

Tën mēdhiēth ku dumuuk

Kuɔɔny ɛ pialguɔp tēn mīthabuun kaam lōŋ panpiōɔc yic

Nyuuth kēn a leŋ kǎ ye nyuɔɔth ku kǎk mēdhiēth, dumuuk ku mēcthook bī kek mīth ku riēnythii kony bīk rēer ke puɔl nhīm ku puɔlkǎ gup kaam lōŋ panpiōɔc yic. Yeen a leŋ yic lēk alōŋ kɔɔc ɛ loilooi bīn jam ke keek tē wīc yīn kuɔɔny..

Loilooi raan kony bē rēer ka puɔl nhom

Ye manh du ya riēnythi lēk bē:

- Ye guɔp ya rīl ku ye ŋiēc mīth rin ba ya rēel ka mit puou
- Ya nin thǎāt juǎac rin bē nhom pial ku mit puou
- Ya wīc dhōl path pīr bī yen kǎ rēt ye nhom ya tiaam
- Ya rēer jam ku mēt buro kek pamāth ku kɔɔc macthok
- Kaam ya wēel thok bī yen luui thīn kǎ nhieer
- Rot ya tīŋ ka ye raan thiekic, ku ye lēk yeen alǎ ka leŋ kōu kɔɔc kony yeen
- Ya jam wēl path lōkayukar
- Bē ya wīc kuɔɔny alōŋ diaaŋnhom¹

Kɔɔc lon amatnhom aa cē loi alōŋ pialguɔp ku jam guiir tēn mēdhiēth ku dumuuk ɛ [mīthabuun panpiōɔc koor](#) ku [mīthabuun panpiōɔc ŋuēēn](#).

Feeling it: [Kǎk kɔɔc kony tēktēk ku kǎ ye mīthabuun panpiōɔc ŋuēēn looi](#). Aguir ɛ Smiling Mind a leŋ kǎ ye nyuɔɔth alōŋ dhōl bī raan rot muk, bī raan kec puou deet ku muk nhom, ku ŋic tak, bī raan rot ŋiēc muk, ku guiēr bī raan rot guiir alōŋ kǎ bē ke yīc waar.

Kǎk ye nyuɔɔth lon wīc meth ya riēnythi kuɔɔny alōŋ pialnhom

Kaam dēd, loilooi kǎ ce laŋ riel bī kek raan kony bē rēer ka puɔl nhom kek rōt.

Ye nŋin tīit ku wīc kuɔɔny tēn kɔɔc cē piōc tē leŋ yīn kǎ cē rōt waar yī guɔp kaam wan wiik ka rou ya juēēckǎ, kǎ cīt:

- Liu ye raan puou liu lon kǎ theer nhieer bē keek looi yīc
- Rēel ka guɔp ‘dīir piny’, diaaŋnhom ya diēer
- Lon kǎ theer puɔl yīc a cē yic riel
- Rēer ye raan rēer ka ye la ŋāny ke kɔɔc
- Kuōn rot ye raan rot wiēc rōr, cēmēn dēŋ mǎau ya wal
- Mīit rot bei kɔɔc yīc ya diaaŋnhom
- Arēcrēēc ku liu raan puou kuat kē loi yic
- Rēer ye raan rēer ka tēk kǎ rac juǎac

¹ Aguir ɛ headspace – kony riēnythii alōŋ diaaŋnhom panpiōɔc <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/> <https://headspace.org.au/explore-topics/supporting-a-young-person/school-stress/>

- Wër ë kaam ye raan nin ku wër ë miih²

Dhöl ye riënythii röt kony kam ken

Riënythii aa lac **la tën riëc ken ke wïc kuöny kam ken** kaam këc kek gua wïc kuöny tën raan nuëën ya aguiëer.

Riënythii aa lëu bïk röt kony kam ken dhöl kä:

- **yup 000 të wïc mäh du kuöny nyinic** ya rëer ka wïc bë rot röl ya looi röl tën kooç kök
- yup bï yin mäh du yuöp, ku lëk kuöny du ku lëk yeen lon yin ye tak ku ye diëer yeen
- lëk bï yin mäh du lëk lon peth yen bë wët jöör lueel tën raan dëd nuëën cë deet puöu.

Riënythii aa lëu bïk röt däk jam cit kë. Lëk alon dhöl bï riënythii röt ya kony kam ken a töu tën:

- Aguir ë headspace: [Dhöl bï yin mäh du kony të leñ yen kë jör yeen](#)
- tKäk Koc Kony Biäk Pialnhom ku Pialguöp (Mental Health and Wellbeing Toolkit): [të wïc yin ya mäh du kuöny alon pialnhom](#)

Kä ye koc röt kony lon pialnhom

- [Kuöny tën riënythii kaam rëer kek nïn löñ yiic](#) (headspace)
- [Käk Koc Kony Biäk Pialnhom ku Pialguöp](#) (Amatnhom ë Piöoc)
 - [Wël ë Podcast Lueel Aguir ë Raising Learners](#): wël ë wëet ku wël ë lëk tën mëdhiëth ku dumuuk alon wël juëc leñ yiic dhöl bï mäh pën käräk lökayukar
 - [Dët bï raan pialnhom deet yic – athöryith](#) (Orygen)
 - [Piöc rot dhöl bï yin kä rët yï nhom ya tiaam](#) (headspace)
 - [Cam pïir dhël path \(rin ba ya rëer yï puol nhom\)](#) (headspace)

Pialguöp lökayukar ku liu käräk

- Lon [Safe Socials](#) (Amatnhom ë Piöoc)
 - [Athöryith – mëdhiëth ë mähabuun panpiöoc koor](#)
 - [Athöryith – mëdhiëth ë mähabuun panpiöoc nuëën](#)
- [ScrollSafe](#) (Orygen)
 - [pan mëdhiëth ku dumuuk](#)
- [Run ye mäh pën Social media](#) (Bëny col eSafety Commissioner)

Kuöny alon pialnhom

- **Yup 000** të ye tuaany kë wër raan wei
- **Löc tën akim GP akeunhom** bï guir döny pialnhom ku tooc yin tën akim kök
- **Wëet ë Aguir ë headspace**: Riënythii leñ ruöön 12-25 aa lëu bë wëet pan headspace. Kaam nïn löñ yiic, mähabuun aa lëu bïk [pan headspace akeunhom](#) yuöpe
- **headspace**: 1800 650 890 www.headspace.org.au/eheadspace
- **Kids Helpline**: 1800 551 800 www.kidshelpline.com.au
- **Lifeline**: 13 11 14 www.lifeline.org.au
- **Beyond Blue**: 1300 224 636 www.beyondblue.org.au
- **Head to Health**: 1800 595 212 www.medicarementalhealth.gov.au/head-to-health-clinics-victoria
- **Suicide Call Back Service**: 1300 659 467 www.suicidecallbackservice.org.au

² Aguir ë headspace a leñ athör cë piäät col 'mental health and you' <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf> ku aguir ë headspace – dhël bï yin ya jam ke miëth ku alon pialnhom <https://headspace.org.au/dads/>

Kä pën röl bī raan rot röl rot ku nääk rot

- [Wīcwīc ē aguir ē lon pialnhom](#) (ReachOut)
- [Kä path ba keek ŋic alŋ röl bī raan rot röl](#) (headspace)
- [Döl bī yīn raan wīc nääk rot kony](#) (SANE Australia)

Kuwoony alŋ tŋ baai ku kāk kuwoony

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Kuwoony alŋ tŋ baai ku kāk kuwoony](#)