

# ATHÖÖR KĒNNĒ ABĪ JAM NĒ KĀ KE MĪTH KE THUKUUL

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

Ē waragen de nyuuth cĭ gɔɔr  tĕnnĕ abĭ wɔ ya  oot ke wɔ gem w l ke kuɔɔny ku k  k k peei thiekiic ke kuɔɔny agoku nyĭn ya tĭit nĕ tuenytuɛeny ke kɔc nhĭim tĕnnĕ yĭn ku pialduɔn de yĭn guɔp nĕ thɛ ke ajatha cenn ke mĭth luɔny biyic ku loilooi k k peei l u bĭ wɔ ke yĭn ya dɔc y k t  kɔɔr yĭn kuɔɔny.

## **K  ba keek ya looi ago t ok de tuenytuɛenykuɔn ke yĭnhom ya looi nĕ thɛ ke ajatha yiic.**

- Pol ba ya looi abĭ riel de guɔpdu ku pialduɔn de yĭn nhom ya juakic – ye looi ar etic!
- C k  yĭnhom piny apieth nĕ c m bĭn ya cam nĕ kuĭn pieth –  k nn  abĭ cieɛndu ya yi knhial apieth.
- Ye them ar etic ba ya t c apieth ku ba ya nin nĕ thɛ ju c yic ago yĭnhom ku aci  k ni pkuɔn ke yĭn guɔp, cĭ men de ri c, dhu r de pi u ku jol ya k ju c k k ya c kpiny.
- Guik ku er k k peei l u bĭn ke yĭ guɔp ya p l piny ku ba k  riliic ya guum.
- R  r  ke yĭ thi ak wenn  m thku ku kockuɔn nhiaar keek agu k  k j ya dɔc jaamic.
- G m  rot thɛ bĭnke k  nhiaar keek ya looi
- Ye rot j am apieth – ku muk apieth nĕ yĭnhom men cĭi yĭn t  yĭt k nĕ yek nn  yic.
- Guik kuɔɔny tĕnnĕ kɔc k k peei cĭ keek pi c t  bĭn yen ya kɔɔr.<sup>1</sup>

**Y k bĭn keek ya y k: k  ke ad t benn ke kuɔɔny ya g m mĭth nu n t  nĕ thukuul ke rou yiic (thukuul ke th k nd ri) ya kuɔny** Smiling Mind ee kɔc g m w l

benn  raan ke rot ya tiit yet k, ku bĭ kɔc ya nyu th ku er l u benn ke aci  k ke kɔc k k peei ya dɔc deetiic ku bĭ keek ya mac apieth, ku bĭ ya nan ad t, ku bĭ ya  oot ke yee pi u dɔc k c nĕ rotde, ku ba k  ye kɔc riir nhĭim ya dɔc deetic ku ba rot ya pi c ago kee k k  kedhie ya dɔc geer

Al u ba ya nyic men benn  kee k  ba keek ya looi ya k lik benn ke t ok de tuenytuɛeny ke kɔc nhĭim ya looi.  k  cĭ keek gɔɔr piiny  tĕnnĕ abĭ yĭn ya nyu  th  an benn ke kuɔɔny ya g m yĭn.

## **K  ye yen nyu  th men bĭn kuɔɔny ya kɔɔr wenn  bĭ m thdu kuɔɔny ya kɔɔr nĕ kĕ de tuenytuɛeny ke kɔc nhĭim**

Akɔɔr ba nyin ya tĭit ar etic ku ba kuɔɔny ya guikc k tĕnnĕ kɔc cĭ keek pi c w nth er agok  yĭn ya kuɔny nĕ g  r de aci  k cĭ t  nĕ wiik keerou wenn  wiik ju c yiic, cĭ men de kee k k :

- Bĭ raan pi u ci  ye b er t  nĕ luooi yic wenn  cĭi ye b er luui nĕ k k en nh er keek cĭ men th er de.  
Y k yenn  raan rot y k ke ‘t  piiny’, ye nan dhuruup ku ye t  ke cĭ d er nĕ thɛ ju c yiic.
- T  cenn  k  th er nyic raan  b n keek yic riel
- T nɔj en k  thiin ye yĭn dɔc ri c pi u wenn  ye dɔc  eeny
- T nɔj en k re  k k peei ye keek l om, cĭ men de d j de mi  u wenn  c m de wel roor ye kɔc dɔc mi  l.
- T  kɔɔr bĭn rot mi  tbei nĕ k jiic wenn  ye rot y k ke nɔj k  cĭ yĭn tiaam guɔp.
- Ye yic riel ba nhom ya t  nĕ k j yiic ku cĭn k  ye yĭn b er c k lui apieth.
- Ye tak nĕ k ju c rac ar etic
- T nɔj en k  cĭ r th geer nĕ nĭndu yic ku nĕ c mdu yic.<sup>2,3</sup>

<sup>1</sup> headspace – ee ath r thĭin nonjic w l ye kɔc nyu  th nĕ k  ye kɔc nuaan nĕ thukuul yiic ku dhuruup <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

<sup>2</sup> ath r thĭin de headspace nonjic w l ke ‘tuenytuɛeny ke kɔc nhĭim ku j m nĕ k du’ <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

<sup>3</sup> headspace – l u ba ya jam wenn  mĭthku wud  nĕ k  de tuenytuɛeny ke kɔc nhĭim <https://headspace.org.au/dads/>

## Kuɔnyë mäthku

Yin wennë mäthku, we ka ye **kɔc lëu bäkkë röth ya dɔc dhuɔk röth ku bäkkë röth ya kuɔny** të kën we guɔ lo tënnë kɔc nuan wennë yän kɔk peei ke kuɔny. Yin wennë mäthdu alëu bikkë röth ya kuɔny keepëi në kee kuɛr kākë:

- Bī namba de guɛu keediäk (000) ya dɔc yuɔpic të kɔrë mäthdu kuɔny thiɔkic cīi bī ya gāäu wennë të kɔr bī yen kɔc kɔk peei ya nɔk.
- Ba dɔc ya lo tënnë mäthdu, ku ba keek ya gām kuɔny ku ba ya cɔk nyickë men ye yin nyin tīit në keek.
- Ba ya cɔk nyic mäthdu men lëu bī yin kākūɔn cīnke diɛr ya guɛl ënɔŋ raan njuëen tɔ kennë yin.

Ba ya naŋ nuɔr de jam cīt ye kākë, alëu bī yic ya riel arëëtic. Ku na yin ya, ke wël ye jam në kuɛr lëu bīnke mäthdu ya kuɔny aba keek ya yök në webthait de headspace: [Lëu ba mäthdu ya kuɔny wudë të tɔ yen në theɛ riliic apɛi.](#)

## Kuɔny në kë de tuɛnytuɛɛny ke kɔc nhīm

- Akimduɔn thiäak kennë yin (your local GP) alëu bī yin ya gām kuɔny dīit dët peei
- **headspace Counselling:** Mīth tɔ në thukuul ke rou yiic (thukuul ke thëkɔndārī) ke akuma de Biktoria, agut cī mīth cī piac thök në thukullic, alëu bī keek ya gām kuɔny bennëke ya jāām nhīm tënnë akut de headspace. Në theɛ ke ajatha yiic, ke yin lëu ba rɔt ya tuɔc në yän kɔk peei yiic në cɔt bin ya cōt [në yän kɔk thiäak kennë yin ke headspace.](#)
- **eheadspace:** 1800 650 890\_ [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
- **KidsHelpline:** 1800551800\_ [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Lifeline:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- **Beyond Blue:** 1300 224 636\_ [www.beyondblue.org.au](http://www.beyondblue.org.au)
- **Head to Help:** 1800 595 212\_ [www.headtohelp.org.au](http://www.headtohelp.org.au)
- **Suicide Call Back Service:** 1300 659 467\_ [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- **Yuɔpë guɛu keediäk (000)** të kɔr yin kuɔny thiɔkic cīi bī gāäu.

## Kä lëu bikkë raan ya tiaam ku kä ke kuɔny në kë de jöny ë nänjë rɔt

- [Kuɛr lëu bīnke tōök de tuɛnytuɛɛny ke yī nhom ya juiir](#) (ReachOut)
- [Kä kɔr ba keek ya nyic në kä lëu bikkë yin ya dɔc tiaam](#) (headspace)
- [Lëu ba kuɔny ya gam wudë të kɔr bīi raan rɔt nɔk](#) (SANE Australia)

## Kuɔny në kë de tɔŋ në kem ke kɔc baai ku käjuɛc kɔk ke kuɔny

- **Safe Steps:** 1800015 188\_ [www.safesteps.org.au](http://www.safesteps.org.au)
- **1800RESPECT:** 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- **What's okay athome:** [www.woah.org.au](http://www.woah.org.au)
- [Kuɔny në kë de tɔŋ baai](#)

## Kä ke kuɔny në kë de tuɛnytuɛɛny ke kɔc nhīm

- [Adit ke kuɔny në kë de tuɛnytuɛɛny ke kɔc nhīm](#)
- [Ba tōök de tuany ë kɔc nhīm ya deetic – Athöörnɔŋcwël ke kuɔny](#) (Orygen)
- [Piɔcɔcë rɔt ba kä riliic ya tiaamnë theɛ cīi keek röth looi](#) (headspace)
- [Lo në ajuiɛr de pīiric \(ba ya nɔot ke yī leer piath de headspace tuɛŋ në piathic\)](#) (headspace)