

Fo spy mama inn papa en oda fambul:

Krio

De wɛl hade en wɛl bɔdi fo pain en yong pɔrsin

(Supporting parents and families: the mental health and wellbeing of children and young people)





Wi pikin dɛn wɛl gɛt krɛsɛd ed biznɛs

Insai ɔstraylia, wi gɛt lɔk wɛl plɛnti pan wi pikin dɛm ɛn yɔng pipul dɛm dae ɛnjoɪ guud hɛlt. Saym wɛl so, krɛs sik dɛn bɔrku pan pipul dɛm wɛl nɔr rich twɛnti fayv yia yate. Sɔm pan dɛm trɔbul nɔr kin pasmak ɛn nɔr kin tay. ɔda wan dɛm kin tay de anbɔg pikin ɛn yɔng pipul dɛm pasmak ɛn dɛn fambul.

Pwɛl hart ɛn frayd frayd, tranga ɛn waewɔd trik, kry bɛlɛh, wɛl yu de dae na yu yone wɔld, da sik wɛl de mɛk yu du bad to yusɛf kin anbɔg pikin ɛn yɔng pipul dɛm. Dɛn kin fɛnam difikɔlt bak fɔ bia wit sik ɔr wɛl dɛn fambul dye.

Pipul dɛn kin bia wit Krɛs sik. Yu kin ɛp yu pikin ɔr smɔl fambul sɛf fɔ de in gladi wan, du bɛtɛh na lyfe wɛl yu aksept dɛm fɔ tɔk bɔt am ɛn tri fɔ setul dɛn prɔblɛm.

Dis paypa go ɛp yu fɔ no bɔt aw de sik kin kam, aw e fayn fɔ gɛt ɛp kwik ɛn de wɛl dɛm fɔ bato yu pikin.

Wɛtin mama-papa ɛn fambul kin du?

Fɔ bɔn pikin ɛn gɛt famili kin fayn fɔ pikin, yɔng pipul dɛm wɛl ed ɛn wɛl bɔdi biznɛs. Yu nɔr go no, bɔt yu dɔn dae kɔba yu pikin dɛm wɛl hade ɛn wɛl bɔdi biznɛs jis bi:

- Wɛl yu sho dɛm lɛknɛs, yu bizi ɛn kia bɔt yu pikin dɛm wɛl wan
- Wɛl yu lɛk fɔ tɔk to yu pikin dɛm bɔt aw dɛn de fil ɛn fɛn wɛl fɔ ɛp sɔlv dɛn prɔblɛm evin wɛl e at
- Wɛl yu pikin gɛt pwɛl hat, wɔri wɔri ɛn yu tri fɔ mɛk e fil fayn
- Wɛl yu de gɛt tɛm fɔ dae wit yu pikin dɛm, ɛn ina de du tin dɛm tugɛda
- Wɛl yu no bɔt wɛtin yu pikin dɛm nid ɛn aw dɛn de big na lyfe
- Wɛl yu de kia fɔ dɛm ɔltɛm ɛn nɔr de hole dɛm wit tranga an
- Yu de spɛnd tɛm wit yu pikin dɛm wan wan
- nɔr de bring dɛm kam pan yu hala hala tɔk ɛn kin fɛn kwik ɛp wɛl yu nɔr aybul tɔk kase bitwin yu fambul dɛm.

Wɛl yu de ɛp pikin ɛn yɔng pɔrsin wɛl gɛt hart/filin wɛl kwik fɔ tɔn ɔr gɛt hade prɔblɛm, kin begin pan wɛl e de lisen fayn. Fɔ aksept dɛm ɛn mɛk dɛn no sae dɛn bilɔng sɔm sai fayn. Yu fɔ lɛk wɛl yu pikin dɛn de tɔk to udat dɛn trɔs ɛn dɛn fɔ lisen tu yusɛf, bɔt yu fɔ fos dɛm fɔ tɔk. Yu fɔ bato ɛn notis wɛl dɛn du fayn tin, mɔr lɛk tin wɛl smɔl, ɛn yu nɔr fɔ put dɛn dɔn ɔltɛm.

Wɛl yɔng pɔrsin de gɛt ɛp frɔm masta sabi pɔrsin fɔ wɛl dɛn gɛt prɔblɛm wit dɛn hade, yu kin stil du plɛnti fɔ ɛp dɛn wɛl. Fɔ gi ɛp to yɔng pɔrsin dɛn tɛm ya, dɛn fɔ no sae yu kia bɔt dɛn wɛl wan ɛn yu de fɔ ɛp dɛm. Mɛk yu ose lɛk sai wɛl nɔr gɛt plaba plaba, gi guud guud wɛl bɔdi chɔp, lɛf yu pikin dɛm fɔ du wɛtin dɛn lɛk fɔ du ɛn pul tin wɛl go anbɔg dɛm.

Sɔm yɔng pipul dɛm nɔr kin gri fɔ gɛt ɛp ɛn nɔr kin aksept sae dɛn gɛt prɔblɛm. Wɛl dat apun, yusɛf fɔ aks fɔ advyse ɛn ɛp. If de tin luuk soba, aks fɔ ɛp wan tɛm. Dis kin tan lɛk wɛl yu nɔr aybul, bɔt e fayl sɔmtɛm dae.

Oustem fə gət ɛp

Mama, papa ɛn ɔda fambul dɛm kin ɔltɛm bi de fɔs pipul dɛm fə no bɔt ɛni chayng, bɔt dɛn kin fɛnam at fə tɔk bɔt dat. Dɛn kin shaym bak fə aks fə ɛp ɔr nɔr kin no usai fə go fə ɛp. Sɔmtɛm dae, dɛn kin plan fə wayt, de mɛmba sae de prɔblɛm go dɔn. Bɔt fə plɛnti wɛl hade prɔblɛm, wae yu aks fə kwik ɛp kin fayn. If yu nɔr no bɔt yu pikin in helt betɛh , de bɛst tin yu fə du na fə aks masta sabi pɔrsin fə advyse.

Wɛtin yu fə du fɔs, yu go lɛk fə tɔk to udat yu trɔs, lɛk yu dɔkta, pɔrsin na yu lokal kɔminiti helt sɛnta, yu pikin in ticha, dɛn wan wae kin tɔk to pikin dɛn na skuul, yu imam ɔr yu pastɔr. Guud guud ɛp fə pikin ɛn yɔng pipul dɛm na da tɔk wae masta sabi pipul dɛm kin tɔk to dɛm ɔr sɔm kayn tritment. Dɛn wan ya kin ɔltɛm de na yu lokal kɔminiti, bɔt nɔr de anbɔg skuul ɛn fambul lyfe.

Wɛtin wi de wach fə

Nɔr to wan tin de bryng kam krɛs hade wahala, bɔt de tin wae kin ɛp fə kam wit am na wae yu pɔrsin dye, wae ɔlman de kɔmɔt nia yu na skuul, gbosgbos, kɔskɔs ɛn sɔm tranga tin dɛm na famili.

Dɛn wan ya na sɔm pan de krɛs hade sayn dɛm wae kin sho pan pikin ɛn yɔng pipul dɛm. Wae de sayn dɛn tay pas tu wiks, na tɛm fə si masta sabi pɔrsin fə ɛp.

- Yu nɔr de aybul fə dae fayn wit ɔda pikin dɛm
- Yu skuul mak de kam dɔn dɔn
- Yu bɔdi de bɔrku ɔr go dɔn
- De wae yu blant slip ɛn it go chayng
- Frayd frayd
- Nɔr de gɛt trɛng ɔr zil fə du sɔmtin
- Yu at de wam wam
- Bɛt bɛt, krach krach ɛn gɛt hala hala ɔltɛm
- Pasmak ɔntraynin ɔr gbingbin
- Kry kry bɔrku
- De spɛn smɔl tɛm wit padi dɛm ɔr de avoyd dɛm
- Nɔr abop pan ɛnitin ɛn de fil sae yu nɔr betɛh
- Nɔr de gri go skuul ɔr du wɛtin dɛn blant du
- De yuse rɔm ɛn drɔg pasmak

Wae pikin ɛn yɔng pɔrsin de ɔltɛm mɛmba fə anbɔg dɛn sɛf ɔr wan fə dye, dɛn kin nid kwik masta sabi pipul dɛn ɛp.

Usai fə go fə ɛp

If na tin wae ɔrgɛnt, kəl:

- iməɛnsi sarvis - phone 000
- Yu GP (dat na yu dɔkta) ɔr
- Yu lokal ɔspitul iməɛnsi dipatmɛnt.

De 24 awa tɛlifone layn na dɛn wan ya so:

Lyfelayn (Lifeline)

Fone: 13 11 14 (na lɛk wae yu kəl insai yu yone tɔng)

Pikin dɛm ɛp layn (Kids Help Line)

Fone: 1800 55 1800 (Yu nɔr de pay fə dis kəl)

ɔda sai dɛm fə go fə ɛp na:

- Yu GP (dat na yu dɔkta)
- Dɛn wan wae kin tɔk to ina pikin dɛm na skuul
- Yu lokal Kɔminit hɛlt sɛnta ɛn
- Yu lokal sai usai dɛn kin mɛn krɛs.

Mɛmba sae de helt dipatmɛnt na yu stayt ɔr tɛritori kin ɛp bak fə gi nyus bɔt ɔda savis dɛm usai yu tap.

ɔda kɔpi fə dis paypa dae na da wɛl hade ɛn ɔlsai sai wae de fə tap pipul dɛm nɔr fə kil dɛn sɛf, de dipatmɛnt fə wɛl bɔdi biznɛs ɛn ole pipul dɛm na ɔstraylia wae yu kəl 1800 066 247 ɔr yu sɛn fax 1800 634 400. Dɛn wɛbsyte na:
www.mentalhealth.gov.au.

If yu go lɛk pɔsin fə intaprit fə yu, kəl (TIS) pan dis nɔmba 13 14 50

fə gɛt ɔda kɔpi insai ɔda pipul dɛn langwayg, kəl Mɔltikɔltchoral Mental Hɛlt na ɔstraylia (Multicultural Mental Health Australia) ya so pan dis nɔmba:

(02) 9840 3333

www.mmha.org.au

De kɔmɔnwɛlt gɔvnmɛnt no bɔt wɛtin NSW dipatmɛnt fə wɛl bɔdi bisnɛs fambul ɛp kit du wae dɛn bin dae mɛk dis paypa.

De nɔmba wae gi dis paypa ok fə kam na dou na: 2781

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