

Pan sɔmtin dɛm, de pɔrsin nɔr kin aksept ɛp. Wɛtin mɛk i fayn fɔ ɛp dɛm fɛn ɛp, bɔt yu nɔr go fos dɛm fɔ teik am. Yu fɔ mɛk shaw sae de ryte pipul dɛn no bɔt wɛtin de apun. Yu nɔr fɔ du am yu wan.

8. Aks fɔ mɛk dɛn prɔmis

Wae pipul kin mɛmba fɔ kil dɛn sɛf kin kam ɛn go ɛn wae dis apun, i fayn fɔ de pɔrsin fɔ tɛl sɔmbɔdi. Wae yu aks dɛm fɔ mɛk dis prɔmis, i pɔsibul fɔ mɛk dɛn luuk fɔ ɛp.

9. Wach oba yusef

Wae yu de ɛp pɔrsin wae wan kil inɛf, yu fɔ tri fɔ teik kia ɔf yusef. i at ɛn mɔna fɔ gi ɛp to udat wan kil inɛf, mɔr lɛk wae i tay. Yu wan nɔr fɔ du am. Fɛn pɔrsin fɔ tɔk wit, lɛk yu padi, fambul ɔr masta sabi pɔrsin.

10. Nɔr pul an

Wae pɔrsin kin mɛmba fɔ kil inɛf nɔr kin kɔmɔt na dɛn mynd so nɔrmɔ wae de pɔrsin nɔr gɛt sɔm kayn chayng na in lyfe. Dɛn lyfe ɛn aw dɛn de fil bɔt dat kin chayng ɔr dɛn kin fil sae dɛn de gɛt plɛnti ɛp ɛn aybul dil wit am. Wae dɛn tu tin apun, i fayn fɔ mɛk fambul ɛn padi dɛm stil gi an to de pɔrsin.

Wae yu de mɛmba fɔ kil yu sɛf nɔr kin jis lɔs bi inɛf. Pipul nid ɛp fɔ tap dis kayn wae fɔ tink. Yu ɛp kin mɛk big big tin na de pɔrsin in lyfe.

USAI Fɔ GɛT ɛP

Fɔ gi dɛn kwik ɛp wae pɔrsin lyfe de pan wahala, kol de polis pan 000 ɔr go na yu lokal ɔspitul imagensi dipatment.

DɛN OLE DAE ɛN NɛT WAHALA TɛLIFONE NɔMBA Fɔ USAI DɛN KIN TɔK TO PIPUL DɛM:

Insai de ole kontri (National)
Lyfelayn (Lifeline) 13 11 14
Pikin ɛp layn (Kids Help Line) 1800 55 1800
SANE Helpline 1800 18 7263
Mensline Australia 1300 78 9978
If yu wan Lyfelayn den number (lifeline) fɔ ask bɔt krase sik Infomahon Lyne na fɔ kol dis nomba ya 1300 13 11 14 ɛn aks den bɔt am (oplain de opun on Monde (Monday) to Fride (Friday) 9am to 5pm EST)

ACT
Dɛn wan wae de wach wahala ɛn tritam
(Crisis Assessment and Treatment Team) 1800 629 354

Insai New South Wales
(Dɛn wan wae de ɛp ɛn bato wɛl hade biznes na NSW)
(NSW Rural Mental Health Support Line) 1800 201 123
Dɛn wan wae de tap pipul dɛm nɔr fɔ kil dɛn sɛf ɛn put an pan de wahala
(Suicide Prevention and Crisis Intervention) 1300 363 622
Salvo Kia layn (Salvo Care Line) 02 9331 6000

Northan Teritori (Northern Territory)
Northan Teritori wahala layn (Crisis Line Northern Territory) 1800 019 116

Queensland
Da sarvis wae kin tɔk to pipul dɛm bɔt dɛm trɔbul
(Crisis Counselling Service) 1300 363 622

South Australia
(Usai dɛn de wach fɔ wɛl hade ɛn put an pan de wahala)
(Mental Health Assessment and Crisis Intervention Service) 13 14 65

Tasmania
Samaritan lyfelynk (Samaritans Lifelink)
Na de kontri (country) 1300 364 566 Insai Tasmania (metro) 03 6331 3355

Victoria
Layn usai dɛn de tap pipul dɛm nɔr fɔ kil dɛn sɛf na Victoria
(Suicide Help Line Victoria) 1300 651 251

Western Australia
Da Samaritan kwik sai fɔ kol wae de tap pipul dɛm nɔr fɔ kil dɛn sɛf
(Samaritans Suicide Emergency Service) na de kontri (country) 1800 198 313 insai wɛsten ɔstraylia (metro) 08 9381 5555

DA SAVIS DɛM:

Yu GP (dat na yu dokta)-si da yelo payg fɔ dɛn naym
Wɛl hade tim (si kominiti helt sɛnta na de wyte payg)
Da sarvis fɔ tɔk to pipul dɛm (si da yelo payg fɔ dɛn naym)
SANE ɛp layn 1800 18 72 63 (Mɔndae – Frydae 9am to 5pm EST) Fɔ ɛp fɛn ɔda sarvis dɛm, kol lyfelayn infomashon pan 1300 13 11 14

DA WɛB SYTE DɛM:

www.headspace.org.au
www.sane.org
www.justlook.org.au
www.depressionet.com.au
www.reachout.com.au

www.relationships.com.au
www.auseinet.com
www.beyondblue.org.au
www.kidshelp.com.au
www.menslineaus.org.au

Dis paypa in infomashon kɔmɔt from lyfelayn infomashon sarvis ɛn de 'Tool Kit' fɔ ɛp pɔrsin wae wan teik in yone lyfe. Fɔ get mɔr infomashon 'go na', www.justask.org.au, ɔr kol 1300 13 11 14.

LIFE
livingisforeveryone.com.au

WAE YU DE ɛP UDAT WAN TEIK IN YONE LYFE

Yu go lɛk fɔ no wae pɔrsin nil yu de mɛmba fɔ teik in yone lyfe?

Yu go lɛk fɔ no aw fɔ ɛp dɛm du fayn ɛn tap dis?



Australian Government
Department of Health and Ageing

multicultural
MENTAL HEALTH AUSTRALIA

national
mental
health
strategy

WĒTIN MĒK PIPUL DĒM KIN MĒMBA FŌ TEIK DĒN YONE LYFE?

Yu kin anbcg fō no sae pōrsin kloze to yu wan fō teik in yone lyfe. If yu biliv sae sōmbōdi dae mēmba fō teik in yone lyfe, dat kin mēk yu panik ōr nōr kin lēk fō de mēmba dat. Pipul dēn wae de mēmba fō kil dēm sēf kin ōltēm. Dēn kin fil sae pōrsin nōr dae fō ep dēm ōr fō no de payn wae dēn de pan. Wae dēn nōr kin aybul si ōda wae fō put dēn payn dōn, i kin tan lēk de ōnli tin fō du. Sōmtēm dae, pipul dēm wae kin wan teik dēn yone lyfe kin kōl. Yu fō no sae dis min bōrku ōda tin, lēk wae dēn sēt mōt pan de plan fō teik dēn lyfe. De big tin fō mēmba na dat wae pōrsin nōr de to inseq ōr wae dēn de sho sayn wae kin bryng kōnsan, yu nid fō chēk.

Lēk ōltēm, bōrku tin dēm rēsponsibul. De tin dēn wae de sho sayn na dēm wan ya:

- Wae pōrsin in lyfe anbcg big big wan, lēk wae yu pōrsin dye, yu lōs woke ōr mōni), wae yu pat kōnpin wit yu pikin dēm (man ōr uman lēf yu, yu fayl na skuul ōr usai yu de lan, yu nōr gēt promo-shon usai yu de woke) ōr krēs sik.
- Pōrsin wae de sho sae i dōn chayng, i de dōn ōltēm, pwēl hat en kip to inseq, tōk lēk i nōr gēt ope, nōr gēt ep ōr de luuk low pan inseq, nōr de kip inseq fayn en nōr de kōmōt fayn, i de draw draw dye tin dēm wae i de mēmba, stori, syng syng, de tel pipul bi bi ōr de gi wae in tin dēm, de du dēn bad bad tin dēm wae go anbcg am.

Mental Helt na ostraylia (Australia) ya so pan dis nomba Multicultural Mental Health Australia on **(02) 9840 3333** www.mmha.org.au

If yu go lek posin fō intaprit fō yu, kol (TIS) pan dis nomba **13 14 50**

livingisforeveryone.com.au

WĒTIN YU KIN DU FŌ EP?

Bōrku pipul wae kin mēmba fō kin dēn sēf kin dōn wit de wahala. Dat na de ep en bato wae fambul, padi, masta sabi pipul dēm kin gi en kin fayn. Dēn tin ya kin ep yu no wēt in fō du.

1. Yu fō du sōmtin naw naw

If yu wōri sae pōrsin nia yu de mēmba fō teik in yone lyfe, yu fō du sōmtin kwik. Nōr tink sae dēn go du fayn wae pōrsin nōr ep ōr dēn go fēn ep fō dēnsēf. Wae yu du sōmtin naw kin sayv dēn lyfe.

2. Yu fō no wēt in yu de du

Yu fōs tin kin bi panik; ōr yu mēk lēk yu nōr si en ope sae ōltin go dōn. ōr luuk fō wae fō mēk de pōrsin wēl kwik.

Dēn tin ya kin apun ōltēm. If yu si sae yu de fēnam at, aks padi wae yu trōs fō ep.

3. Yu fō ōlways dae fō dēm

Spend sōmtēm wit de pōrsin en sho dēm kia en atēnshōn. Aks dēm aw dēn fil en lisin to wēt in dae na dēn mynd. Lēf dēm fō du de tōk tōk. Yu kin aybul du sōmtin bōt problēm wae yu tōk bōt am.

4. Aks if dēn dae mēmba fō kil dēn sēf

De wan wae yu go no if pōrsin de mēmba fō kil inseq na wae yu aks. Sōm pipul kin fil fayn wae you aks dēm bōt aw dēn de fil. Aks aks kin at sōmtēm dae, bōt kin sho sae yu notis sōmtin, yu dōn de lisin, de sho sae yu kia en dēn nōr lēf to dēn sēf. Wae ina de tōk bōt wae pōrsin de teik in yone lyfe nōr go put dat na dēn ed, bōt dat go gēt dēm fō tōk bōt aw dēn fil. Yu nōr fō kip da plan wae dēn plan fō kil dēn sēf to yu en dēn nōrmō.

5. Yu fō chēk if dēn de du wēl

If pōrsin de mēmba fō kil inseq, i fayn fō no aw long dēn dōn dae tink bōt dat. Yu kin aks bōt dēn wan ya so:

- Dēn dōn mēmba bōt aw en oustēm dēn plan fō kin dēn sēf?
- Dēn gēt wēt in dēn go yuse fō kil dēn sēf?
- Wich kayn ep dēn go gēt fō tap dēm?
- Aw yu go ep dēm kam nia fambul, padi, dōg en kat wae dēn dae mēn na ose, dadi Gōd in wōd, aw dēn sēf kin bia?

Wae yu wōri pasmak, nōr lēf de pōrsin to inseq. Pool wēt in eva dēn kin yuse fō kin dēn sēf lēk ayēn ayēn, mērsin, rōm en drōg, en motoka bak.

6. Mēmba wēt in fō du

enti yu dōn gēt de nyus wae yu nid fō tōk bōt wēt in en wēt in yu gēt fō du. Yu kin aks ōda pipul dēm fō ep yu tōk to dēm fō si masta sabi pōrsin - ōr du wēt in go kip dēm fayn fōs. Dis kin gēt fō du wit dēn man ōr uman, mama en papa, ōr dēn guud guud padi dēm. Na wae yu tōk bōt dis to ōda pipul dēm kin mēk de pōrsin gēt de ep en bato wae dēn nid.

7. Du sōmtin

Tōk to de pōrsin fō gēt ep frōm bōrku ōda masta sabi pipul dēm. ep ōlways de to dēn wan ya so:

- Yu GP (dat nay u dōkta)
- Dēn wan wae kin tōk to wi bōt wēt in wi de pas na lyfe, bōt wi lyfe na ōl stayg
- Dēn wan wae kin tōk to pikin dēn na skuul, dēn wan wae de bifo pan yute man biznēs
- Dēn wan fō kol fō dēn ōgēt tin lēk polis man en ambulans
- Dēn wēl hade sai dēm
- Kōminiti Helt senta
- Gōd pōrsin lēk fada, pastor
- Dēn tēlifone sai dēn fō tōk to pipul dēn lēk lyfelayn en da sai fō ep pikin dēm.

Wae de pōrsin grie fō tel udat i lēk, ep dēm wit wēt in dēn fō tōk. Yu kin ivin go wit de pōrsin usai i gēt fō go. Wae i kōmōt usai i go, chēk fō no if dēn tōk bōt wae i wan kil inseq en aks fō no de ep wae dēn gēt. ep dēm fō fala wēt in dēn sae fō du.