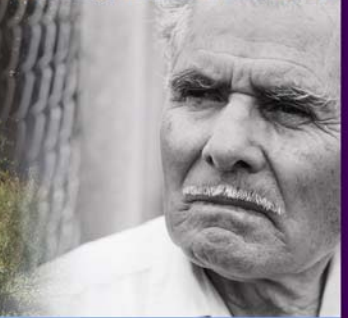


Wetin na haflahun (ful-ful)? (What is schizophrenia?)



Wetin na haflahun (ful-ful)?

Haflahun pipul kin ɔlwes get mago-mago, pwɛl-hat, aw-awun ɛn de mɛk lɛk tru-tru, krɛs. Di ɔda wɔd fɔ kɔl dis sik na haflahun.

Pipul kin ɔlwes tɔk bad bɔt haflahun. Dis kin mɛk de sik pasmak, ɛn go mɔna di pɔrsin ɛn in fambul dem.

Haflahun kin bigin pan pɔrsin way dae bitwin 15 to 25 yia ɛn kin evin ole big pipul dem. Wan (1) pa ɛni ɔndrɛd (100) pɔrsin get dis sik

Fɔ ɛvri 10 pɔrsin way get di sik, 3 pɔrsin go wɛl fayn-fayn, bɔt fɔ di sɛvin way lɛf, de sik go de kam ɛn go

E kwik for mɛk e sidɔm pan pɔrsin ɛn kin kam wit bad bad sayn dem way kin day fɔ bɔrku wik, ɔr kin kam smɔl smɔl ɛn sidɔm sɔmtem fɔ bɔrku mɔnt ɔr yia

Way e kin stat pan pɔrsin, dis go mɛk de pɔrsin ɔltem kip to insef, ɔr in hart go pwel, ɛn go de wɔri.

Fɔ kɔt bifo kwik go ɛp fɔ tap am.

Fɔ no say yu get dis sik ɛn kɔt bifo kwik go ɛp yu tumara banbai

Bɔrku tin de way wi nɔr no bɔt haflahun, way kin lid to aw wi dae wach ɛn kip faa frɔm udat get de sik. Dis kin mɛk dem gud pipul way de ɛp fɔ kɔntrol dis sik go de frayd fɔ do di woke

Wan tin way de mɛk pipul frayd dis sik na dat, den kin fil say haflahun pipul dem bad ɔltem. Den nɔr kin bad so, mɔr lek way den de get de rite tritment ɛn ɛp. Lek sɔmtem, smɔl numba pan de wan dem way aflahun kin rɔf, dat na way de sik kin dɔn bad ɛn nɔr de get tritment. Sɔm aflahun pipul kin evin bad to dem sef ɛn sɔm kin wan kil dem sef.

Pipul kin fil say lyte-hade na way pɔrsin nɔr de bihave aw e fɔ de du. ɔldo den kin shɔ de saym habit, bɔt e difren frɔm haflahun.

Haflahun pipul dem kin bihave wel sɔm tem dem. Dis sik nɔr bad lek tru-tru krese. ɔldo sɔmtem dae, de tu sik dem fiba.

Wetin na dae sayn dem fɔ aflahun?

De big aflahun sayn dem na lek:

- ɔlwes de tɔk bɔt tin dem way nɔr to tru. haflahun pipul kin ɔlwes fil say pipul nɔr lek dem, en de plan bad fɔ dem ɔr kin memba say den nɔr empti. Dis kin mek dem ɔlwes kip to dem sef
- Yu go de tɔk pan yu sef lek say yu yeri voys. ɔda tin den way de kin expirense wan wan tem na dat den kin si, fil, tase en smel tin den way nɔr kɔmon toram en nɔr day at ɔl.
- Yu mynd kin myx up- yu tɔk de hart en nɔr de mek sense, saym way so, nɔr ebul tɔk kɔrekt.

Oda sayn dem bɔt aflahun na:

- E nɔr min say way de pɔrsin nɔr ebul kuk ɔr bruk in kloze na lazines, bɔt na so de sik kin du pɔrsin.
- E kin hart fɔ mek dem ebul tink, en plan korekt. Dis kin mekam difikɔlt fɔ di pɔrsin fɔ tink fayn,

tɔk to ɔda pipul dem en du tin fɔ insef.

- ɔltem e damu, en nɔr ebul sho sayn fɔ natin. Dis kin ɔltem kam wit de rɔng sayn fɔ bad ɔr gud tin.
- Go kip to insef ɔltem bikɔz yu de fil say pɔrsin go du yu bad en de frayd fɔ de wit ɔda pipul dem bikɔz yu de mek ful-ful.
- Nɔr ebul tink pɔkpa, yu de ɔlwayz tɔk pan yusef

Haflahun pipul fil say den nɔr sik. Dis kin mek de woke tranga fɔ dem gud pipul dem way de ep fɔ men de sik. Sɔmtem na way haflahun pipul nɔr no bɔt dem pɔblem, en na way de meresin kin mɔna mek den nɔr lek fɔ teik tritment.

Wetin de kam wit haflahun?

Den nɔr ebul fen wetin de kam wit haflahun, bɔt bɔrku ɔda tin dɔn sho aw dis sik de bigin.

Man en uman kin gɔt dis sik, bɔt e kin stat pan man dem kwik pas uman.

Aw yu kin get am frɔm udat bɔn yu

De riks fɔ get dis sik kin stat na de famili way yu bɔn. Dis prɔblem kin ole eni bɔdi, bɔt if wan pan yu mama ɔr dadi get am, de chans fɔ mek yu get de sik smɔl.

Aw di bɔdi in yam-yam sef kin mek pɔksin get dis sik

Sɔm haflahun sik de kam frɔm yu pipul dem.

Lek de wahala way kin de pan bɔn pikin, dis kin anbɔg di pikin in sens

Fambul biznes

Den nɔr ebul fen sɔmtin fɔ shɔ say fambul biznes kin bryng dis sik.

Sɔm pipul way get dis sik kin pik up famili kuskas kwik. Dis kin mek den sik grap bak.

Wɔri-hat

Wi ɔl no say wɔri-hat de mek rode fɔ haflahun. Dis kin tan lek tin den way kin anbɔg udat wik.

Haflahun pipul ɔlways get pwelhart, wɔri-hat en mago-mago en nɔr kin ebul konsentrate bifo de

pasmak sayn den de bigin sho. Dis kin bring wahala to yu woke, lan biznes en ow yu de wit pipul den de poil. Lek oltem, pipul de fil say na dem tin ya de klia di rode fɔ de sik,

bɔt na haflahun kin put dem tin ya par pɔksin. Wi nɔr ebul no if na pwel hart de kam wit haflahun sik ɔr na de sik kin lid to pwel hart

Rɔm en ɔda kayn drɔg den yuse wan

Fɔ it dem bad-bad chɔp lek rɔm, djamba go shake yu hade en dis kin tɔn to haflahun. Ah lek den it ya nɔr de gi haflahun sik, bɔt kin ep fɔ mek de sik kam bak.

Haflahun pipul den lek fɔ teik dem bad bad chɔp ya pas pɔksin way nɔr get de sik en dis kin mek de sik tranga fɔ men. Haflahun pipul dem lek fɔ smɔke bak en dis de anbɔg den helt.

Wich kayn tritment dae?

Di tritment way de woke tranga wan fɔ dis sik, na fɔ ɔlways teik di meresin way dɔkta say, men aw

yu mynd de woke en gi ep fɔ manage aw fɔ liv witam. Fɔ lan bɔt de sik en aw fɔ teik kia ɔfam way e bigin fɔ shɔ gud sayn.

Bicɔz meressin de naw fɔ way pɔrsin in sens bigin fɔ anɔɔg dɔn mek fɔ trit haflahun nɔr hart lek fɔstem. Pipul nɔr nid fɔ go lay dɔn na ɔspitul, den kin teik di meressin na ose tay den wel.

Meresin de woke fayn way e men de tin way bin dɔn anɔɔg na de hade en get fɔ du wit de sik.

Meresin way jis kam bɔt den dɔn tri, de bring kam fayn fayn wel bɔdi en nɔr kin get bɔrku ɔda kɔmplayn.

Haflahun na sik lek eni ɔda siknes. Lek aw di bɔdi get yam-yam fɔ kontrol shuga na pɔrsin in bɔdi

Na so dis meressin fɔ men dis sik go kontrol di sayn dem tae go.

Lek shuga sik, haflahun pɔrsin go get fɔ teik dis meressin tae go, dis go kontrol de sik.

Fɔ chayng yu habit lek way yu de tap fɔ teik dem bad chɔp lek nɔm

en djamba go ep fɔ mek pɔrsin wel kwik.

Oldo we nor no bot eny meressin way go men dis sik, bot for see yu dokta or dokta way de men krase en ɔda kayn difren gud pipul dem way de gi kɔrekt infɔmashɔn bɔt de sik go ep pipul fɔ kontrol de sayn dem en liv beteh lyfe.

Yu kɔmpin dem kin bee beteh ep, gud sai fɔ get infɔmashɔn en abop.

Sɔmtem, sɔm kayn meressin way de fɔ de sik in sayn dem lek way yu fil gud bɔt yusef kin ep. ɔda prɔblem lek aw yu luk go fayn fɔ wach bak.

Sɔmtem di ep way yu get frɔm den wan way de men kres en gi surpɔt kin ep wit woke, mɔni, ose, padi en way yu lef to yusef prɔblem.

Way yu pɔrsin ɔr padi get dis sik kin mek yu tɔrment en get pwel hart. Fɔ mek pipul no bɔt dis sik, en aw ɔlman kin put in yone smɔl ep, kin ep fɔ tap dis prɔblem.

Usai fɔ go wae yu nid ɛp?

- Yu dɔkta (dat na yu GP)
- Yu kɔminiti helt 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 telefone numbs na ya so.

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

If yu wan kiwis sai fɔ tyke to ɔksin bɔt yu trɔbul, go or kɔl dab sai wae naym Lyfelyne (LifeLine) pan 13 11 14.

Lyfelyne kin gi ɔda sai dɛn fɔ kɔl ɛn dɛn go talk yu bɔrku ɔda tin fɔ no ɛn ɛp yu.

Bɔrku ɔda tin de fɔ no na:

www.mmha.org.au

www.sane.org

www.mifa.org.au

www.ranzcp.org

Insert your local details here

Wetin fo no bot dis paypa

Dis paypa ya de wit borku oda paypa den way den rite bot krase sik en na Australian govment gi de kopor as den de tri for fet krase biznes na de ole kontri.

Oda paypa way den don rite bot den same kayn tin na den wan ya so:

- *Waytin na krase sik?*
- *Waytin e min for de wit afraid oltem?*
- *Waytin e min way ow yu de fil de go up n don?*
- *Waytin e min way yu hart poil oltem?*
- *Waytin na krai-beleh or angri-beleh?*
- *Waytin e min way yu nor de du tin way fiba yu?*

Yu kin get den paypa ya fɔ natin na Wel hade ɛn woke man biznes

Wae na sai fɔ di Australia govment

Dipatment fɔ wel bɔdi ɛn ole pipul biznes

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 Helt na ɔstraylia (Multicultural Mental Health Australia) ya so pan dis nɔmba: (02) 9840 3333 www.mmha.org.au

