Assyrian

ܡܘܕܝ ܝܠܗ ܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ؟

(What is a personality disorder?)

ܡܘܕܝ ܝܠܗ ܓܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ؟

ܟܠ ܚܕ ܐܝܬܠܗ ܕܝܠܢܝܬܐ ܕܦܪܨܘܦܘܬܐ ܕܓܪܐ ܦܪܫܝܢܠܗ ܡܢ ܐܚܪ̈ܢܐ. ܐܢܐ ܝܢܐ ܐܘܪ̈ܚܬܐ ܒܬܪ̈ܝܬܐ ܕܦܪܨܘܦ̈ܐ ܓܘ ܚܫܒܐ ܘܡܪܓܫܐ ܕܝܘܠܦܢܐ، ܕܓܪܐ ܡܚܡܣ ܟܠ ܚܕ ܡܢܝ ܗܘܝܐ ܟܪܝܬܐ.

ܕܝܠܢܝܬܐ ܕܦܪܨܘܦܘܬܐ ܓܘ ܒܢܝܫܐ ܠܓܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܐܝܟ ܡܫܟܠܢܘܬܐ ܕܡܫܡܗܬܐ ܘܡܪܓܫܢܘܬܐ ܕܝܘܠܦܢܐ ܡܠܝܗ ܡܥܘܩܢܐ، ܠܐ ܡܚܒܒܐ ܘܠܥܙܓܗ ܠܝ ܝܠܗ ܗܪܝܬܐ. ܥܘܡܪܐ ܗܘܝ ܥܒܪ ܕܡܘܠܟܠܐ ܠܗ ܚܝܪܐ ܕܚܕ ܦܪܨܘܦܐ ܘܡܟܪܒܐ ܓܘ ܗܘܝ ܟܡ ܗܩܕܬܐ ܠܫܡܬܐ ܥܡ ܟܠܢܐ ܐܘ ܥܡ ܐܚܪ̈ܢܐ.

ܝܠܢܝܬܐ ܕܦܪܨܘܦܘܬܐ ܓܘ ܚܪܒ ܠܗ ܚܒܪܘܬܐ ܘܦܠܚ ܠܗ ܚܠܒܠܘܬܐ.

ܦܪܗܬܐ ܕܝܠܢܝܬܐ ܕܦܪܨܘܦܘܬܐ ܠܝ ܝܠܗ ܡܥܘܢܪܬܐ ܒܚܢܩܘܬܐ ܘܓܘ ܚܫܠܦܐ ܡܢ ܓܠܠܬܐ ܠܓܠܠܬܐ. ܓܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܡܝܬܚܙܝܐ ܓܘ ܟܠܢܐ ܚܕܐ ܚܕ ܡܢ 100 ܐܢܫܐ.

ܚܕ ܦܪܨܘܦܘܬܐ ܝܠܗ ܚܫܟܐ ܚܫܠܦܘܗ، ܐܝܢܐ ܒܦܪܡܝܬܐ ܒܒܝܪܬܐ ܘܠܫܡܬܐ ܥܡ ܗܢܝܢܐ، ܐܢܫܐ ܕܐܝܬܠܗܘܢ ܝܠܢܝܬܐ ܕܦܪܨܘܦܘܬܐ ܩܝܡ ܕܚܫܒ ܚܝܐ ܡܚܡܝܢܐ.

ܡܘܕܝ ܝܢܐ ܐܕܫܐ ܙܢܝܐ ܕܓܠܠܬܐ ܕܦܪܨܘܦܘܬܐ؟

ܐܝܬ ܬܪ̈ܐ ܐܕܫܐ ܕܝܠܢܝܬܐ ܕܦܪܨܘܦܘܬܐ.

ܟܢܝܫܝ ܓܘ ܫܒܥܐ ܚܕ ܦܪܨܘܦܐ ܒܠܢܝܬܐ ܕܝܘܠܦܢܐ، ܗܘܟܢܐ ܕܐܘܪܚܐ ܐܝܟܗ ܕܝܘܠܦܢܐ ܕܝܠܢܝܘܬܐ ܘܫܘܚܠܦܐ ܓܘ ܡܚܝܕ ܠܗ ܟܢܝܫܝ ܚܡܫܐ ܕܚܫܘܬܐ ܕܚܕ ܦܪܨܘܦܐ.

ܐܝܬ ܬܠܬܐ ܟܢܘܫܝܐ ܕܝܠܢܝܬܐ ܕܦܪܨܘܦܘܬܐ: ܝܠܢܝܬܐ ܥܒܝܕܐ ܐܘ ܡܝܬܚܪܬܢܝܐ ؛ ܝܠܢܝܬܐ ܓܪܓܝܢܐ، ܝܟܝܪ̈ܝܐ ܐܘ ܗܠܒܝܢܐ ؛ ܘܝܠܢܝܬܐ ܕܪܚܫܘܬܐ ܘܙܕܘܥܬܐ. ܝܠܢܝܬܐ ܕܝܠܢܝܬܐ ܝܢܐ ܐܝܟ ܕܝܐܬܝܐ ܝܠܐ:

ܓܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܝܥܘܬܐ

(Paranoid Personality Disorder)

ܝܠܗ ܣܓܝ ܠܐ ܡܗܝܡܢܘܬܐ ܒܠܝܢܝܬܐ ܘܝܥܘܬܐ ܒܐܢܫܐ ܐܚܪ̈ܢܐ، ܠܕܪܓܐ ܕܡܦܝܚܬܝܗ ܝܠܐ ܡܦܡܥܝܢܐ ܐܝܟ ܒܢܝܢܐ ܕܗܢܝܬܐ.

ܓܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܫܝܙܘܐܝܕ

(Schizoid personality disorder)

ܝܠܗ ܚܕ ܦܪܨܘܦܐ ܒܠܝܢܝܐ ܕܦܪܥܬܐ ܡܢ ܐܫܘܬܐ ܥܡܐܦܝܐ ܘܣܓܐ ܒܥܡܘܬܐ ܡܡܘܝܫܬܐ ܕܡܪܓܫܬܐ ܕܝܒܝܐ ܠܗ ܡܚܒܢܝܐ ܓܘ ܦܪܨܘܦܐ

ܓܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܫܝܙܘܛܝܦܠ

(Schizotypal personality disorder)

ܝܠܗ ܚܕ ܦܪܨܘܦܐ ܒܠܝܢܝܐ ܕܬܪܨܘܦܝܐ ܥܡܐܦܝܐ ܘܓܘܠ ܦܪܨܘܦܐ ܡܕܝܢܝܐ ܒܟܠ ܕܘܟܬܐ ܚܪܘܦܬܐ ܥܡ ܡܥܝܬܐ ܒܝܪܬܐ ܕܡܟܒܪܬܐ ܕܐܫܘܬܐ ܚܠܝܐ. ܐܦ ܓܘ ܦܪܫܐ ܡܘܕܟܬܐ ܒܕܝܠܬܐ ܕܚܕܪܘܬܐ ܕܡܫܡܗܬܐ ܘܚܙܝܐ ܘܕܘܟܪܐ ܡܝܬܚܪܬܢܐ.

ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܠܘܩܒܠ ܫܘܬܦܘܬܐ

(Antisocial personality disorder)

ܝܠܗ ܚܕ ܛܘܦܣܐ ܒܠܠܝܢܝܐ ܕܠܐ ܡܓܒ ܡܕܪܐ ܥܠ ܘܚܘܩܐ ܘܙܕܩܐ ܕܐܚܪܢܐ.

ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܡܘܬܒܠ

(Histrionic personality disorder)

ܝܠܗ ܚܕ ܛܘܦܣܐ ܒܠܠܝܢܝܐ ܕܝܨܝܪܐ ܘܙܕܩܐ ܘܡܠܟܬܐ ܕܠܒܥܬܐ ܕܬܟܠ ܕܐܚܪܢܐ

ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܐܢܝܬܐ

(Narcissistic personality disorder)

ܝܠܗ ܚܕ ܛܘܦܣܐ ܒܠܠܝܢܝܐ ܕܪܡܘܬܐ ܘܡܣܒܥܬܐ ܕܟܢܐ (ܒܕܘܟܬܐ ܒܪܝܫܐ ܐܘ ܗܦܝܩܐ) ، ܗܣܡܘܬܐ ܠܡܫܘܚܬܐ ܕܕܘܡܪܐ، ܘܟܪܝܗܘܬܐ ܕܚܫܢܐ.

ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܪܚܩܬܐ

(Avoidant personality disorder)

ܝܠܗ ܚܕ ܛܘܦܣܐ ܒܠܠܝܢܝܐ ܕܡܟܬܡܟܬܐ ܫܘܬܦܬܐ ، ܕܟܒܝܢܐ ܕܟܠ ܠܣܡܘܬܐ ، ܪܟܘܡܬܐ ܘܙܕܐ ܕܠܡܘܒܠ ܡܬܒܩܪܢܬܐ ܡܪܫܥܢܬܐ.

ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܗܓܒܠܬܐ

(Dependent personality disorder)

ܝܠܗ ܣܓܝܐ ܗܣܡܘܬܐ ܒܠܠܝܢܝܬܐ ܘܙܘܕܝܬܐ ܥܠ ܕܦܝܫ ܚܕ ܗܘܠܝܟܐ ، ܕܓܐ ܡܡܨܝܢܐ ܠܒܘܟܪܐ ܕܡܟܬܡܟܬܘܬܐ ܘܒܟܬܐ ܘܕܘܒܪܢܬܐ ܕܦܪܟܬܐ.

ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܬܘܗܦܢܬܐ - ܡܟܬܠܛܢܬܐ

(Obsessive-compulsive personality disorder)

ܝܠܗ ܚܕ ܛܘܦܣܐ ܒܠܠܝܢܝܐ ܕܒܛܠܛܬܐ ܒܗܕܪܡܘܬܐ ، ܬܡܒܠܘܬܐ ، ܘܙܒܛܢܬܐ ܕܦܘܬܐ ܘܐܗܘܕܐ ܓܘ ܦܪܝܘܦܝܐ ، ܠܒܩܪܐ ܕܐܘܪܐ ܒܓܗ ܪܒܓܘܬܐ ، ܘܣܢܩܐ ܕܘܒܝܐ ، ܘܡܒܒܕܢܘܬܐ.

ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܡܨܥܝܬܐ

(Borderline personality disorder)

ܝܠܗ ܚܕ ܛܘܦܣܐ ܒܠܠܝܢܝܐ ܕܟܠ ܪܗܒܓܘܬܐ ܕܐܗܘܕܐ ܓܘ ܦܪܝܘܦܝܐ ، ܣܢܩ ܒܘܗ ܟܢܐ ، ܡܘܙܓܐ ، ܘܙܒܛܢܬܐ ܕܗܦܣܢܝܐ. ܦܪܡܫܬܐ ܕܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܡܨܥܝܬܐ ܦܪܝܫܝܢ ܝܠܗ ܐܢܫܬܐ ܒܫܢܒ ܬܘܡܐ ܕܦܫܬܐ ܦܘܪܝܦܬܐ ܒܝܠܛܐ ܐܝܟ ܚܕ ܡܪܟܢܐ ܐܢܫܐ ܕܘܬܐ ، ܦܪܝܫܝܢ ܐܝܟ ܥܠܬܐ ܕܡܘܙܓܐ.

ܐܢܫܐ ܕܐܝܬܠܗܘܢ ܥܠܬܐ ܕܦܪܨܘܦܘܬܐ ܡܨܥܝܬܐ ܩܝܢܝܬܐ ܝܠܗ ܕܐܘܪܠܗܘܢ:

- ܟܢܝܫܐ ܡܘܙܓܝܐ ܕܘܒܝܐ
- ܒܪܬܐ ܟܠ ܠܣܒܩܐ ܐܘ ܒܗܡܘܬܐ ܕܙܒܛܢܬܐ ܕܒܪܬܐ.
- ܕܟܒܝܢܐ ܢܒܝܩܐ ܕܗܦܣܡܘܬܐ
- ܕܘܟܬܐ ܦܝܫܐ ܕܡܫܠܠܬܐ ܕܟܢܐ ، ܕܡܘܐ ܦܓܪܢܝܐ ، ܐܘ ܡܘܪܟܢܝܬܐ. ܐܘ ܕܘܟܬܐ ܕܓܠܘܬܐ ܕܟܢܐ.
- ܕܘܟܬܐ ܗܦܣܢܐ ܘܡܬܡܟܢܐ ܕܟܢܐ.
- ܗܠܘܡܐ ܕܐܗܘܕܐ ܟܠ ܕܗܒܓܐ.

- ܣܢܝܩ ܠܗ ܠܟܠܬܐ ܐܡܝܢܝܬܐ ܐܝܟܐ ܠܐ ܕܫܟܚܐ ܒܘܗ ܡܢܝܐ.
- ܘܕܘܟܬܐ ܕܥܒܕܬܐ.
- ܝܕܥܬܐ ܕܝܢܘܬܐ ܒܠܢܝܐ ܐܝܕܝܐ ܘܦܠܛܬܐ ܕܐܫܘܪܐ ܥܡ ܚܘܬܐ ܩܡܝܬܐ.

ܡܚܕܐ ܚܝܝܐ ܕܣܘܠܩܬܐ ܕܥܘܡܪܐ

ܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܕܟܐ ܟܠܝܐ ܓܘ ܐܚܝ ܥܡ ܡܪܝܓܐ ܐܝܕܝܐ ܕܥܘܡܪܐ. ܗܐ ܙܘܓܐ ܡܘܕܟܢܘܬܐ ܒܘܗ ܡܕܟܪܐ ܕܥܘܡܪܐ ، ܡܢܝ ܠܒܘܪܫܐ:" ܡܘܕܝ ܝܠܗ ܡܕܟܪܐ ܕܥܘܡܪܐ؟ " ܘܒܘܪܫܐ ܐܝܕܝܐ ܠܗ ܕܐܝܬܐ ܝܝܠܬܐ ܕܡܘܕܟܢܘܬܐ.

ܥܡܠܬܐ ܓܠܘܝܬܐ ܘܡܦܠܚܬܐ ܕܡܓܠܓܠܢܝܐ ܐܝܕܝܐ ܕܟܐ ܟܠܝܐ ܓܘ ܐܚܝ ܥܡ ܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܦܪܝܫܐܝܬ ܝܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܡܫܚܠܦܬܐ. ܐܝܟܐ ܓܘ ܟܝܠܘ ܕܪܡܝܬܐ ܒܘܥ ܡܫܒܪܬܐ ، ܘܡܪܓܪܬܐ ܕܥܡܠܬܐ ܘܡܦܠܚܬܐ ܕܡܓܠܓܠܢܝܐ ܐܝܕܝܐ ܒܡܟܟܪܝܘܬܐ ܓܘ ܗܘܢܐ ܕܟܐ ܐܢܝܩܬܐ.

ܡܘܕܝ ܝܠܗ ܫܘܠܐ ܕܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ؟

ܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܓܘ ܐܪܥܐ ܒܝܕܥܬܐ ܕܓܪܓܪܘܬܐ ܘܡܫܡܫܢܝܬܐ ܘܕܘܟܪܐ ܓܘ ܐܪܥܐ ܒܘܥ ܙܘܓܐ ܕܪܥܝܐ ܒܝܕܥܬܐ ܕܠܠܒܠܘܬܐ. ܚܕܟܡܐ ܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܐܝܬܐ ܙܘܓܐ ܒܢܕܥܐ ܓܒܠ ܠܓܒܪܐ (ܗܐ ܠܘܦܫܐ ܝܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܕܙܠܡܘܓܠ ܬܘܐܦܩܬܐ) ܐܝܟܐ ܐܝܕܝܐ ܐܝܬܐ ܙܘܓܐ ܒܢܕܥܐ ܓܒܠ ܝܡܬܐ (ܗܐ ܠܘܦܫܐ ܝܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܡܫܚܠܦܬܐ).

ܕܟܐ ܐܢܝܬܐ ܕܒܝܬܠܗܘܢ ܝܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܠܐ ܡܠܟܝ ܦܪܝܫܬܐ ܦܠ ܟܠܐ ܕܢܫܐ ܚܕܐ ܝܘܡܐ ܕܫܘܦܬܐ ، ܝ ܠܝܟܠܗܘܢ ܦܪܝܫܬܐ. ܫܘܠ ܕܐܗܐ ܐܝܠܗ ܟܪܘܒܬܐ ܕܡܕܟܬܐ ܒܘܗ ܫܘܠܐ ܕܝܠܠܬܐ ܘܕܐܝܟ ܓܘ ܐܪܥܐ ܘܙܘܓܐ.

ܫܘܠܐ ܦܪܝܫܐ ܡܚܘܝܐ ܓܘ ܗܘܝ ܥܡ ܐܚܪܢܐ ܦܪܝܫܐ ܕܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ. ܐܝܟܐ ، ܐܝܟ ܫܘܡܐ ܙܘܓܐ ܕܡܕܝܓܐ ܕܥܘܡܪܐ ، ܡܚܘܝܐ ܫܘܠܐ ܐܝܬܐ ܐܝܟ ܒܘܝܬܐ ، ܡܨܒܪܐ ܕܟܡܦܠܐ ܥܪܩܘܬܢܝܐ ، ܘܟܡܦܠܐ ܬܪܒܝܬܢܝܐ ، ܦܪܝܘܦܐ ܒܠܝܗ ، ܦܪܩܐ ܕܓܠܘܬܐ ܘܟܡܦܠܐ ܡܣܒܘܪܝܐ.

ܡܘܕܝ ܝܠܗ ܫܘܠܐ ܕܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܡܫܚܠܦܬܐ ؟

ܕܟܐ ܝܦܩܝ ܦܝܫܬܐ ܡܠܗ ܡܥܘܪܪܬܐ ܕܡܫܠܠܢܘܬܐ ܕܥܘܡܬܐ ܕܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܡܫܚܠܦܬܐ ܓܘ ܦܘܫܐ ܠܗ ܦܪܩܐ ܕܓܠܘܝܬܐ. ܐܗܐ ܕܡܝܬܐ ܡܠܗ ܠܠܐܝܕܘܬܐ ܗܐ ܡܕܝܓܐ ܐܝܕܝܐ ، ܐܝܟ ܡܕܟܪܐ ܕܥܝܕܐ ܘܡܕܟܪܐ ܕܝܠܬܐ.

ܐܝܗ ܡܘܟܠܬܐ ܕܝܠܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܡܫܚܠܦܬܐ ܗܘܡܐ ܐܝܗܠܗ ܐܫܘܪܐ ܒܟܠ ܬܘܡܬܐ ܒܝܡܢܝܬܐ ܠܗ ܡܘܫܐ.

ܡܫܡܕܬܐ ܒܝܕܥܬܐ ܕܓܪܓܪܘܬܐ ، ܟܠ ܡܦܡܡܬܐ ܕܟܠܐ ، ܘܦܪܥܬܐ ܕܓܪܓܪܐ ܡܢ ܦܠܓܕܝܐ ܠܗ ܡܝܫܬܐ ، ܦܝܫܬܐ ܡܠܗ ܣܒܝܒܬܐ ܕܡܠܟܘܬܐ ܐܝܟ ܐܝܬܐ ܟܡܦܠܐ ܬܘܚܦܝܐ ، ܦܪܝܫܐܝܬ ܡܫܡܕܬܐ ܢܪܝܓܬܐ ܠܗ ܡܥܝܬܐ.

ܝܡܬܐ ܗܘܡܐ ܒܘܥ ܗܘܝܠܗܘܢ ܝܠܬܐ ܕܦܪܝܘܦܩܘܬܐ ܡܫܚܠܦܬܐ ܡܢ ܓܒܪܐ.

ܡܘܕܝ ܕܪܡܢܬܐ ܐܝܠܗ ؟

ܒܥܡܘܬܐ ܕܕܪܡܢܢܐ ܕܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܓܘܢܓܐ ܠܟܘܢ. ܐܝܟܐ ܕܕܪܡܢܬܐ ܓܠܝܐ ܠܝܗ ܥܠ ܐܝܟܐ ܕܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ.

ܕܟܐ ܡܢ ܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܐܝܬܠܗ̇ ܗܘܝܐ ܒܡܫܝܐ ܐܚܪܢܐ ܕܗܘܢܐ ، ܐܟܝ ܕܒܘܟܪܐ ܠܝܗ ܒܢܝܫܐ ܒܘܪ ܪܫܝܡܐ ܘܢܛܪܐ. ܗܐ ܛܘܦܣܐ ، ܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܬܘܩܦܢܝܬܐ - ܡܥܒܠܛܢܝܬܐ ܐܝܬܠܗ̇ ܗܘܝܐ ܥܡ ܥܠܠܬܐ ܬܘܩܦܢܝܬܐ - ܡܥܒܠܛܢܝܬܐ ، ܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܫܓܘܫܝܐ ܐܝܬܠܗ̇ ܗܘܝܐ ܥܡ ܫܓܘܦܝܢܐ ، ܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܕܪܚܡܬܐ ܐܝܬܠܗ̇ ܗܘܝܐ ܥܡ ܙܒܢܬܐ ܬܘܬܦܝܬܐ. ܒܘܪ ܐܗܐ ، ܡܒܥܡܐ ܐܘܪܚܐ ܕܕܪܡܢܢܐ ܪܡܝܐ ܗܘܡܐ ܦܝܫܝ ܡܘܦܠܝܐ.

ܗܐ ܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܡܥܝܢܬܐ ، ܕܪܡܢܢܐ ܢܦܩܢܝܐ ܐܝܬܐ ܐܘܪܚܐ ܪܝܫܝܬܐ ܕܪܡܢܬܐ. ܕܪܡܢܬܐ ܕܒܘܟܪܐ ܒܐܘܪܚܐ ܕܝܐܠܩܛܝܩܝܬܐ (DBT) ܐܝܬܠܗ̇ ܚܕܐ ܐܝܟܐ ܕܪܡܢܬܐ ܕܒܘܟܪܐ ܗܘܦܠܝܐ ܕܝܬܘܗ̇ ܒܝܗ ܡܘܙܓܐ ܠܐ ܪܫܝܡܐ ܘܡܘܙܓܐ ܗܦܟܬܢܐ.

ܐܗܐ ܕܪܡܢܬܐ ܓܘ ܦܠܦܐ ܐܢܫܐ ܕܐܓܝ ܡܕܪܒܝ ܝܕܘܥܬܗܘܢ ، ܘܕܪܒܝ ܥܠܦܝ ܐܘܪܚܐ ܕܗܘܦܟܐ ܒܟܒܪܐ ܥܡ ܐܢܫܐ ܘܥܡ ܢܦܫܐ.

ܚܕ ܡܢ ܐܢܫܐ ܕܕܪܡܢܬܐ ܕܐܢܫܐ ܕܐܝܬܠܗܘܢ ܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܡܥܝܢܬܐ ܐܝܬܠܗ ܡܕܪܒܐ ܕܝܕܥܬܐ ܕܝܠܗܘܢ ܘܕܘܟܪܐ ܕܡܫܠܠܐ ܕܝܠܗܘܢ. ܕܪܡܢܬܐ ܕܒܘܟܪܐ ܒܐܘܪܚܐ ܕܝܐܠܩܛܝܩܝܬܐ (DBT) ܡܣܘܝܐ ܠܟܘܢ ܡܥܒܕܢܘܬܐ ܥܠ ܙܒܢܬܐ ܕܒܘܟܪܐ ܕܡܫܠܠܐ ܕܝܠܗܘܢ.

ܒܕ ܦܪܡܝܬܐ ، ܒܘܪ ܕܪܡܢܬܐ ܡܥܒܕܢܝܬܐ ܕܥܠܠܬܐ ܕܦܪܨܘܦܘܬܐ ܗܠܐ ܓܘܢܓܐ ܠܟܘܢ ، ܒܗܕܐ ܕܕܪܡܢܬܐ ܦܬܐ ܛܠܝܒܬܐ ܒܠܒܘܬܐ ، ܒܗܕܐ ܕܗܘܢܐ ܒܘܪ ܡܥܒܕܢܝܬܐ.
ܗܘܕܝܐ ܕܝܬܘܬܐ ܘܫܒܪܘܬܐ ܕܐܢܫܐ ܕܐܝܬܠܗܘܢ ܥܠܠܬܐ ܕܩܠܝܫܘܬܐ ܗܕܟܐ ܟܠܗ ܓܘ ܩܠܝܒ ܒܥܒܝܕܘܬܐ ܘܫܩܠܬܐ.
ܗܢܕܬܐ ܘܡܠܦܬܐ ܘܐܦ ܦܪܡܝܬܐ ܒܘܪ ܥܦܝܒ ܡܢ ܗܘܕܝܐ ܕܒܘܪܟܬܐ ܐܝܬܐ ܗܘܝܐ ܐܢܫܝܐ ܕܕܪܡܢܬܐ.

ܐܝܟܐ ܐܙܠܬ ܩܐ ܥܘܕܪܢܐ ܕܗܘܢܐ

- ܐܣܝܐ ܕܒܝܬܘܬܐ
- ܡܬܚܘܡܐ ܕܫܘܠܛܢܐ ܕܚܘܠܡܢܐ
- ܡܬܚܘܡܐ ܕܫܘܠܛܢܐ ܕܗܘܢܐ ܕܚܘܠܡܢܐ

ܩܐ ܡܘܕܥܢܘܬܐ ܒܘܗ ܝܘܠܦܢܐ ، ܣܘܒ ܝܘܠܦܢܐ ܕܡܕܝܢܬܐ ܘܕܘܒܪܢܐ ܥܡܡܝܐ ܕܚܘܠܡܢܐ ܘܢܨܝܒ ܠܡܢܝܢܐ ܕܡܕܒܪܢܘܬܐ ܕ24 ܫܥܐ ܓܘ ܟܠ ܝܘܡܐ ܡܢ ܚܕܟܒܫܒܐ ܕܝܠܦܐ ܕܡܕܝܢܬܐ.
(Community Help and Welfare Services)

ܝܢ ܫܘܐܠ ܠܡܬܪܓܡܢܐ ، ܡܚܝܕ ܩܐ **(TIS)** ܒܟܠ ܡܢܝܢܐ ܕܬܠܝܦܘܢ **13 14 50**.

ܩܐ ܥܘܕܪܢܐ ܥܓܠܢܐ ܕܡܕܒܪܢܘܬܐ ، ܡܚܝܕ ܩܐ ܒܝܬܠܐ ܚܝܐ ܒܟܠ ܡܢܝܢܐ **131114** (Lifeline) ܒܝܬܠܐ ܚܝܐ ܩܝܡܐ ܐܦ ܡܡܛܝܒ ܡܢܝܢܐ ܐܚܪܢܐ ، ܡܘܕܥܢܘܬܐ ܘܙܘܕܐ ܥܘܕܪܢܐ.

ܐܝܬ ܙܘܕܐ ܡܘܕܥܢܘܬܐ ܓܘ:

www.mmha.org.au

www.mifa.org.au

www.sane.org

ܒܘܗ ܐܗܐ ܟܘܪܗܢܐ

ܐܗܐ ܟܘܪܗܢܐ ܝܠܗ ܦܘܫܩܐ ܡܕܥܢܐ ܡܢ ܝܘܠܦܢܐ ܕܟܘܪܗܢܐ ܟܡܝܢܐ ܒܘܗ ܡܪܥܐ ܕܗܘܢܐ ܕܦܝܫܐ ܗܢܝܐ ܘܙܘܢܝܗ ܒܟܘܠܟܢܐ ܐܦܫܛܪܢܐ ܡܫܬܒܫܬܐ ܐܪܥܬܐ ܕܫܘܠܛܢܐ ܕܗܘܢܐ. ܡܘܕܥܢܘܬܐ ܒܘܗ ܡܪܥܐ ܕܝܠܦܢܐ ܕܗܘܢܐ ܩܢܝܐ ܝܠܗ ܡܫܘܚܠܦܐ ܠܗ ܟܘܪܗܢܐ ܐܚܪܢܐ ܕܐܗܐ ܝܘܠܦܢܐ ، ܕܝܣܘܪܐ ܝܢܐ:

- ܡܘܕܝ ܝܠܗ ܡܪܥܐ ܕܗܘܢܐ ؟
- ܡܘܕܝ ܝܠܗ ܝܘܠܦܢܐ ܕܡܠܝܣܘܬܐ ؟
- ܡܘܕܝ ܝܠܗ ܝܘܠܦܢܐ ܕܡܘܙܓܐ ܕܗܕܝ ܡܘܚܠܦܐ؟
- ܡܘܕܝ ܝܠܗ ܝܘܠܦܢܐ ܕܫܠܝܦܘܬܐ ܠܒܢܐ ؟
- ܡܘܕܝ ܝܠܗ ܝܘܠܦܢܐ ܕܐܓܠܬܐ ؟
- ܡܘܕܝ ܝܠܗ ܝܘܠܦܢܐ ܕܫܝܙܘܦܪܢܝܐ ؟

ܐܢܫܝܐ ܡܨܝ ܩܐ ܒܠܒܝܗܝ ܟܘܪܗܢܐ ܩܢܝܐ ܝܠܗ ܡܫܚܠܦܝܗܝ ܡܢ: ܫܘܠܛܢܐ ܕܗܘܢܐ ܘܫܘܬܦܘܬܐ ܕܦܘܠܚܢܐ ܒܟܠܗ ܕܚܘܠܡܢܐ ܐܘܣܛܪܠܝܐ ܦܘܪܫܐ ܕܫܘܠܛܢܐ ܘܡܕܒܪܢܘܬܐ ܕܝܢܐ:
(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

ܩܐ ܡܢܬܐ ܕܐܢܫܝܐ ܕܠܫܢܐ ܐܚܪܢܐ ، ܡܚܝܕ ܩܐ ܕܐܗܐ ܬܘܡܐܬܐ ܘܒܟܠ ܕܐܗܐ ܡܢܝܢܐ:
(Multicultural Mental Health Australia)
Tel (02) 9840 3333

www.mmha.org.au

Insert your local details here

Version 1 November 2007