ﺍﻻﻋﺘﻨﺎﺀ ﺑﺼﺤﺔ ﻃﻔﻠﻜﻢ ﺍﻟﻨﻔﺴية

## تُعدّ ﺍﻟﺘﻐﻴﻴﺮﺍﺕ ﺍﻟﺘﻲ ﺗﻄﺮﺃ على ﻣﺰﺍﺝ ﻃﻔﻠﻜﻢ ﻭﺳﻠﻮﻛﻪ ﺟﺰﺀً ﻃﺒﻴﻌﻴﺎً ﻣﻦ ﻧﻤﻮّﻩ. ﻓﻲ ﺣﻴﻦ ﺃﻥ ﻻ ﺃﺣﺪ ﻳﻌﺮﻑ ﻃﻔﻠﻜﻢ ﺃﻛﺜﺮ ﻣﻨﻜﻢ، ﻏﻴﺮ ﺃﻧﻪ ﻗﺪ ﻳﻜﻮﻥ ﻣﻦ ﺍﻟﺼﻌﺐ ﺃﺣﻴﺎﻧﺎً ﻣﻌﺮﻓﺔ ﺍﻟﻔﺮﻕ ﺑﻴﻦ ﺍﻟﺴﻠﻮﻙ ﺍﻟﻄﺒﻴﻌﻲ ﻭﺍﻟﻤﺨﺎﻭﻑ ﺍﻟﻤُﺤﺘﻤﻠﺔ ﺍﻟﻤﺘﻌﻠّﻘﺔ ﺑﺎﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ. ﻭﻻ ﺃﺣﺪ ﻳﺘﻮﻗّﻊ ﻣﻨﻜﻢ ﺃﻥ ﺗﻜﻮﻧﻮﺍ ﺧﺒﺮﺍﺀ ﻓﻲ ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ ﻭﻟﻜﻦ ﻫﻨﺎﻙ ﺃﺷﻴﺎﺀ ﻳﻤﻜﻨﻜﻢ ﺍﻟﻘﻴﺎﻡ ﺑﻬﺎ ﻟﺪﻋﻢ ﻃﻔﻠﻜﻢ.

ﻻﺣﻈﻮﺍ ﺍﻟﺘﻐﻴﻴﺮﺍﺕ

ﻗﺪ ﺗﺤﺪﺙ ﺑﻌﺾ ﺍﻟﺘﻐﻴﻴﺮﺍﺕ ﻓﻲ ﻣﺸﺎﻋﺮ ﻃﻔﻠﻜﻢ ﻭﺳﻠﻮﻛﻪ ﻭﺗﻔﻜﻴﺮﻩ ﻭﺍﻟﺘﻲ ﺗﺸﻴﺮ إلى ﺃﻧﻪ ﻗﺪ ﻳﻜﻮﻥ ﺑﺤﺎﺟﺔ إلى ﺑﻌﺾ ﺍﻟﻤﺴﺎﻋﺪﺓ ﺍﻹﺿﺎﻓﻴﺔ. ﻗﺪ ﺗﻼﺣﻈﻮﺍ ﺍﻟﺘﻐﻴﻴﺮﺍﺕ ﺍﻟﺘﺎﻟﻴﺔ:

* ﺍﻟﺸﻌﻮﺭ ﺑﺎﻟﺨﻮﻑ ﻭﺍﻟﻘﻠﻖ ﻭﺍﻟﺤﺰﻥ ﻭ/ﺃﻭ ﻧﻮﺑﺎﺕ ﺍﻟﻐﻀﺐ
* ﺍﻻﺑﺘﻌﺎﺩ ﻋﻦ ﺍﻷﺻﺪﻗﺎﺀ ﻭﺍﻟﻌﺎﺋﻠﺔ ﻭﺍﻷﻧﺸﻄﺔ ﻭ/ﺃﻭ ﺍﻧﺨﻔﺎﺽ ﻓﻲ ﻣﺴﺘﻮﻳﺎﺕ ﺍﻟﻨﺸﺎﻁ
* ﺻﻌﻮﺑﺎﺕ ﻓﻲ ﺍﻟﺨﻠﻮﺩ إلى ﺍﻟﻨﻮﻡ ﻭ/ﺃﻭ ﺗﻐﻴﻴﺮﺍﺕ ﻓﻲ ﺍﻟﺸﻬﻴﺔ
* ﺻﻌﻮﺑﺔ ﻓﻲ ﺍﻟﺘﺮﻛﻴﺰ
* ﺃﻓﻜﺎﺭ ﺳﻠﺒﻴﺔ ﻻ ﺗﻐﻴﺐ ﻋﻦ ﺍﻟﺒﺎﻝ
* تغييرﺍﺕ ﺃﺧﺮﻯ ﻓﻲ ﺍﻟﺴﻠﻮﻙ - ﺯﻳﺎﺩﺓ ﺍﻻﻧﻔﻌﺎﻝ ﺃﻭ ﻧﻮﺑﺎﺕ ﺍﻟﻐﻀﺐ ﻟﺪﻯ ﺍﻷﻃﻔﺎﻝ ﺍﻟﺼﻐﺎﺭ.

ﺗﻮﻓّﺮ ﻣﻨﻈﻤﺔ Headspace ﻗﺎﺋﻤﺔ ﺷﺎﻣﻠﺔ ﺑﺎﻷﺷﻴﺎﺀ ﺍﻟﺘﻲ ﻗﺪ ﺗﻼﺣﻈﻮﻧﻬﺎ ﺣﻮﻝ ﺻﺤﺔ ﻃﻔﻠﻜﻢ ﺍﻟﻨﻔﺴﻴﺔ. ﻭﻟﻠﻤﺰﻳﺪ ﻣﻦ ﺍﻟﻤﻌﻠﻮﻣﺎﺕ، ﺭﺍﺟﻌﻮﺍ: [ﻛﻴﻒ ﺗﺘﺤﺪﺛﻮﻥ ﻣﻊ ﻃﻔﻠﻜﻢ ﻋﻦ ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ](https://headspace.org.au/dads/).

ﺇﻟﻴﻜﻢ ﺑﻌﺾ ﺍﻷﺷﻴﺎﺀ ﺍﻷﺧﺮﻯ ﺍﻟﺘﻲ ﻳﺠﺐ ﺍﻟﺘﻔﻜﻴﺮ ﻓﻴﻬﺎ:

* ﻛﻢ ﻣﻀﻰ ﻣﻦ ﺍﻟﻮﻗﺖ على ﻫﺬﻩ ﺍﻟﻌﻮﺍﻃﻒ ﻭﺍﻟﺴﻠﻮﻙ؟ ﺇﺫﺍ ﺍﺳﺘﻤﺮّﺕ ﺃﻛﺜﺮ ﻣﻦ ﺃﺳﺒﻮﻋﻴﻦ، ﻓﻘﺪ ﺣﺎﻥ ﺍﻟﻮﻗﺖ ﻟﻄﻠﺐ ﺍﻟﻤﺴﺎﻋﺪﺓ.
* ﻣﺎ ﻫﻲ ﺣﺪّﺓ ﻫﺬﻩ ﺍﻟﻤﺸﺎﻋﺮ؟ ﻫﻞ ﻫﺬﻩ ﺍﻟﻤﺸﺎﻋﺮ ﻣﻮﺟﻮﺩﺓ ﻃﻮﺍﻝ ﺍﻟﻮﻗﺖ ﺃﻡ ﻫﻞ ﺗﺬﻫﺐ ﻭﺗﻌﻮﺩ؟
* ﻣﺎ ﻣﺪﻯ ﺗﺄﺛﻴﺮ ﺍﻟﻤﺸﺎﻋﺮ ﻭﺍﻟﺴﻠﻮﻙ على ﺃﻋﻤﺎﻝ ﻃﻔﻠﻜﻢ ﺍﻟﻤﺪﺭﺳﻴﺔ، ﻭﺻﺤّﺘﻪ ﺍﻟﺒﺪﻧﻴﺔ، ﻭﻋﻼﻗﺎﺗﻪ ﻭﺍﺳﺘﻤﺘﺎﻋﻪ ﺑﺎﻷﻧﺸﻄﺔ ﺍﻟﻴﻮﻣﻴﺔ؟

ﺗﺤﺪﺛﻮﺍ ﻣﻊ ﻃﻔﻠﻜﻢ

ﻗﺪ ﻳﻜﻮﻥ ﺍﻟﺘﺤﺪّﺙ ﻋﻦ ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ ﺃﻣﺮﺍً ﺻﻌﺒﺎً. ﻭﻓﻲ ﺑﻌﺾ ﺍﻷﺣﻴﺎﻥ ﻧﺸﻌﺮ ﺑﺎﻟﻘﻠﻖ ﻣﻦ ﺃﻥ ﻫﺬﺍ ﺍﻷﻣﺮ ﻗﺪ ﻳﺴﺒّﺐ ﺍﻟﺸﻌﻮﺭ ﺑﺎﻻﺳﺘﻴﺎﺀ ﺃﻭ ﻧﺸﻌﺮ ﺑﺎﻟﻘﻠﻖ ﻣﻦ ﺃﻧﻨﺎ ﻗﺪ ﻧﺰﻳﺪ ﺍﻷﻣﻮﺭ ﺗﻌﻘﻴﺪﺍً.

ﻻ ﺗﻮﺟﺪ ﻃﺮﻳﻘﺔ ﻣﺜﺎﻟﻴﺔ ﻟﺒﺪﺀ ﺍﻟﻤﺤﺎﺩﺛﺔ. ﻓﻤﺎ ﺗﻘﻮﻟﻮﻧﻪ ﺳﻴﻌﺘﻤﺪ على ﻋﻤﺮ ﻃﻔﻠﻜﻢ ﻭﻣﻘﺪﺍﺭ ﻓﻬﻤﻪ. ﺣﺎﻭﻟﻮﺍ ﺍﺳﺘﺨﺪﺍﻡ ﺍﻟﻌﺒﺎﺭﺍﺕ ﺍﻟﺘﻲ ﺗﺒﺪﺃ ﺑـ"ﺃﻧﺎ" ﻛﺎﻟﻌﺒﺎﺭﺍﺕ ﺍﻟﺘﺎﻟﻴﺔ:

* ﺃﻧﺎ ﻻﺣﻈﺖُ ﻣﺆﺧﺮﺍً ﺃﻧﻚ ﺗﺒﺪﻭ ﻣﺸﻐﻮﻝ ﺍﻟﺒﺎﻝ ﻛﺜﻴﺮﺍً. ﺃﻧﺎ ﻣﺴﺘﻌﺪّ ﻟﻠﺘﺤﺪّﺙ ﻣﻌﻚ ﺃﻭ ﺍﻻﺳﺘﻤﺎﻉ ﺇﻟﻴﻚ ﻭﻣﻌﺮﻓﺔ ﻣﺎ ﺇﺫﺍ ﻛﺎﻥ ﺑﺈﻣﻜﺎﻧﻲ ﺍﻟﻤﺴﺎﻋﺪﺓ.
* ﻳﺒﺪﻭ ﻭﻛﺄﻧﻚ [ﻻ ﺗﺒﺪﻭ على ﻃﺒﻴﻌﺘﻚ ﻣﺆﺧﺮﺍً/ﻣﺸﺎﻋﺮﻙ ﻣﺘﻘﻠّﺒﺔ]، ﻛﻴﻒ ﻫﻲ ﺍﻷﻣﻮﺭ ﻣﻌﻚ؟
* يبدﻭ ﺃﻧﻚ [ﻗﻠﻖ/ﺣﺰﻳﻦ]، ﻣﺎﺫﺍ ﻳﺤﺪﺙ ﻟﻚ؟ ﻳﻤﻜﻨﻨﺎ ﺣﻠّﻬﺎ ﻣﻌﺎً.
* ﻻ ﺑﺄﺱ ﺇﺫﺍ ﻛﻨﺖ ﻻ ﺗﺮﻳﺪ ﺍﻟﺘﺤﺪّﺙ ﻣﻌﻲ، ﻭﻟﻜﻦ ﻳﻤﻜﻨﻚ ﺍﻟﺘﺤﺪّﺙ إلى [ﺷﺨﺺ ﺑﺎﻟﻎ ﺗﺜﻘﻮﻥ ﺑﻪ/ﺗﻌﺮﻓﻮﻧﻪ]. ﺳﺄﺧﺒﺮﻙ ﺩﺍﺋﻤﺎً ﺑﺄﻧﻨﻲ ﺃﺣﺒﻚ ﻭﺃنا قلق ﻋﻠﻴﻚ.

ﺇﺫﺍ ﺃﺧﺒﺮﻛﻢ ﻃﻔﻠﻜﻢ ﺑﻤﺎ ﻳﺸﻌﺮ ﺑﻪ:

* ﻃﻤﺌﻨﻮﻩ ﺃﻥ ﻛﻞ ﺷﻲﺀ ﺳﻴﻜﻮﻥ على ﻣﺎ ﻳﺮﺍﻡ ﻭﺃﻧﻜﻢ ﺳﻌﺪﺍﺀ ﻷﻧﻪ ﻳﺘﺤﺪّﺙ ﻣﻌﻜﻢ
* ﺃﺧﺒﺮﻭﻩ ﺑﺄﻧﻜﻢ ﺗﻌﺮﻓﻮﻥ ﺃﻧﻪ ﻗﺪ ﻳﻜﻮﻥ ﻣﻦ ﺍﻟﺼﻌﺐ ﺍﻟﺘﺤﺪّﺙ ﻋﻦ ﺍﻷﻓﻜﺎﺭ ﻭﺍﻟﻤﺸﺎﻋﺮ ﺍﻟﺸﺨﺼﻴﺔ
* ﺍﺳﺄﻟﻮﻩ ﻋﻦ ﺍﻷﺷﻴﺎﺀ ﺍﻟﺘﻲ ﻳﺤﺘﺎﺝ ﺇﻟﻴﻬﺎ ﻣﻨﻜﻢ (ﻣﻊ ﺃﻧﻪ ﻗﺪ ﻻ ﻳﻌﺮﻑ ﻣﺎ ﻳﺤﺘﺎﺝ ﺇﻟﻴﻪ)
* ﺍﻋﺮﺿﻮﺍ ﻋﻠﻴﻪ ﺍﻟﻤﺴﺎﻋﺪﺓ ﻓﻲ ﺍﻟﻌﺜﻮﺭ على ﺍﻟﻤﻌﻠﻮﻣﺎﺕ ﻭﺍﻟﺪﻋﻢ. ﻟﻠﺤﺼﻮﻝ على ﺍﻟﻤﺰﻳﺪ ﻣﻦ ﺍﻟﻨﺼﺎﺋﺢ ﺣﻮﻝ ﺍﻟﺘﺤﺪّﺙ ﻣﻊ ﻃﻔﻠﻜﻢ، ﺭﺍﺟﻌﻮﺍ:
* **Raising Children Network:** [ﻣﺎ ﺍﻟﺬﻱ ﻳﻤﻜﻨﻨﻲ ﻗﻮﻟﻪ ﻟﺒﺪﺀ ﻣﺤﺎﺩﺛﺔ ﻣﻊ ﺍﺑﻨﻲ ﺍﻟﺸﺎﺏ/ﺍﺑﻨﺘﻲ ﺍﻟﺸﺎﺑﺔ ﺣﻮﻝ ﺻﺤﺘﻪ/ﺻﺤﺘﻬﺎ ﺍﻟﻨﻔﺴﻴﺔ؟](https://raisingchildren.net.au/pre-teens/mental-health-physical-health/stress-anxiety-depression/depression)
* **Safe Minds:** [ﻭﺭﻗﺔ ﻧﺼﺎﺋﺢ ﺣﻮﻝ ﺳﺒﻞ ﺍﻻﺳﺘﻔﺴﺎﺭ ﻟﻠﻌﺎﺋﻼﺕ](https://deecd.tech-savvy.com.au/pluginfile.php/419/mod_resource/content/6/Inquire%20Tip%20Sheet%20%28for%20families%29.pdf)
* **Reach Out:**  [ﻛﻴﻔﻴﺔ ﺇﺟﺮﺍﺀ ﻣﺤﺎﺩﺛﺔ ﺑﻨّﺎﺀﺓ](https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-coping-skills-and-resilience/how-to-have-a-great-conversation)

**ﺍﺣﺼﻠﻮﺍ ﻋلى ﺍﻟﺪﻋﻢ**

ﺇﺫﺍ ﻛﺎﻧﺖ ﻟﺪﻳﻜﻢ ﻣﺨﺎﻭﻑ ﺑﺸﺄﻥ ﺻﺤﺔ ﻃﻔﻠﻜﻢ ﺍﻟﻨﻔﺴﻴﺔ، ﺍﺑﺪﺃﻭﺍ ﺑﺎﻟﺘﺤﺪّﺙ إلى ﻣﺪﺭﺳﺔ ﻃﻔﻠﻜﻢ. ﻓﻬﻲ ﻳﻤﻜﻨﻬﺎ ﻣﺴﺎﻋﺪﺗﻜﻢ ﻓﻲ ﺍﻟﻮﺻﻮﻝ إلى ﻣﺠﻤﻮﻋﺔ ﻣﻦ ﺃﺷﻜﺎﻝ ﺍﻟﺪﻋﻢ ﺍﻟﺘﻲ ﺗﻘﺪّﻣﻬﺎ ﺩﺍﺋﺮﺓ ﺍﻟﺘﻌﻠﻴﻢ ﻭﺍﻟﺘﺪﺭﻳﺐ.

**ﺍﻟﺨﺪﻣﺎﺕ ﻭﺍﻟﻤﻌﻠﻮﻣﺎﺕ ﻭﺍﻷﺩﻭﺍﺕ ﺍﻟﻤﺘﻮﻓّﺮﺓ ﻟﻜﻢ**

ﺗﺘﻮﻓﺮ ﺃﻳﻀﺎً ﺍﻟﺨﺪﻣﺎﺕ ﻭﺍﻟﻤﻌﻠﻮﻣﺎﺕ ﻭﺍﻷﺩﻭﺍﺕ ﺍﻟﺘﻲ ﻳﻤﻜﻨﻜﻢ ﺍﻟﻮﺻﻮﻝ ﺇﻟﻴﻬﺎ ﻟﻤﺴﺎﻋﺪﺗﻜﻢ ﻓﻲ ﺗﺤﺪﻳﺪ ﻣﺎ ﺇﺫﺍ ﻛﺎﻥ ﻃﻔﻠﻜﻢ ﺑﺤﺎﺟﺔ إلى ﺩﻋﻢ ﺇﺿﺎﻓﻲ.

**ﺍﻟﺨﺪﻣﺎﺕ**

* [Parentline:](https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx) 13 22 89 – ﺧﺪﻣﺔ ﻫﺎﺗﻔﻴﺔ ﺳﺮﻳﺔ ﻭﺑﺪﻭﻥ ﺫﻛﺮ ﺃﺳﻤﺎﺀ ﻷﻭﻟﻴﺎﺀ ﺍﻷﻣﻮﺭ ﻭﻣﻘﺪﻣﻲ ﺍﻟﺮﻋﺎﻳﺔ ﻟﻸﻃﻔﺎﻝ ﻣﻨﺬ ﺍﻟﻮﻻﺩﺓ ﻭﺣﺘﻰ 18 ﺳﻨﺔ.
* [Lifeline:](https://www.lifeline.org.au/)13 11 14 – ﺩﻋﻢ ﻋﻨﺪ ﺍﻟﻤﻌﺎﻧﺎﺓ ﻣﻦ ﺍﻷﺯﻣﺎﺕ ﻭﺍﺳﺘﺮﺍﺗﻴﺠﻴﺎﺕ منع ﺍﻻﻧﺘﺤﺎﺭ ﻣﺘﻮﻓّﺮ 24 ﺳﺎﻋﺔ ﻓﻲ ﺍﻟﻴﻮﻡ.
* [Beyond Blue:](https://www.beyondblue.org.au/)1300 22 46 36 – ﺍﺳﺘﺸﺎﺭﺍﺕ ﻓﺮﺩﻳﺔ ﻭﺃﺩﻭﺍﺕ ﻭﻣﻮﺍﺭﺩ ﺳﺮﻳﺔ ﻟﻼﻋﺘﻨﺎﺀ ﺑﺼﺤﺘﻜﻢ ﺍﻟﻨﻔﺴﻴﺔ.

ﺍﻟﻤﻌﻠﻮﻣﺎﺕ

* [ﻣﺠﻤﻮﻋﺔ ﺃﺩﻭﺍﺕ ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx) ﺍﻟﺘﺎﺑﻌﺔ ﻟﻠﺪﺍﺋﺮﺓ
* ﻣﻌﻠﻮﻣﺎﺕ ﻋﻦ [ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ ﻭﺍﻟﺮﻓﺎﻩ ﻭﺍﻟﻌﺎﻓﻴﺔ ﻟﻸﻃﻔﺎﻝ](https://raisingchildren.net.au/for-professionals/mental-health-resources/0-8-years-mental-health-and-wellbeing) (مناسبة ﻟﻸﻃﻔﺎﻝ ﻣﻦ 8 - 0 ﺳﻨﻮﺍﺕ) و[ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ ﻭﺍﻟﺮﻓﺎﻩ ﻭﺍﻟﻌﺎﻓﻴﺔ ﻟﻠﻤﺮﺍﻫﻘﻴﻦ](https://raisingchildren.net.au/for-professionals/mental-health-resources/teen-mental-health-and-wellbeing)  ﻓﻲ ﻣﻮﻗﻊ Raising Children ﺍﻹﻟﻜﺘﺮﻭﻧﻲ
* Headspace [ﻟﻸﺻﺪﻗﺎﺀ ﻭﺍﻟﻌﺎﺋﻠﺔ](https://headspace.org.au/friends-and-family/health-and-wellbeing/) – ﻳﺘﻀﻤﻦ ﻣﻌﻠﻮﻣﺎﺕ ﺣﻮﻝ ﻛﻴﻔﻴﺔ ﺩﻋﻢ ﻓﺮﺩ ﻣﻦ ﺍﻟﻌﺎﺋﻠﺔ، ﻭﻧﺼﺎﺋﺢ ﺣﻮﻝ ﺍﻟﺘﻔﻜﻴﺮ ﺍﻟﺼﺤﻲ، ﻭﻓﻬﻢ ﺍﻟﻤﺮﺍﻫﻘﺔ ﻭﻛﻴﻔﻴﺔ ﺑﺪﺀ ﺍﻟﻤﺤﺎﺩﺛﺔ.
* [ﻣﺤﺘﻮﻳﺎﺕ ﻟﻠﻤﺴﺎﻋﺪﺓ ﺍﻟﺬﺍﺗﻴﺔ ﻟﻠﻮﺍﻟﺪﻳﻦ ﻣﻦReachout](https://parents.au.reachout.com/self-help-content) – ﺗﻘﺪّﻡ ﺍﻟﻨﺼﺎﺋﺢ ﻭﺍﻟﻤﻮﺍﺭﺩ ﻟﻤﺴﺎﻋﺪﺓ ﻃﻔﻠﻜﻢ ﻓﻲ ﻣﺸﺎﻛﻞ ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ، ﻭﺍﻟﻤﺴﺎﺋﻞ ﺍﻟﻴﻮﻣﻴﺔ، ﻭﺍﻟﺮﻓﺎﻩ، ﻭﺍﻻﺗﺼﺎﻝ ﻭﺍﻟﺘﻮﺍﺻﻞ.
* [Black Dog Institute](https://www.blackdoginstitute.org.au/getting-help)  – ﺍﻷﺩﻭﺍﺕ ﺍﻟﺬﺍﺗﻴﺔ ﻭﺍﻟﺘﻄﺒﻴﻘﺎﺕ، ﻭﺗﻘﺪﻳﻢ ﺍﻟﻤﺸﻮﺭﺓ ﺣﻮﻝ ﺍﻟﻮﻗﺖ ﻭﺍﻟﻤﻜﺎﻥ ﺣﻴﺚ ﻳﻤﻜﻨﻜﻢ ﻃﻠﺐ ﺍﻟﻤﺴﺎﻋﺪﺓ، ﻭﻣﻌﻠﻮﻣﺎﺕ ﻋﻦ ﺣﺎﻻﺕ ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ ﻭﻣﺠﻤﻮﻋﺎﺕ ﺍﻟﺪﻋﻢ.

ﺍﻷﺩﻭﺍﺕ

[ﻗﺎﺋﻤﺔ ﺑﺎﻷﺷﻴﺎﺀ ﺍﻟﻤﺘﻌﻠّﻘﺔ ﺑﺼﺤّﺔ ﺍﻷﻃﻔﺎﻝ ﺍﻟﻨﻔﺴﻴﺔ ﺍﻟﺘﻲ ﻳﺠﺐ ﺍﻟﺘﺤﻘّﻖ ﻣﻨﻬﺎ](https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/child-mental-health-checklist) ﺍﻟﺘﺎﺑﻌﺔ ﻟـ Beyond Blue (ﻣﻨﺎﺳﺒﺔ ﻟﻸﻃﻔﺎﻝ ﻣﻦ ﻋﻤﺮ 4 -16 ﺳﻨﺔ). ﻭﺗﺴﺄﻝ ﻫﺬﻩ ﺍﻟﻘﺎﺋﻤﺔ ﻋﻦ ﺗﻔﻜﻴﺮ ﻭﻣﺸﺎﻋﺮ ﻭﺗﺼﺮّﻓﺎﺕ ﻃﻔﻠﻜﻢ. ﻭﻫﻲ ﻳﻤﻜﻦ ﺃﻥ ﺗﺴﺎﻋﺪﻛﻢ على ﺗﺤﺪﻳﺪ ﻣﺎ ﺇﺫﺍ ﻛﺎﻥ ﻃﻔﻠﻜﻢ ﻳﺤﺘﺎﺝ إلى ﺩﻋﻢ ﻣﻦ ﺍﻟﻤﺤﺘﺮﻓﻴﻦ. ﻭﻗﺎﺋﻤﺔ ﺍﻟﺘﺤﻘّﻖ ﻫﺬﻩ ﺳﺮﻳّﺔ.

ﺍﻟﺨﺪﻣﺎﺕ ﻭﺍﻟﻤﻌﻠﻮﻣﺎﺕ ﺍﻟﻤﺘﻮﻓّﺮﺓ ﻟﻄﻔﻠﻜﻢ

ﺑﺎﻹﺿﺎﻓﺔ إلى ﺍﻟﺪﻋﻢ ﺍﻟﺬﻱ ﺗﻘﺪّﻣﻪ ﻣﺪﺭﺳﺔ ﻃﻔﻠﻜﻢ ﻭﻃﺒﻴﺐ ﺍﻟﻌﺎﺋﻠﺔ GP، ﻫﻨﺎﻙ ﻣﺠﻤﻮﻋﺔ ﻣﻦ ﺍﻟﺨﺪﻣﺎﺕ ﺍﻟﺘﻲ ﻳﻤﻜﻦ ﻟﻄﻔﻠﻜﻢ ﺍﻟﺤﺼﻮﻝ ﻋﻠﻴﻬﺎ ﻣﻦ ﺍﻟﻤﻨﺰﻝ:

* [ﺍﺳﺘﺸﺎﺭﺓ ﻓﺮﺩﻳﺔ ﻣﺠﺎنية](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx) – ﺗﻤﻨﺢ ﺍﻟﺸﺮﺍﻛﺔ ﺑﻴﻦ ﺍﻟﺪﺍﺋﺮﺓ ﻭﻣﻨﻈﻤﺔ headspace ﺍﻟﻔﺮﺻﺔ ﻟﻄﻼﺏ ﺍﻟﻤﺪﺍﺭﺱ ﺍﻟﺜﺎﻧﻮﻳﺔ ﺍﻟﺘﺎﺑﻌﺔ ﻟﺤﻜﻮﻣﺔ ﻭﻻﻳﺔ ﻓﻴﻜﺘﻮﺭﻳﺎ ﺑﺎﻟﻮﺻﻮﻝ إلى ﺧﺪﻣﺎﺕ ﺍﻻﺳﺘﺸﺎﺭﺍﺕ ﺍﻟﻬﺎﺗﻔﻴﺔ.
* [Kids Helpline:](http://www.kidshelp.com.au/)1800 551 800 – ﺧﺪﻣﺔ ﺍﺳﺘﺸﺎﺭﺍﺕ ﻫﺎﺗﻔﻴﺔ ﻭﻋﺒﺮ ﺍﻹﻧﺘﺮﻧﺖ ﻣﺠﺎﻧﻴﺔ ﻭﺷﺨﺼﻴﺔ ﻭﺳﺮﻳﺔ ﻣﺘﻮﻓّﺮﺓ 24 ﺳﺎﻋﺔ ﻓﻲ ﺍﻟﻴﻮﻡ ﻭ7 ﺃﻳﺎﻡ ﻓﻲ ﺍﻷﺳﺒﻮﻉ ﻟﻠﺸﺒﺎﺏ ﺍﻟﺬﻳﻦ ﺗﺘﺮﺍﻭﺡ ﺃﻋﻤﺎﺭﻫﻢ ﺑﻴﻦ 5 ﺳﻨﻮﺍﺕ ﻭ25 ﺳﻨﺔ.
* [headspace:](https://headspace.org.au/) 1800 650 890 – ﺧﺪﻣﺎﺕ ﺩﻋﻢ ﺍﻟﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ ﻋﺒﺮ ﺍﻹﻧﺘﺮﻧﺖ ﻭﺍﻟﻬﺎﺗﻒ ﻟﻠﺸﺒﺎﺏ ﺍﻟﺬﻳﻦ ﺗﺘﺮﺍﻭﺡ ﺃﻋﻤﺎﺭﻫﻢ ﺑﻴﻦ 12 ﻭ25 ﺳﻨﺔ.
* [ReachOut](https://au.reachout.com/) – ﻣﻨﻈﻤﺔ ﻟﻠﺼﺤﺔ ﺍﻟﻨﻔﺴﻴﺔ ﻋﺒﺮ ﺍﻹﻧﺘﺮﻧﺖ ﻟﻠﺸﺒﺎﺏ ﻭﺃﻭﻟﻴﺎﺀ ﺃﻣﻮﺭﻫﻢ. ﻭﻫﻲ ﺗﻘﺪّﻡ ﺩﻋﻤﺎً ﻋﻤﻠﻴﺎً ﻭﺃﺩﻭﺍﺕ ﻭﻧﺼﺎﺋﺢ ﻟﻤﺴﺎﻋﺪﺓ ﺍﻟﺸﺒﺎﺏ على ﺗﺠﺎﻭﺯ ﺃﻱ ﺷﻲﺀ ﺑﺪﺀً ﻣﻦ ﺍﻟﻤﺸﺎﻛﻞ ﺍﻟﻴﻮﻣﻴﺔ ﻭﺣﺘّﻰ ﺍﻷﻭﻗﺎﺕ ﺍﻟﻌﺼﻴﺒﺔ.

ﻓﻲ ﺣﺎﻝ ﺣﺪﻭﺙ ﺃﻱّ ﻃﺎﺭﺉ

ﺇﺫﺍ ﻛﻨﺘﻢ ﺗﻌﺘﻘﺪﻭﻥ ﺃﻥ ﻃﻔﻠﻜﻢ ﻳﺘﻌﺮّﺽ ﻟﺨﻄﺮ ﻓﻮﺭﻱ، ﺍﺗﺼﻠﻮﺍ على ﺭﻗﻢ ﺍﻟﻄﻮﺍﺭﺉ 000 ﺃﻭ ﺧﺬﻭﺍ ﻃﻔﻠﻜﻢ إلى ﻗﺴﻢ ﺍﻟﻄﻮﺍﺭﺉ ﻓﻲ ﺍﻟﻤﺴﺘﺸﻔﻰ.