



ATHÖÖR KĒNNĒ ABĪ JAM NĒ KĀ KĒ KOC ĒKE DHIĚTH MĪTH KU KOC YE NYĪN TĪIT NĒ KEEK

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

Acĭ ya ruɔn dĭt arĕetic yennĕ ruɔn kĕnnĕ ku ye waragen de nyuuth cĭ gɔɔr ĕtĕnnĕ abennĕ wĕl ke kuɔɔny ku kĀ kĒ keek thiekiic ke kuɔɔny ya gĀm koc ĕke dhiĕth mĭth, koc ye nyĭn tĭit nĕ keek ku jol ya bĕiken kedhie ago keek ya kuɔny nĕ tĭitĕ nyin de tuenytuɛeny ke koc nhĭim ku piath tĕnnĕ mĭth kor ku jol ya koc thii kor, tĕ tĭitĕ nyin nĕ keek nĕ theɛ tō keek nĕ ajatha yic. Ēkĕnnĕ ee luɔci bennĕ keek ya yōk mat thĭn ĕyadĕŋ tĕ koorĕ kuɔɔny.

Kā ke kuɔɔny ba keek ya looi agonnĕ tuenytuɛeny ke koc nhĭim ya tōok

Wĕɛiĕ raanduɔn koor piɔu ago:

- Bĭ ya pol apieth ku bĭ ya cam nĕ mĭith pieth ago riel de guɔpde ya juakic
- Bĭ ya tōc ku bĭ ya nin nĕ theɛ juĕc yic ago yenhom ya cōk cĭn dhuruup ku bĭ ye guɔp ya cōk cĭn aciĕĕk niɔp, cĭ men de riɔɔc, dhuɔɔr de piɔu ku jol ya kĀjuĕc kōk.
- Guik kuɛer kōk peei lĕu bĭn ke yĭ guɔp ya pĀl piny ku ba kĀ riliic ya guum.
- Rĕĕrĕ ke yĭ thĭiĀk wĕnnĕ mĀthku ku kockuɔɔn nhiaar keek aguokĕ kĀŋ ya doc jaamic.
- GĀmĕ rot theɛ bĭn ke kĕ yekkĕ nhiaar ya looi
- Ye rot jĀām apieth, ku ye lĕk keek.men cĭi kee tō keepĕi nĕ yekĕnnĕ yic.
- Guik kuɔɔny tĕnnĕ koc kōk peei cĭ keek piɔɔc tĕ bĭn yen ya kōɔr.¹

Akut acĭ kĀ bĭ keek ya looi ke pialĕ guɔp yiĕknhial ku jol ya ajuiĕer bennĕ jam ya jōk tĕnnĕ koc ĕke dhiĕth mĭth ku koc ye nyĭn tĭit nĕ keek nōŋ mĭthkĕen tō nĕ [thukul tueŋ de mĭth kor yiic \(thukul de pirĭmari\)](#) ku [thukul ĕ rou de mĭth cĭ nuĕĕn amĀāth \(thukul de thĕkōndĀri\)](#).

Yōk bĭn keek ya yōk: [kĀ ke adōt bennĕke kuɔɔny ya gĀm mĭth nuĕĕn tō nĕ thukuul ke rou yiic \(thukuul ke thĕkōndĀri\) ya kuɔny](#) Smiling Mind ee koc gĀm wĕl bennĕ raan ke rot ya tĭit yetōk, ku bĭ koc ya nyuōth kuɛer lĕu bennĕke aciĕĕk ke koc kōk peei ya doc deetiic ku bĭ keek ya mac apieth, ku bĭ ya nanj adōt, ku bĭ ya ŋoot ke yee piɔu doc kĀc nĕ rotde, ku ba kĀ ye koc riir nhĭim ya doc deetic ku ba rot ya piɔɔc ago kee kĀkĕ kedhie ya doc geer

Kā ye yen nyuɔɔth men lĕu bennĕ meth ka raanthi

kuɔɔny de tōok ĕ tuany de koc nhĭim ya kōɔr

Nĕ theɛ kōk yiic, ke kee kĀkĕ kedhie aaciĭ bĭ ya lĕu nĕ kuɔɔny bennĕ tōok de tuenytuɛeny ke koc nhĭim ya looi.

Akōɔr ba nyin ya tĭit arĕetic ku ba kuɔɔny ya guikcōk tĕnnĕ koc cĭ keek piɔɔc wĕnthĕer agokĕ yĭn ya kuɔny nĕ gĕĕr de aciĕĕk cĭ tō nĕ wiik keerou wĕnnĕ wiik juĕc yiic, cĭ men de kee kĀkĕ:

- Bĭ raan piɔu ciĕ ye bĕer tō nĕ luɔci yic wĕnnĕ cĭi ye bĕer luui nĕ kĀkĕen nhĭĕer keek cĭ men theɛr de.
- Yōk yennĕ raan rot yōk ke 'tō piiny', ye nanj dhuruup ku ye tō ke cĭ dĭĕr nĕ theɛ juĕc yiic.
- Tĕ cennĕ kĀ thĭĕer nyic raan ĕbĕn keek yic riel
- Tĕnōŋ en kĕ thĭin ye yĭn doc riɔɔk piɔu wĕnnĕ ye doc ŋeeny.
- Tĕnōŋ en kĀreɕ kōk peei ye keek lōom, cĭ men de dĕŋ de miĀāu wĕnnĕ cĀm de wĕl roor ye koc doc mĭɔl.
- Tĕ kōɔr bĭn rot miĕĕtbei nĕ kĀŋiic wĕnnĕ ye rot yōk ke nōŋ kĕ cĭ yĭn tiaam guɔp.
- Ye yic riel ba nhom ya tō nĕ kĀŋ yiic ku cĭn kĀ ye yĭn bĕer cōk lu apieth.
- Ye tak nĕ kĀjuĕc rac arĕetic
- Tĕnōŋ en kĀ cĭ rōth geer nĕ nĭndu yic ku nĕ cĀmdu yic.^{2 3}

Kuɔɔny bĭi remthi ya gĀm rōth nĕ kemken

Remthi kee ka ye **koc lĕu bĭkkĕ rōth ya doc dhuok rōth ku bĭkkĕ rōth ya kuɔny** tĕ kĕn kee guo lo tĕnnĕ koc ŋuĀn wĕnnĕ yĀn kōk peei ke kuɔɔny.

Remthi aalĕu bĭkkĕ rōth ya kuɔny keepĕi nĕ kee kuɛer kĀkĕ yiic:

- Bĭ namba de guɛu keediĀk (000) ya doc yuɔpic tĕ kōɔrĕ mĀthdu kuɔɔny thĭokic cĭi bĭ ya gĀāu wĕnnĕ tĕ kōɔr bĭ yen koc kōk peei ya nōk.
- Ba doc ya lo tĕnnĕ mĀthdu, ku ba keek ya gĀm kuɔɔny ku ba ya cōk nyickĕ men ye yĭn nyin tĭit nĕ keek.
- Ba ya cōk nyic mĀthdu men lĕu bĭ yĭn kĀkuɔɔn cĭnke dĭĕr ya guĕel ĕnōŋ raan ŋuĕĕn tō kennĕ yĭn.

Ba ya nanj nuɔɔr de jam cĭt ye kĀkĕ, alĕu bĭ yic ya riel arĕetic tĕnnĕ remthi. Ku na yĭn ya, ke wĕl ye jam nĕ kuɛer lĕu bĭnke mĀthdu ya kuɔny aba keek ya yōk nĕ webthait de headspace: [Lĕu ba mĀthdu ya kuɔny wudĕ tĕ tō yen nĕ theɛ riliic apsi.](#)

¹ headspace – ee athōor thĭin nōŋic wĕl ye koc nyuōth nĕ kĀ ye koc nuān nĕ thukuul yiic ku dhuruup <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

² athōor thĭin de headspace nōŋic wĕl ke 'tuenytuɛeny ke koc nhĭim ku jĕm nĕ kĕdu' <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mqpdf.pdf>

³ headspace – lĕu ba ya jam wĕnnĕ mĭthku wudĕ nĕ kĕ de tuenytuɛeny ke koc nhĭim <https://headspace.org.au/dads/>

Kuwoony nē kē de tuenytueeny ke kōc n̄iim

- Akimduōn thiāk kennē yin (Your local GP)
- **headspace Counselling:** Mith tō nē thukuul ke rou yiic (thukuul ke thēkōndāri) ke akuma de Biktoria, agut cī mith cī piac thōk nē thukuliic, alēu bī keek ya gām kuwoony bennēke ya jāam n̄iim tēnnē akut de headspace. Nē thee ke ajatha yiic, ke yin lēu ba rōt ya tuoc nē yān kōk peei yiic nē cōt bīn ya cōt [nē yān kōk thiāk kennē yin ke headspace](#).
- **eheadspace:** 1800 650 890 www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800551800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Help:** 1800595212 www.headtohelp.org.au
- **Suicide Call Back Service:** 1300659467 www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Yuōpē gēuē keediāk (000)** tē kōr yin kuwoony thiōkic cī bī gāu.

Kuwoony nē kē de tōn nē kēm ke kōc baai ku kajuēc kōk ke kuwoony

- **Safe Steps:** 1800015188 www.safesteps.org.au
- **1800RESPECT:** 1800737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Kuwoony nē kē de tōn baai](#).

Mietē piōu nē thōl cennē ruōn thōl ke many yōōn mac nē baŋ ciēm de Biktoria:

Wo cī thiōk bukku run tueer bī wo ajuier de mietē piōu thōl nē luōi nē 2019-2020 nē thee ke māi yiic yennē many yōōn rōt looi nē baŋ ciēm de Biktoria. Yen ajuier kennē aabiē bei nē kē ēcennē kōc diēr ku ye kōc yiēn kajuēc ke riōōc ye keek thōōn kennē kā yekēnnē keek gām kōc. Na kōr ba wēl juēc kōk yōk nē kuwoony bī ya gām mith kor ku remthi nē ye thee kākē yiic:

- **Emerging Minds:** [Māny de dhurruŋ rec cī rōth looi:](#) miet de piōu ē run cī keek thōl ku kajuēc kōk
- **Trauma and Grief Network:** [Ba aciēk ke mietē piōu de run cī keek tēēkiic ya deetiic ku ba keek ya mac apieth](#)

yān ke kuwoony nē kuēr lēu bīn ke rōt ya gēl nē kā nāk yin yiic ku kā kōk peei bennēke kōc ya jōōny nē tēēk ye ke yen kōr bikkē rōth ya nōk.

- [Kuēr lēu bīnke tōōk de tuenytueeny ke yī nhom ya juiir](#) (ReachOut)
- [Kā kōr ba keek ya nyic nē kā lēu bikkē yin ya doc tiaam](#) (headspace)
- [Lēu ba kuwoony ya gam wudē tē kōr bī raan rōt nōk](#) (SANE Australia)

Ajuier de headspace yennē kōc nōn mith kor māt n̄iim ku bennē keek piōōc nē ajuier bī keek n̄iimken ya deet

- Yān thii ke ke headspace aye ajuier ye yennē kōc māt n̄iim looi nē ye thaa kennē cennēke thukuul thiōk thook ago kōc nōn mithken ya gām nyic nē kē de tuenytueeny ke kōc n̄iim ku nyinyden ya yiēkhial ago ciē beer doc jāl. Na kōr ba wēl juēc kōk kuen nē n̄in bennēke ajuier kennē ya looi, ke yī guik headspace nē: headspaceschools@headspace.org.au
- Akut amatnhom de headspace aci rōt mat kennē akut de thukul ku piōōc ago kōc keerou nōn mith ku kōcye nyin tiit nē keek ya rek nē webthaitic (webinars) ku bikkē kajuēc jaamic:
 - Gēm de kuwoony tēnnē remthi – Daaiē, Thiēc kōc, ku rek rōt (Yom kamith, peei n̄in 10, Peei de Thiēer ku Rou, 2020. [Wēl ba keek ya kuen ku gāār de rin aba looi ētēnnē](#))
 - Kuwoony tēnnē remthi nē kaam thōōk keek nē thukul tueerjic (pīrimari) ku le keek nē thukul de rou yic (thēkōndāri) (Nē Yom Talataa, Peei n̄in 15, peei de thiēer ku Rou, 2020. [Wēl ba keek ya kuen ku gāār de rin aba looi ētēnnē](#)).

Kā ke kuwoony nē kē de tuenytueeny ke kōc n̄iim

- **Adit ke kuwoony nē kē de tuenytueeny ke kōc n̄iim :** Anōnjic wēl ke kuwoony tēnnē mith ke thukul, kōc ēke dhiēth keek ku jol ya kōc ye nyin tiit nē keek; agonnē ke ya kuwoony nē kē de tuenytueeny ke kōc n̄iim ku piathden de mith kor ku remthi nē yānkēen yennēke nyin tiit nē keek:
 - [Leer tueŋ de piōōcē mith kor:](#) Ye kōc guiēer wēl ke nyic /wēl ke kōc nōn mith /kōc ye nyin tiit nē keek. Yen ajuier kennē ee ke gām wēl juēc agut cī tēn bennē menhdu ya cok tō ke piol guōp nē kā ke aliiric.
 - [Ba tōōk de tuany ē kōc n̄iim ya deetic – Athōōronjic wēlke kuwoony](#) (Orygen)
 - [Piōōcē rōt ba kā riliic ya tiaamnē thee cīi keek rōth looi](#) (headspace)
 - [Lo nē ajuier de pīiric \(ba ya noot ke yī leer piath de headspace tueŋ nē piathic\)](#) (headspace)
- [Bennē kōc kor ku remthi ya kuwoony nē thee ke ajatha yic](#) (headspace)