လၢကၠိဖိတဖၣ်အဂီၢ်

တၢ်ဆီၣ်ထွဲမၤစၢၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့လၢနံၤသဘျ့ဒီတကတီၢ်ညါအဆၢကတီၢ်

တၢ်နဲၣ်ကျဲအံၤဟ့ၣ်လီၤဝဲဒၣ် တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးလၢတၢ်ဆဲးမၤဝဲဒၣ်တၢ်ကွၢ်ထွဲလီၤနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးတၢ်အိၣ်မုာ်အိၣ်ပၢၤလၢနံၤသဘျ့အဆၢကတီၢ်ဒီးတၢ်ဖံးစၢၤမၤစၢၤတဖၣ်လၢတၢ်တုၤထီၣ်ဝဲဒ်နလိၣ်ဘၣ်တၢ်မၤစၢၤအသိးန့ၣ်လီၤ.

# တၢ်ဖံးတၢ်မၤလၢအဆီၣ်ထွဲမၤစၢၤနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လၢအဂ့ၤတပၤဖဲလၢကၠိနံၤသဘျ့ဒီတကတီၢ်ညါအပူၤ

* တၢ်ဂဲၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤမၤစၢၤဂ့ၤထီၣ်ဝဲဒၣ်သးတၢ်ပလၢၢ် ဒီးနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

– မၤလၢတၢ်သးဖှံ.

* ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါနခိၣ်နူာ်လၢတၢ်အီၣ်တၢ်အီလၢအန့ၢ်ဂံၢ်န့ၢ်ဘါ – ကမၤဂ့ၤထီၣ်စ့ၢ်ကီးနသးတၢ်ပလၢၢ်ဘၣ်
* ပာ်တၢ်မံတၢ်ဂဲၤလၢအမ့ၢ်တၢ်ရ့ဒိၣ်လၢအဆီၣ်ထွဲမၤစၢၤဝဲဒၣ် နသးဒီးနသးတၢ်ပလၢၢ်အတၢ်အိၣ်မုာ်အိၣ်ပၢၤအဂီၢ်
* ဃုထံၣ်န့ၢ်တၢ်အိၣ်ဘှံးဒီးမၤဒိးတၢ်မၤကျဲခိၣ်သ့ၣ်တဖၣ်
* ရ့လိာ်ဆဲးကျိးဆဲးကျၢဒီးဟံးန့ၢ်တၢ်ဆၢကတီၢ်ဒီးနတံၤသကိးဒီးပှၤလၢအဘၣ်ထွဲဒီးနၤတဖၣ်
* ဟံးန့ၢ်တၢ်ဆၢကတီၢ်ဒီးတၢ်လၢအမုာ်ဘၣ်နၤတဖၣ်
* ကျဲးစၢးကတိၤတၢ်လၢအမုာ်ဒီးအဂ့ၤ – သ့ၣ်နီၣ်ထီၣ်လၢ နတမ့ၢ်ပှၤထဲတဂၤဧိၤ
* ဃုမၤန့ၢ်တၢ်မၤစၢၤစဲၣ်နီၢ်ဖဲနလိၣ်ဘၣ်အခါ.1

ပလၢၢ်ဘၣ်ဒ်န့ၣ်သိး—[တၢ်တိစၢၤမၤစၢၤတၢ်သးစၢၢ်ဆၢဒီးတၢ်ဟူးတၢ် ဂဲၤလၢကၠိဖိတဖၣ်အဂီၢ်](https://www.coronavirus.vic.gov.au/students). သးလၢပှဲၤဒီးတၢ်မဲာ်မုာ်နါဆၢဟ့ၣ်နၤတၢ်ဟ့ၣ် ကူၣ်အဂ့ၤလၢတၢ်ကွၢ်ထွဲလီၤနနီၢ်ကစၢ်အဂီၢ်, တၢ်နၢ်ပၢၢ်ဒီး တၢ်ပၢဆှၢ ရဲၣ်ကျဲၤလီၤနတၢ်သးပလၢၢ်, အိၣ်ဒီးတၢ်သးစၢၢ်ဆၢ, သ့သးကညီၤလီၤ နီၢ်ကစၢ်သး, သမံထံကွၢ်တၢ်လၢအတလီၤတံၢ်လီၤဆဲးတဖၣ်ဒီး ကတဲာ်ကတီၤသးလၢတၢ်ဆီတလဲအဂီၢ်.

နကထံၣ်ဘၣ်လၢတၢ်ဟူးတၢ်ဂဲၤတဖၣ်အံၤတမ့ၢ်တၢ်လၢတၢ်ပှဲၤလၢတၢ်ကွၢ်ထွဲလီၤနနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်ဘၣ်န့ၣ်လီၤ. အဝဲအံၤမ့ၢ်တၢ်ပနီၣ်တနီၤနီၤလၢနကလိၣ် ဘၣ်တၢ်ဆီၣ်ထွဲ မၤစၢၤတနီၤနီၤ.

# တၢ်ပနီၣ်တဖၣ်လၢနၤ မ့တမ့ၢ် နတံၤသကိးကလိၣ်ဘၣ်ဝဲလၢ တၢ်ဆီၣ်ထွဲမၤစၢၢၤနီၢ်သးတၢ်အိၣ် ဆူၣ်အိၣ်ချ့အဂီၢ်

ပာ်သူၣ်ပာ်သးဒီးဃုထံၣ်န့ၢ်တၢ်မၤစၢၤစဲၣ်နီၢ်လၢတၢ်ဆီတလဲမၤအသးဖဲအပူၤကွံာ်ခံနွံ မ့တမ့ၢ် အါနွံအဆၢကတီၢ်ဒ်အမ့ၢ်—

* တအိၣ်ဒီးတၢ်သးစဲ မ့တမ့ၢ် တသးစဲနုာ်လီၤပၣ်ဃုာ်သကိးဖဲတၢ်ဟူးတၢ်ဂဲၤ လၢအမုာ်ဘၣ်အီၤဒ်ညီနုၢ်အသိး
* တူၢ်ဘၣ် “တမုာ်တလၤ”, သးတၢ်ဆီၣ်သနံး မ့တမ့ၢ် ကိၢ်တၢ်ဂီၤ တၢ်တမ့ၢ် ဒ်ညီနုၢ်အသိး
* တၢ်လၢအမၤညီနုၢ်သးတဖၣ်ကီခဲနးထီၣ်
* သူၣ်အ့န့သးအ့ညီ မ့တမ့ၢ် သးဒိၣ်ထီၣ်ညီ
* မၤတၢ်လၢအလီၤပျံၤလီၤဘၣ်ယိၣ်တဖၣ်, ဒ်အမ့ၢ်တၢ်စူးကါသံးဧိၤဂာ်ဧိၤ မ့တမ့ၢ် ကသံၣ်မူၤဘှိး
* တကနၣ်ဃုာ်တၢ် မ့တမ့ၢ် တူၢ်ဘၣ်လၢအသူၣ်ဃၢသးဃၢ
* အိၣ်ဒီးတၢ်ကီတၢ်ခဲလၢတၢ်သးစၢၢ်ဆၢဒီးတၢ်ထိၣ်ဟူးထိၣ်ဂဲၤသး
* အိၣ်ဒီးတၢ်ဆိမိၣ်ဆိမးလၢအတဂ့ၤတကပၤအါမး
* တၢ်မံတၢ်ဂဲၤဒီးတၢ်အီၣ်တၢ်အီဆီတလဲသး.2 3
	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/>

# ဆီၣ်ထွဲမၤစၢၤနတံၤသကိးတဖၣ်

နၤဒီးနတံၤသကိးတဖၣ်**ထံၣ်လိာ်အိၣ်သကိးသးတဂၤစုာ်စုာ်လၢ တၢ်ဆီၣ်ထွဲမၤစၢၤအဂီၢ်**တချုးဖဲဃုထံၣ်ပှၤနီၢ်ဒိၣ်တၢ်မၤစၢၤ မ့တမ့ၢ် ပှၤရဲၣ်ကျဲၤမၤစၢၤတၢ်ဖိအအိၣ်န့ၣ်လီၤ. နၤဒီးနတံၤသကိးမၤစၢၤ လိာ်သးတဂၤစုာ်စုာ်သ့ခီဖျိ—

* ဆဲးကျိး 000 ဖဲနသကိးမ့ၢ်လိၣ်ဘၣ်ဂ့ၢ်ဂီၢ်အူတၢ်မၤစၢၤ မ့တမ့ၢ် အိၣ်ဖဲတၢ်မၤဆါလီၤအနီၢ်ကစၢ်သးအခါ မ့တမ့ၢ် အဂၤတဖၣ်
* ဆဲးကျိးဒီးတံၤသကိးအဂၤ, ဟ့ၣ်အီၤတၢ်ဆီၣ်ထွဲမၤစၢၤ ဒီးဒုးသ့ၣ်ညါအီၤလၢနကိၢ်တၢ်လၢအဂီၢ်
* ဒုးသ့ၣ်ညါနတံၤသကိးလၢနအဲၣ်ဒိးတဲဘၣ်ပှၤနီၢ်ဒိၣ်လၢနနာ်န့ၢ်အီၤသ့ဘၣ်ဃးဒီးနတၢ်ဘၣ်ယိၣ်ဘၣ်ဘီအဂ့ၢ်.

အိၣ်ဒီးတၢ်တဲသကိးအကလုာ်တဖၣ်အံၤကမ့ၢ်တၢ်လၢအကီသ့ဝဲန့ၣ်လီၤ. တၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်ဆီၣ်ထွဲမၤစၢၤတံၤသကိးအကျိၤအ ကျဲ တဖၣ်အိၣ်ဖျါဝဲဖဲ headspace ပှာ်ယဲၤသန့အပူၤ**—**[ကျိၤကျဲလၢ တၢ်မၤစၢၤတံၤသကိးဖဲအကွၢ်ဆၢၣ်မဲာ်တၢ်ကီတၢ်ခဲအဆၢကတီၢ်.](https://headspace.org.au/young-people/how-to-help-a-friend/)

# တၢ်ဆီၣ်ထွဲမၤစၢၤသးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

* **Your local GP** ဟ့ၣ်လီၤမၤစၢၤအါထီၣ်တၢ်ဆီၣ်ထွဲမၤ စၢၤသ့ဝဲ
* **h**[**eadspace**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx)  တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖး-Victorian ပဒိၣ်တီၤထီ ကၠိဖိ, ဃုာ်ဒီးပှၤလၢအဖျိထီၣ်ကၠိဝံၤအလီၢ်ခံ, နုာ်လီၤမၤန့ၢ်ဝဲဒၣ် တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးအတၢ်မၤစၢၤဖဲ headspace အအိၣ်သ့ဝဲန့ၣ် လီၤ. ဖဲနံၤသဘျ့အကတီၢ်အံၤ, နမၤစၢၤလီၤနီၢ်ကစၢ်သးလၢ တၢ်ကိးဝဲဒၣ်န [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.a](http://www.kidshelpline.com.au/)u
* [**Lifeline**](http://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/)
* **ဆဲးကျိး 000** ဖဲနမ့ၢ်လိၣ်ဘၣ်ဂ့ၢ်ဂီၢ်အူတၢ်မၤစၢၤ.

# တၢ်ဒီသဒၢတၢ်မၤဆါလီၤနီၢ်ကစၢ်သးဒီးတၢ်မၤသံလီၤသးအတၢ်မၤစၢၤ

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

# 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.au](http://www.woah.org.au/)

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

# တၢ်တိစၢၤမၤစၢၤသးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

* [သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အ Toolkit](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)
* [နၢ်ပၢၢ်သး တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂ့ၢ် 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)

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