လၢမိၢ်ပၢ်ဒီးပှၤကွၢ်ထွဲတၢ်ဖိတဖၣ်အဂီၢ်

တၢ်ဆီၣ်ထွဲမၤစၢၤကၠိဖိတၢ်အိၣ်ဆူၣ်အိၣ်ချ့လၢနံၤသဘျ့ဒီတကတီၢ်ညါအဆၢကတီၢ်

တၢ်နဲၣ်ကျဲအံၤဟ့ၣ်လီၤဝဲဒၣ် တၢ် ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဆူမိၢ်ပၢ်, ပှၤကွၢ်ထွဲ တၢ်ဖိဒီးဟံၣ်ဖိဃီဖိအဆီၣ်ထွဲ မၤစၢၤဝဲ ဒၣ်ဖိသၣ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ဒီးတၢ်အိၣ်မုာ်အိၣ်ပၢၤအဂီၢ် ဃုာ်ဒီးပှၤသးစၢ် တဖၣ်လၢကၠိအနံၤသဘျ့ အဆၢကတီၢ်န့ၣ်လီၤ. တၢ်အံၤပၣ်ဃုာ်ဒီး တၢ်ဖံးစၢၤမၤစၢၤတဖၣ်လၢတၢ် တုၤထီၣ်ဝဲဒ် တၢ်မ့ၢ်လိၣ်ဘၣ်အါထီၣ် တၢ်မၤစၢၤအသိး န့ၣ်လီၤ..

# တၢ်ဖံးတၢ်မၤလၢအဆီၣ်ထွဲမၤစၢၤနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့လၢအဂ့ၤ တပၤ

ဟ့ၣ်သဆၣ်ထီၣ်နပှၤသးစၢ်ဖိတဖၣ်လၢ-

* တၢ်ဂဲၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤမၤစၢၤဂ့ၤထီၣ်ဝဲဒၣ်အဝဲသ့ၣ် အသးတၢ်ပလၢၢ် ဒီးနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့
* ပာ်တၢ်မံတၢ်ဂဲၤလၢအမ့ၢ်တၢ်ရ့ဒိၣ်လၢအဆီၣ်ထွဲမၤစၢၤ ဝဲဒၣ်နသးဒီးနသးတၢ်ပလၢၢ် အတၢ်အိၣ်မုာ်အိၣ်ပၢၤအဂီၢ်
* ဃုထံၣ်န့ၢ်တၢ်အိၣ်ဘှံးဒီးမၤဒိးတၢ်မၤကျဲခိၣ်သ့ၣ်တဖၣ်
* ရ့လိာ်ဆဲးကျိးဆဲးကျၢဒီးဟံးန့ၢ်တၢ်ဆၢကတီၢ်ဒီး နတံၤသကိးဒီးပှၤလၢအဘၣ်ထွဲဒီးနၤတဖၣ်
* ဟံးန့ၢ်တၢ်ဆၢကတီၢ်ဒီးတၢ်လၢအမုာ်ဘၣ်အဝဲသ့ၣ်တဖၣ်
* ကျဲးစၢးကတိၤတၢ်လၢအမုာ်ဒီးအဂ့ၤ – ဒုးသ့ၣ်နီၣ်ထီၣ် အဝဲသ့ၣ်လၢအတမ့ၢ်ပှၤထဲတဂၤဧိၤ
* ဃုမၤန့ၢ်တၢ်မၤစၢၤစဲၣ်နီၢ်ဖဲနလိၣ်ဘၣ်အခါ.1

ဝဲၤကျိၤမၤလဲၤထီၣ်လဲၤထီဝဲဒၣ်တၢ်အိၣ်မုာ်အိၣ်ပၢၤအတၢ်ဟူး တၢ်ဂဲၤဒီးတၢ်စးထီၣ်တၢ်တဲသကိးလၢ [တီၤဖုၣ်ကၠိအမိၢ်ပၢ်ဒီးပှၤကွၢ်တၢ်ဖိအ](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf)ဂီၢ်ဒီးဖိသၣ်လၢ [အမၤလိ တီၤထီကၠိအဂီၢ်န့ၣ်လီၤ](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-secondary.pdf).

ပလၢၢ်ဘၣ်ဒ်န့ၣ်သိး—[**တၢ်တိစၢၤမၤစၢၤတၢ်သးစၢၢ်ဆၢဒီးတၢ်ဟူးတၢ်ဂဲၤ လၢကၠိဖိတဖၣ်အဂီၢ်**](https://www.coronavirus.vic.gov.au/students). သးလၢပှဲၤဒီးတၢ်မဲာ်မုာ်နါဆၢဟ့ၣ်နၤတၢ်ဟ့ၣ်ကူၣ်အဂ့ၤ လၢတၢ်ကွၢ်ထွဲလီၤနနီၢ်ကစၢ်အဂီၢ်, တၢ်နၢ်ပၢၢ်ဒီးတၢ်ပၢဆှၢရဲၣ်ကျဲၤလီၤနတၢ်သး ပလၢၢ်, အိၣ်ဒီးတၢ်သးစၢၢ်ဆၢ, သ့သးကညီၤလီၤနီၢ်ကစၢ်သး, သမံထံကွၢ် တၢ်လၢအတလီၤတံၢ်လီၤဆဲးတဖၣ်ဒီးကတဲာ်ကတီၤ သးလၢတၢ်ဆီတလဲအဂီၢ်.

# တၢ်ပနီၣ်လၢဖိသၣ် မ့တမ့ၢ် ပှၤသးစၢ်တဂၤဂၤ ဘၣ်သ့ၣ်သ့ၣ် လိၣ်ဘၣ်ဝဲဒၣ် သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်မၤစၢၤ

လၢတၢ်ဂ့ၢ်တနီၤနီၤအဖီခိၣ်, တၢ်ဟူးတၢ်ဂဲၤတဖၣ်အံၤ တမ့ၢ် တၢ်လၢပှဲၤထီၣ်ဘး ဝဲလၢတၢ်ဆီၣ်ထွဲမၤစၢၤနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လၢအဂ့ၤတပၤအဂီၢ်ဘၣ် န့ၣ်လီၤ.

ပာ်သူၣ်ပာ်သးဒီးဃုထံၣ်န့ၢ်တၢ်မၤစၢၤစဲၣ်နီၢ်လၢတၢ်ဆီတလဲမၤအသးဖဲအပူၤကွံာ်ခံနွံ မ့တမ့ၢ် အါနွံအဆၢကတီၢ်ဒ်အမ့ၢ်—

* တအိၣ်ဒီးတၢ်သးစဲ မ့တမ့ၢ် တသးစဲနုာ်လီၤပၣ်ဃုာ်သကိးဖဲ တၢ်ဟူးတၢ်ဂဲၤ လၢအမုာ်ဘၣ်အီၤဒ်ညီနုၢ်အသိး
* တူၢ်ဘၣ် “တမုာ်တလၤ”, သးတၢ်ဆီၣ်သနံး မ့တမ့ၢ် ကိၢ်တၢ်ဂီၤ တၢ်တမ့ၢ်ဒ် ညီနုၢ်အသိး
* တၢ်လၢအမၤညီနုၢ်သးတဖၣ်ကီခဲနးထီၣ်
* သူၣ်အ့န့သးအ့ညီ မ့တမ့ၢ် သးဒိၣ်ထီၣ်ညီ
* မၤတၢ်လၢအလီၤပျံၤလီၤဘၣ်ယိၣ်တဖၣ်, ဒ်အမ့ၢ်တၢ်စူးကါသံးဧိၤဂာ်ဧိၤ မ့တမ့ၢ် ကသံၣ်မူၤဘှိး
* တကနၣ်ဃုာ်တၢ် မ့တမ့ၢ် တူၢ်ဘၣ်လၢအသူၣ်ဃၢသးဃၢ
* အိၣ်ဒီးတၢ်ကီတၢ်ခဲလၢတၢ်သးစၢၢ်ဆၢဒီးတၢ်ထိၣ်ဟူးထိၣ်ဂဲၤသး
* အိၣ်ဒီးတၢ်ဆိမိၣ်ဆိမးလၢအတဂ့ၤတကပၤအါမး
* တၢ်မံတၢ်ဂဲၤဒီးတၢ်အီၣ်တၢ်အီဆီတလဲသး.2 3

# ပှၤသးစၢ်တဖၣ်ဆီၣ်ထွဲမၤစၢၤလိာ်သးကဒဲဒဲ

ပှၤသးစၢ်တဖၣ်**အါတက့ၢ်ထံၣ်လိာ်အိၣ်သကိးသးတဂၤစုာ်စုာ်လၢ တၢ်ဆီၣ်ထွဲ မၤစၢၤအဂီၢ်**တချုးဖဲဃုထံၣ်ပှၤနီၢ်ဒိၣ်တၢ်မၤစၢၤ မ့တမ့ၢ် ပှၤရဲၣ်ကျဲၤမၤစၢၤ တၢ်ဖိအအိၣ်န့ၣ်လီၤ.

ပှၤသးစၢ်တဖၣ်ဆီၣ်ထွဲမၤစၢၤလိာ်သးကဒဲဒဲသ့ခီဖျိ—

* ဆဲးကျိး 000 ဖဲနသကိးမ့ၢ်လိၣ်ဘၣ်ဂ့ၢ်ဂီၢ်အူတၢ်မၤစၢၤ မ့တမ့ၢ် အိၣ်ဖဲ တၢ်မၤဆါလီၤအနီၢ်ကစၢ်သးအခါ မ့တမ့ၢ် အဂၤတဖၣ်
* ဆဲးကျိးဒီးတံၤသကိးအဂၤ, ဟ့ၣ်အီၤတၢ်ဆီၣ်ထွဲမၤစၢၤဒီး ဒုးသ့ၣ်ညါ အီၤလၢနကိၢ်တၢ်လၢအဂီၢ်
* ဒုးသ့ၣ်ညါအဝဲသ့ၣ်အတံၤသကိးလၢအဝဲသ့ၣ်အဲၣ်ဒိးတဲဘၣ်ပှၤနီၢ်ဒိၣ်လၢအနာ်န့ၢ်အီၤသ့ဘၣ်ဃးဒီးအတၢ်ဘၣ်ယိၣ်အဂ့ၢ်.

အိၣ်ဒီးတၢ်တဲသကိးအကလုာ်တဖၣ်အံၤကမ့ၢ်တၢ်လၢအကီ လၢပှၤသးစၢ်အ ဂီၢ်န့ၣ်လီၤ. တၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်ဆီၣ်ထွဲမၤစၢၤတံၤသကိးအကျိၤအကျဲတဖၣ် အိၣ်ဖျါဝဲဖဲ headspace ပှာ်ယဲၤသန့အပူၤ—[ကျိၤကျဲလၢတၢ်မၤစၢၤတံၤသ ကိးဖဲအကွၢ်ဆၢၣ်မဲာ်တၢ်ကီတၢ်ခဲအဆၢကတီၢ်](https://headspace.org.au/young-people/how-to-help-a-friend/)

* 1. headspace – မိၢ်ပၢ်တဖၣ်အတၢ်နဲၣ်ကျဲဘၣ်ထွဲ ကၠိအတၢ်ဂ့ၢ်ကီဒီးတၢ်သးဆီၣ်တံၢ် [https://headspace.org.au/friends-and-family/parents-guide-](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/) [tips-for-managing-stress-and-problems-at-school/](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/)



* 1. headspace ‘ခိၣ်နူာ်သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးနၤ’ လံာ်တယၢ် <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>
  2. headspace – နကဘၣ်တဲတၢ်ဒီးနဖိဘၣ်ဃးခိၣ်နူာ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒ်လဲၣ်အဂ့ၢ် <https://headspace.org.au/dads/>

# တၢ်ဆီၣ်ထွဲမၤစၢၤသးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

## နလီၢ်ကဝီၤ GP

* တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖး-Victorian ပဒိၣ်တီၤထီကၠိဖိ, ဃုာ်ဒီးပှၤ လၢအဖျိထီၣ်ကၠိဝံၤအလီၢ်ခံ, နုာ်လီၤမၤန့ၢ်ဝဲဒၣ် တၢ်ဟ့ၣ်ကူၣ် ဟ့ၣ်ဖး အတၢ်မၤစၢၤဖဲ headspace အအိၣ်သ့ဝဲန့ၣ်လီၤ. ဖဲနံၤသဘျ့အကတီၢ်အံၤ, နကၠိဖိမၤစၢၤလီၤနီၢ်ကစၢ်သးလၢ တၢ်ကိးဝဲဒၣ်ဖဲအဝဲသ့ၣ် [**လီၢ်ကဝီၤ headspace**](https://headspace.org.au/headspace-centres/) **စဲထၢၣ်**.
* [**eheadspace**](https://headspace.org.au/eheadspace/)**:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
* **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au/)
* [**Lifeline**](http://Lifeline/)**:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au/)
* **Beyond Blue:** 1300 224 636 [www.beyondblue.org.a](http://www.beyondblue.org.au/)u
* **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/)
* [ဟံၣ်ဖိဃီဖိတၢ်စုဆူၣ်ခီၣ်တကး အတၢ်ဂ့ၢ်တၢ်ကျိၤဒီး တၢ်ဆီၣ်ထွဲမၤစၢၤတၢ်မၤ](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx) ([Family violence information and support services](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx))
* **ဆဲးကျိး 000** ဖဲနမ့ၢ်လိၣ်ဘၣ်ဂ့ၢ်ဂီၢ်အူတၢ်မၤစၢၤ

# ဟံၣ်ဖိဃီဖိတၢ်စုဆူၣ်ခီၣ်တကးအတၢ်ဆီၣ်ထွဲမၤစၢၤတဖၣ်

* **Safe Steps:** 1800 015 188 [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 at home:

[www.woah.org.a](http://www.woah.org.au/)u

* [ဟံၣ်ဖိဃီဖိတၢ်စုဆူၣ်ခီၣ်တကးတၢ်ဆီၣ်ထွဲမၤစၢၤ](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)

# တၢ်ဒီသဒၢတၢ်မၤဆါလီၤနီၢ်ကစၢ်သးဒီးတၢ်မၤသံလီၤသးအတၢ်မၤစၢၤ

* [တၢ်ဒိးန့ၢ်တၢ်ကွၢ်ထွဲလီၤနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢတိာ်ကျဲၤ](https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan)

(ReachOut)

* [တၢ်မနုၤလၢနအဲၣ်ဒိးသ့ၣ်ညါဘၣ်ဃးတၢ်မၤဆါလီၤနီၢ်ကစၢ်သးအဂ့ၢ်](https://headspace.org.au/young-people/understanding-self-harm-for-young-people/)

(headspace)

* [တၢ်အကျိၤအကျဲလၢတၢ်မၤစၢၤဝဲဒၣ်ပှၤတဂၤဂၤဖဲအဲၣ်ဒိးမၤသံလီၤသး အခါ](https://www.sane.org/information-stories/facts-and-guides/sane-steps-how-to-help-when-someone-is-suicidal)
* (SANE Australia)

# တၢ်ဆီၣ်ထွဲမၤစၢၤသးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

* **ခိၣ်နူာ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ပီးလီတဖၣ်-** ပၣ်ဃုာ်ဒီးတၢ်မၤစၢၤလၢကၠိဖိအဂီၢ်, မိၢ်ပၢ်ဒီးပှၤကွၢ်ထွဲတၢ်ဖိ အတၢ်ဆီၣ်ထွဲမၤစၢၤသးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီး တၢ်အိၣ်မုာ်အိၣ်ပၢၤ လၢပှၤဖိသၣ်ဒီးပှၤသးလၢအအိၣ်ဖဲ အဝဲသ့ၣ် အတၢ် ကွၢ်ထွဲအပူၤ ဃုာ်ဒီး-
  + [ပှၤမၤလိတၢ်ဖိတဖၣ်အ](https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts) ([Raising Learners Podcast Series):](https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts)  ဟ့ၣ်လီၤမၤစၢၤတၢ်ဟ့ၣ်ကူၣ် ∕ တၢ်ဂ့ၢ်တၢ်ကျိၤစဲၣ်နီၢ်ဆူမိၢ်ပၢ် ∕ ပှၤကွၢ်ထွဲတၢ်ဖိဖဲတၢ်ဂ့ၢ်မိၢ်ပှၢ်တဖၣ်အဖီခိၣ်ဃုာ်ဒီးတၢ်ကတီၤနဖိ အတၢ်ပူၤဖျဲးဒီးတၢ်လီၤဘၣ်ယိၣ်လၢအ့ထၢၣ်နဲးအဖီခိၣ်
  + [နၢ်ပၢၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂ့ၢ် တၢ်မၤသးနီၢ်နီၢ်](https://www.orygen.org.au/Training/Resources/General-resources/Fact-sheets/Understanding-Mental-Health/Factsheet_understanding_mental_health?ext) (Orygen)
  + [မၤလိနၢ်ပၢၢ်တၢ်ဃ့ၣ်လီၤဘှါဘၣ်တၢ်ကွၢ်ဆၢၣ်မဲာ်ဒီး တၢ်ကီတၢ်ခဲကတီၢ်အတၢ်ဂ့ၢ်ကီ](https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/) (headspace)
  + [မၤန့ၢ်သးသမူ (လၢတၢ်ပၢၤဃာ်န headspace တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်)](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)
  + [ဆီၣ်ထွဲမၤစၢၤနပှၤသးစၢ်ဖဲနံၤသဘျ့အဆၢကတီၢ်](https://headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf) (headspace)



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