



ATHÖÖR KĒNNĒ ABĪ JAM NĒ KĀ KE KOC ĒKE DHIĚTH MĪTH KU KOC YE NYĪN TĪIT NĒ KEEK

Kuɔɔny nĕ kĕ de piath tĕnnĕ mĭth ke thukuul nĕ theɛ ke ajatha cĕnnĕ keek luɔny biyic nĕ thukuul yiic.

Ē warageɲ de nyuuth cĭ gōör ĕtĕnnĕ abennĕ wĕl ke kuɔɔny ku kĀ kōk peei thiekiic ke kuɔɔny ya gĀm koc ĕke dhiĕth mĭth, koc ye nyĭn tĭit nĕ keek ku jol ya bĕiken kedhie ago keek ya kuɔɔny nĕ tĭitĕ nyĭn de tuɔnytuɔɔny ke koc nhĭim ku piath tĕnnĕ mĭth kor ku jol ya koc thii kor, tĕ tĭitĕ nyĭn nĕ keek nĕ theɛ tō keek nĕ ajatha yic. Ēkĕnnĕ ee luɔɔi bennĕ keek ya yōk mat thĭn ĕyadĕɲ tĕ kōörĕ kuɔɔny.

KĀ ke kuɔɔny ba keek ya looi agonnĕ tuɔnytuɔɔny ke koc nhĭim ya tōök

Akōör ba raan thiin koor ya wĕɛi piōu ago:

- Bĭ ya pol apieth ku bĭ ya cam nĕ mĭith pieth ago riel de guōpde ya juakic
- Bĭ ya tōc ku bĭ ya nin nĕ theɛ juĕc yic ago yenhom ya cōk cĭn dhuruup ku bĭ ye guōp ya cōk cĭn aciĕĕk niōp, cĭ men de riōōc, dhuōör de piōu ku jol ya kĀjuĕc kōk.
- Guik kuɔɔr kōk peei lĕu bĭn ke yĭ guōp ya pĀl piny ku ba kĀ rilic ya guum.
- Rĕĕrĕ ke yĭ thiĀĀk wĕnnĕ mĀthku ku kōckuōōn nhiaar keek aguōkĕ kĀɲ ya doc jaamic.
- GĀmĕ rot theɛ bĭn ke kĕ yekkĕ nhiaar ya looi
- Ye rot jĀĀm apieth, ku ye lek keek.men cĭi kee tō keepĕi nĕ yekĕnnĕ yic.
- Guik kuɔɔny tĕnnĕ koc kōk peei cĭ keek piōōc tĕ bĭn yen ya kōör.¹

Akut aci kĀ bĭ keek ya looi ke pialĕ guōp yiĕknhial ku jol ya ajuiĕr bennĕ jam ya jōk tĕnnĕ koc ĕke dhiĕth mĭth ku koc ye nyĭn tĭit nĕ keek nōɲ mĭthkĕɛn tō nĕ [thukul tueɲ de mĭth kor yiic \(thukul de pĭrimari\)](#) ku [thukul ĕ rou de mĭth cĭ nuĕĕn amĀĀth \(thukul de thĕkōndĀri\)](#).

Yōk bĭn keek ya yōk: [kĀ ke adōt bennĕke kuɔɔny ya gĀm mĭth nuĕĕn tō nĕ thukuul ke rou yiic \(thukuul ke thĕkōndĀri\) ya kuɔɔny](#) Smiling Mind ee koc gĀm wĕl bennĕ raan ke rot ya tĭit yetōk, ku bĭ koc ya nyuōth kuɔɔr lĕu bennĕke aciĕĕk ke koc kōk peei ya doc deetiic ku bĭ keek ya mac apieth, ku bĭ ya naɲ adōt, ku bĭ ya ɲoot ke yee piōu doc kĀc nĕ rōtde, ku ba kĀ ye koc riir nhĭim ya doc deetic ku ba rot ya piōōc ago kee kĀkĕ kedhie ya doc geer

KĀ ye yen nyuōth men lĕu bennĕ meth ka raanhi

kuɔɔny de tōök ĕ tuany de koc nhĭim ya kōör

Nĕ theɛ kōk yiic, ke kee kĀkĕ kedhie aaciĭ bĭ ya lĕu nĕ kuɔɔny bennĕ tōök de tuɔnytuɔɔny ke koc nhĭim ya looi.

Akōör ba nyĭn ya tĭit arĕĕtic ku ba kuɔɔny ya guikcōk tĕnnĕ koc cĭ keek piōōc wĕnthĕɛr agokĕ yĭn ya kuɔɔny nĕ gĕĕr de aciĕĕk cĭ tō nĕ wiik keerou wĕnnĕ wiik juĕc yiic, cĭ men de kee kĀkĕ:

- Bĭ raan piōu ciĕ ye bĕɛr tō nĕ luɔɔi yic wĕnnĕ cĭi ye bĕɛr luui nĕ kĀkĕɛn nhieɛr keek cĭ men theɛr de.
- Yōk yennĕ raan rot yōk ke 'tō piiny', ye naɲ dhuruup ku ye tō ke cĭ dĭɛr nĕ theɛ juĕc yiic.
- Tĕ cennĕ kĀ thieɛr nyic raan ĕbĕn keek yic riel
- Tĕnōɲ en kĕ thiin ye yĭn doc riōōk piōu wĕnnĕ ye doc ɲeeny.
- Tĕnōɲ en kĀrĕc kōk peei ye keek lōōm, cĭ men de dĕɲ de miĀĀu wĕnnĕ cĀm de wel roor ye koc doc mĭōl.
- Tĕ kōör bĭn rot miĕĕtbei nĕ kĀɲiic wĕnnĕ ye rot yōk ke nōɲ kĕ cĭ yĭn tiaam guōp.
- Ye yic riel ba nhom ya tō nĕ kĀɲ yiic ku cĭn kĀ ye yĭn bĕɛr cōk lui apieth.
- Ye tak nĕ kĀjuĕc rac arĕĕtic
- Tĕnōɲ en kĀ cĭ rōth geer nĕ nĭndu yic ku nĕ cĀmdu yic.^{2 3}

Kuɔɔny bĭi remthi ya gĀm rōth nĕ kemken

Remthi kee ka ye **koc lĕu bĭkkĕ rōth ya doc dhuōk rōth ku bĭkkĕ rōth ya kuɔɔny** tĕ kĕn kee guo lo tĕnnĕ koc ɲuĀn wĕnnĕ yĀn kōk peei ke kuɔɔny.

Remthi aalĕu bĭkkĕ rōth ya kuɔɔny keepĕi nĕ kee kuɔɔr kĀkĕ yiic:

- Bĭ namba de guɛu keediĀk (000) ya doc yuōpic tĕ kōörĕ mĀthdu kuɔɔny thiōkic cĭi bĭ ya gĀĀu wĕnnĕ tĕ kōör bĭ yen koc kōk peei ya nōk.
- Ba doc ya lo tĕnnĕ mĀthdu, ku ba keek ya gĀm kuɔɔny ku ba ya cōk nyickĕ men ye yĭn nyĭn tĭit nĕ keek.
- Ba ya cōk nyic mĀthdu men lĕu bĭ yĭn kĀkuōōn cĭnke dĭɛr ya guĕɛl ĕnōɲ raan ɲuĕĕn tō kennĕ yĭn.

Ba ya naɲ nuōör de jam cĭt ye kĀkĕ, alĕu bĭ yic ya riel arĕĕtic tĕnnĕ remthi. Ku na yĭn ya, ke wĕl ye jam nĕ kuɔɔr lĕu bĭnke mĀthdu ya kuɔɔny aba keek ya yōk nĕ webthait de headspace: [Lĕu ba mĀthdu ya kuɔɔny wudĕ tĕ tō yen nĕ theɛ rilic apei.](#)

¹ headspace – ee athōör thiin nōɲic wĕl ye koc nyuōth nĕ kĀ ye koc nuān nĕ thukuul yiic ku dhuruup <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

² athōör thiin de headspace nōɲic wĕl ke 'tuɔnytuɔɔny ke koc nhĭim ku jĕm nĕ kĕdu' <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

³ headspace – lĕu ba ya jam wĕnnĕ mĭthku wudĕ nĕ kĕ de tuɔnytuɔɔny ke koc nhĭim <https://headspace.org.au/dads/>



Kuwoony nē kē de tuenytuεeny ke kōc n̄iim

- Akimduōōn thiāāk kennē yin (Your local GP)

headspace Counselling: M̄ith tō nē thukuul ke rou yiic (thukuul ke thēkōndāri) ke akuma de Biktoria, agut ci m̄ith cī piac thōk nē thukuliic, alēu bī keek ya gām kuwoony bennēke ya jāām n̄iim tēnnē akut de headspace. Nē theε ke ajatha yiic, ke yin lēu ba rōt ya tuōoc nē yān kōk peei yiic nē cōt b̄in ya cōōt [nē yān kōk thiāāk kennē yin ke headspace](#).

- **ehespace:** 1800 650 890_ www.headspace.org.au/ehespace
- **Kids Helpline:** 1800551 800_ www.kidshelpline.com.au
- **Lifeline:** 13 11 14_ www.lifeline.org.au
- **Beyond Blue:** 1300 224 636_ www.beyondblue.org.au
- **Head to Help:** 1800595 212_ www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467_ www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Yuōpē gεuε keediāk (000)** tē kōc yin kuwoony thiōkic cīi bī gāū.

Kuwoony nē kē de tōŋ nē kεm ke kōc baai ku kajuēc kōk ke kuwoony

- **Safe Steps:** 1800015 188_ www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au

- **What's okay at home:** www.woah.org.au
- [Kuwoony nē kē de tōŋ baai](#).

Yān ke kuwoony nē kuεr lēu b̄in ke rōt ya gēl nē kā nāk yin yiic ku kā kōk peei bennēke kōc ya jōōny nē tēēk ye ke yen kōc bikkē rōth ya nōk.

- [Kuεr lēu b̄inke tōōk de tuenytuεeny ke yī nhom ya juiir](#) (ReachOut)
- [Kā kōc ba keek ya nyic nē kā lēu bikkē yin ya doc tiaam](#) (headspace)
- [Lēu ba kuwoony ya gam wudē tē kōc bīi raan rōt nōk](#) (SANE Australia)

Kā ke kuwoony nē kē de tuenytuεeny ke kōc n̄iim

- **Adit ke kuwoony nē kē de tuenytuεeny ke kōc n̄iim :** Anōŋic wēl ke kuwoony tēnnē m̄ith ke thukul, kōc ēke dhiēth keek ku jol ya kōc ye nyin t̄iit nē keek; agonnē ke ya kuwoony nē kē de tuenytuεeny ke kōc n̄iim ku piathden de m̄ith kor ku remthi nē yānkεen yennēke nyin t̄iit nē keek:
 - [Lεer tuen de piōōcē m̄ith kor:](#) Ye kōc guiēer wēl ke nyic /wēl ke kōc nōŋ m̄ith /kōc ye nyin t̄iit nē keek. Yen ajuiεer kēnnē ee ke gām wēl juēc agut ci tēn bennē menhdu ya cōk tō ke piol guōp nē kā ke aliiric.
 - [Ba tōōk de tuany ē kōc n̄iim ya deetic – Athōōronjic wēl ke kuwoony](#) (Orygen)
 - [Piōōcē rōt ba kā rilic ya tiaamnē theε cīi keek rōth looi](#) (headspace)
 - [Lo nē ajuiεer de pīiric \(ba ya ŋōōt ke yī leer piath de headspace tuen nē piathic\)](#) (headspace)
- [Bennē kōc kor ku remthi ya kuwoony nē theε ke ajatha yic](#) (headspace)