**ንተምሃሮ**

**ንእዋን ዕረፍቲ ትምህርቲ ዝኸውን ደገፍ ኵለንተናዊ ጥዕና**

እዚ መምርሒ እዚ ኸኣ ኣብ እዋን ዕረፍቲ ትምህርቲ ንኣእምሮኣውን ኵለንተናውን ጥዕናኻ ክትከናኸንን ደገፍ እንተ ኣድልዩካ ክትረኽቦ እትኽእል ኣገልግሎታትን ዝሕግዘካ ነጥብታት ዝህብ እዩ።

# **ኣብ እዋን ዕረፍቲ ትምህርቲ ኣዎንታዊ ጥዕና ኣእምሮ ንኽህልወካ ኽትወስዶ እትኽእል ስጕምትታት**

* ኣካላዊ ምንቅስቓስ ንስምዒትካን ንኣእምሮኣዊ ጥዕናኻ የመሓይሾ እዩ – ባህ ዘብል ድማ ግበሮ!
* ጥዕና ዝህብ ምግቢ ብምብላዕ ንኣእምሮኻ መግቦ – ንስምዒትካ እውን ከመሓይሾ እዩ
* ኣእምሮኣውን ስምዒታውን ጥዕናኻ ንምሕላው ንድቃስ ቀዳምነት ሃቦ
* ክትዛነየሉ እትኽእል ሜላታትን ንጸገማት ክትዋጽኣሉ ዘኽእለካ መገድታትን ኣናዲ
* ምስ ፈተውትኻን ስድራ ቤትካን ብቐጻሊ ኣዕልልን ደሃይ ተለዋወጥን
* ባህ ዘብለካ ነገራት ንምግባር ግዜ መድብ
* ንርእስኻ ኣወንታዊ ዘረባ ምዝራብ ተለማመድ – በይንኻ ኸም ዘይኰንካ ድማ ዘክር
* ኣድላዪ እንተ ዀይኑ፡ ካብ ብዓል ሞያ ሓገዝ ኣናዲ።1

**ጸቕጢ ይስምዓካ እንተ ኣልዩ:** [ንተምሃሮ ዝኸውን ንጥፈታትን ሓበሬታን ኣእምሮኣዊ ጥዕና።](https://www.coronavirus.vic.gov.au/students) Smiling Mind ብኸመይ ንገዛእ ርእስኻ ከም እትከናኸን፡ ብኸመይ ንስምዒታትካ ከም እትርድኦን እትኣልዮን፡ ብኸመይ ንቑሕ ከም እትኸውን፡ ብኸመይ ንርእስኻ ሕያዋይ ከም እትኸውን፡ ብኸመይ ንዘይርጉጽ ኵነታት ከም እትዋጽኣሉ፡ ከምኡ እውን ብኸመይ ንለውጢ ኸም እትዳሎ ዝሕግዝ ሓሳባት ይህብ እዩ።

እዚ ስጉምትታት ጥራይ ንበይኑ ንኣእምሮኣዊ ጥዕናኻ ንምክንኻን እኹል ኰይኑ ኣይትረኽቦን ትኸውን። ደገፍ ከም ዘድልየካ ዝሕብር እተወሰነ ምልክታት ስዒቡ ተጠቒሱ ኣሎ።

# **ንስኻ ወይ ፈታዊኻ ደገፍ ኣእምሮኣዊ ጥዕና ኸም ዘድልየኩም ዝሕብር ምልክታት**

ኣብዚ ዝስዕብ ነገራት ንኽልተ ሰሙን ወይ ልዕሊኡ ዝቕጽል ምልክታት እንተ ርኢኻ ካብ ብዓል ሞያ ደገፍ ንምርካብ ጽዓር፦

* ኣብ ካልእ እዋን ንእትገብሮ ዝነበርካ ንጥፈታት ዝነበረካ ተገዳስነት ምጥፋእ
* ዘይከም ቀደምካ፡ ትጭነቕ ወይ ትሻቐል
* ተራ ነገራት ይኸብደካ
* ብቐሊሉ ትሓርቕ ወይ ትበሳጮ
* ከም ኣልኮላዊ መስተ ወይ ሓሽሽ ዝኣመሰለ ሓደገኛ ነገር ትገብር
* ካብ ሰብ ምርሓቕ ወይ ብጸገማት እተዓብለልካ ዀይኑ ምስማዕ
* ከተተኵርን ውዕዉዕ ስምዒት ክህልወካን ዘይምኽኣል
* ኣመና ብዙሕ ኣሉታዊ ስምዒታት ምህላው
* ናይ ድቃስን መግብን ልማዳትካ ምቕያር።2 3

1. headspace – ንወለዲ ዝኸውን ብዛዕባ ኣብ ትምህርቲ ዘጋጥም ብድሆታትን ጸቕጥታትን [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/)
2. headspace ፖስተር ‘ኣእምሮኣዊ ጥዕናን ንስኻን’ <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

1. headspace – ንደቅኻ ብዛዕባ ኣእምሮኣዊ ጥዕና ብኸመይ ከም እተዘራርቦም <https://headspace.org.au/dads/>



# **ንፈተውትኻ ምድጋፍ**

ንስኻን ፈተውትኻን ካብ ዓበይቲ ሰባት ወይ ካብ ወሃብቲ ኣገልግሎት ሓገዝ ቅድሚ ምሕታትኩም **ንሓድሕድኩም ትደጋገፉ ትዀኑ** ኢኹም። ንስኻን ፈተውትኻን በዚ ዝስዕብ ነገራት ክትደጋገፉ ትኽእሉ ኢኹም፦

* ፈታዊኻ ህጹጽ ሓገዝ ከድልዮ ኸሎ ወይ ንገዛእ ርእሱ ኣብ ናይ ምጕዳእ ሓደጋ ኣልዩ እንተ ዀይኑ ናብ 000 ምድዋል
* ንፈታዊኻ ደሃዩ ምግባር፡ ክትሕግዞ ኸም እትደሊ ምግላጽ፡ ከም እትሓልየሉ ምግላጽ
* ብፈታዊኻ ብዛዕባ ሻቕሎታትካ ንእትኣምኖ እኹል ሰብ ክትነግሮ ኸድልየካ ኸም ዝኽእል ከተፍልጦ የድልየካ ይኸውን።

ከምዚ ዓይነት ዝርርብ ምግባር ከቢድ ክኸውን ይኽእል እዩ። ንፈታዊኻ ብኸመይ ክትድግፎ ኸም እትኽእል ዝገልጽ ሓበሬታ ኣብ ወብሳይት headspace ይርከብ እዩ፦ [ኣጸጋሚ ኹነታት ንዘጋጠሞ ፈታዊኻ ብኸመይ ክትሕግዞ ከም እትኽእል](https://headspace.org.au/young-people/how-to-help-a-friend/)።

# **ደገፍ ኣእምሮኣዊ ጥዕና**

* **ኣብ ከባቢኻ ዘሎ ሓኪም (GP**) ተወሳኺ ሓገዝ ክህበካ ይኽእል እዩ
* [**ምኽሪ headspace**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx)**:** ተምሃሮ ኻልኣይ ክፍሊ መንግስቲ ቪክቶርያ፡ እንተላይ እቶም ሕጂ ትምህርቲ ዝወድኡ፡ ካብ headspace ኣገልግሎት ምኽሪ ኽረኽቡ ይኽእሉ እዮም። ኣብ እዋን ዕረፍቲ ትምህርቲ፡ [ኣብ ከባቢኻ ናብ ዘሎ ማእከል headspace](https://headspace.org.au/headspace-centres/) ብምድዋል ሓገዝ ክትረክብ ትኽእል ኢኻ።
* [**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/)
* **ናይ ርእሰቕትለት ስምዒት ክመጻካ ኸሎ እትድውለሉ ኣገልግሎት:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au/)
* ህጹጽ ሓገዝ እንተ ደሊኻ **ናብ 000 ደውል።**

# **ርእስኻ ኻብ ምጕዳእን ርእሰ ቕትለት ካብ ምፍጻምን ንኽትድሕን ዝሕግዝ ሓበሬታ**

* [መደብ ምርካብ ሓገዝ ኣእምሮኣዊ ጥዕና](https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan) (ReachOut)
* [ብዛዕባ ርእስኻ ምጕዳእ ክትፈልጦ ዘለካ](https://headspace.org.au/young-people/understanding-self-harm-for-young-people/) (headspace)
* [ሓደ ሰብ ርእሰ ቕትለት ክፍጽም ድሌት ክሓድሮ ኸሎ ብኸመይ ክትሕግዞ ትኽእል](https://www.sane.org/information-stories/facts-and-guides/sane-steps-how-to-help-when-someone-is-suicidal) (SANE Australia)

# **ደገፍን ሓበሬታን ንግዳያት ዘቤታዊ ዓመጽ**

* **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/)

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

# **ሓበሬታ ኣእምሮኣዊ ጥዕና**

* [ናውቲ ኣእምሮኣዊ ጥዕና](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)
* [ንኣእምሮኣዊ ጥዕና ምርዳኡ – ሓበሬታዊ ገጽ](https://www.orygen.org.au/Training/Resources/General-resources/Fact-sheets/Understanding-Mental-Health/Factsheet_understanding_mental_health?ext) (Orygen)
* [ንኣጸጋሚ እዋን ብኸመይ ከም እትዋጽኣሉ ተምሃር](https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/) (headspace)
* [ንጡፍ ኩን (ኣእምሮኣዊ ጥዕናኻ ንምሕላው)](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)



20-174(Student)

