܫܐ ܡܝܢܬܐ ܡܠܗ ܡܢܓܬܘܢ ܡܢ: ܫܘܠܛܢܐ ܕܪܘܚܐ ܘܫܠܡܘܬܐ ܕܦܘܠܚܢܐ ܒܠܒܐ ܕܒܘܠܛܢܐ ܐܘܣܛܪܠܝܢܐ ܦܘܪܢܣܐ ܕܫܘܠܛܢܐ ܘܕܒܒܪܬܐ ܒܝܬܐ:

(Mental Health and Workforce Division
of the Australian Government
Department of Health and Ageing)
GPO Box 9848
CANBERRA ACT 2601
Tel 1800 066 247
Fax 1800 634 400
www.health.gov.au/mentalhealth

ܗܐ ܡܢܝܢܐ ܕܐܢܫܝܐ ܒܠܢܝܐ ܐܝܕܝܐ ، ܡܨܝܬ ܗܐ ܕܐܪܐ ܒܘܪܫܐ ܡܟܠ ܕܐܪܐ ܡܢܝܢܐ:

Multicultural Mental Health Australia
Tel (02) 9840 3333

www.mmha.org.au

Insert your local details here