

ATHÖÖR KĒNNĒ ABĪ JAM NĒ KĀ KĒ MĪTH KE THUKUUL

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

Acĭ ya ruɔn dĭt arĕĕtic yennĕ ruɔn kĕnnĕ ku ye warageɲ de nyuuth cĭ gŏɔr ĕtĕnnĕ abĭ wo ya ɲoot ke wo gem wĕl ke kuɔɔny ku kĀ kŏk peei thiekiic ke kuɔɔny agoku nyĭn ya tĭit nĕ tuenytuɛeny ke kŏc nhĭim tĕnnĕ yĭn ku pialduɔɔn de yĭn guɔp nĕ theɛ ke ajatha cennĕke mĭth luɔny biyic ku loilooi kŏk peei lĕu bĭ wo ke yĭn ya dŏc yŏk tĕ kŏɔr yĭn kuɔɔny.

KĀ ba keek ya looi ago tŏɔk de tuenytuɛenykuɔɔn ke yĭnhom ya looi nĕ theɛ ke ajatha yiic.

- Pol ba ya looi abĭ riel de guɔpdu ku pialduɔɔn de yĭn nhom ya juakic – ye looi arĕĕtic!
- Cŏkĕ yĭnhom piny apieth nĕ cĀm bĭn ya cam nĕ kuĭn pieth – Ĕkĕnnĕ abĭ cieɛɲdu ya yiĕknhial apieth.
- Ye them arĕĕtic ba ya tŏc apieth ku ba ya nin nĕ theɛ juĕc yic ago yĭnhom ku aciĕĕk niŏpkuɔɔn ke yĭn guɔp, cĭ men de riŏɔc, dhuɔɔr de piŏu ku jŏl ya kĀjuĕc kŏk ya cŏkpiny.
- Guik kuɛɛr kŏk peei lĕu bĭn ke yĭ guɔp ya pĀl piny ku ba kĀ riliic ya guum.
- Rĕĕrĕ ke yĭ thiĀĀk wennĕ mĀthku ku kockuɔɔn nhiaar keek aguɔkĕ kĀɲ ya dŏc jaamic.
- GĀmĕ rŏt theɛ bĭnke kĀ nhiaar keek ya looi
- Ye rŏt jĀĀm apieth – ku muk apieth nĕ yĭnhom men cĭi yĭn tŏ yĭtŏk nĕ yekĕnnĕ yic.
- Guik kuɔɔny tĕnnĕ kŏc kŏk peei cĭ keek piŏɔc tĕ bĭn yen ya kŏɔr.¹

Yŏk bĭn keek ya yŏk: [kĀ ke adŏt bennĕke kuɔɔny ya gĀm mĭth ɲuĕɲn tŏ nĕ thukuul ke rou yiic \(thukuul ke thĕkŏndĀri\) ya kuɔny](#) Smiling Mind ee kŏc gĀm wĕl

bennĕ raan ke rŏt ya tiit yetŏk, ku bĭ kŏc ya nyuŏth kuɛɛr lĕu bennĕke aciĕĕk ke kŏc kŏk peei ya dŏc deetiic ku bĭ keek ya mac apieth, ku bĭ ya naɲ adŏt, ku bĭ ya ɲoot ke yee piŏu dŏc kĀc nĕ rŏtde, ku ba kĀ ye kŏc riir nhĭim ya dŏc deetic ku ba rŏt ya piŏɔc ago kee kĀkĕ kedhie ya dŏc geer

Alĕu ba ya nyic men bennĕ kee kĀ ba keek ya looi ya kĀlik bennĕke tŏɔk de tuenytuɛeny ke kŏc nhĭim ya looi. ĔkĀ cĭ keek gŏɔr piiny ĕtĕnnĕ abĭ yĭn ya nyuŏth ɲĀn bennĕke kuɔɔny ya gĀm yĭn.

KĀ ye yen nyuɔɔth men bĭn kuɔɔny ya kŏɔr wennĕ bĭ mĀthdu kuɔɔny ya kŏɔr nĕ kĕ de tuenytuɛeny ke kŏc nhĭim

Akŏɔr ba nyin ya tĭit arĕĕtic ku ba kuɔɔny ya guikŏɔk tĕnnĕ kŏc cĭ keek piŏɔc wĕnthĕɛr agokĕ yĭn ya kuɔny nĕ gĕĕr de aciĕĕk cĭ tŏ nĕ wiik keerou wennĕ wiik juĕc yiic, cĭ men de kee kĀkĕ:

- Bĭ raan piŏu ciĕ ye bĕɛr tŏ nĕ luɔoi yic wennĕ cĭi ye bĕɛr luui nĕ kĀkĕɛn nhĭɛr keek cĭ men theɛr de.
Yŏk yennĕ raan rŏt yŏk ke 'tŏ piiny', ye naɲ dhuruup ku ye tŏ ke cĭ dĕɛr nĕ theɛ juĕc yiic.
- Tĕ cennĕ kĀ thiɛɛr nyic raan ĕbĕn keek yic riel
- Tĕnŏɲ en kĕ thiin ye yĭn dŏc riŏɔk piŏu wennĕ ye dŏc ɲeeny
- Tĕnŏɲ en kĀrɛc kŏk peei ye keek lŏɔm, cĭ men de dĕɲ de miĀĀu wennĕ cĀm de wel roor ye kŏc dŏc miŏɔl.
- Tĕ kŏɔr bĭn rŏt miĕĕtbei nĕ kĀɲiic wennĕ ye rŏt yŏk ke nŏɲ kĕ cĭ yĭn tiaam guɔp.
- Ye yic riel ba nhom ya tŏ nĕ kĀɲ yiic ku cĭn kĀ ye yĭn bĕɛr cŏk lui apieth.
- Ye tak nĕ kĀjuĕc rac arĕĕtic
- Tĕnŏɲ en kĀ cĭ rŏth geer nĕ nĭndu yic ku nĕ cĀmdu yic.²

¹ headspace – ee athŏɔr thiin nŏɲic wĕl ye kŏc nyuŏth nĕ kĀ ye kŏc nuaan nĕ thukuul yiic ku dhuruup <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

² athŏɔr thiin de headspace nŏɲic wĕl ke 'tuenytuɛeny ke kŏc nhĭim ku jĕm nĕ kĕdu' <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mqpdf.pdf>

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

Kuɔnyë mäthku

Yin wennë mäthku, we ka ye **kɔc lëu bäkkë rōth ya dɔc dhuɔk rōth ku bäkkë rōth ya kuɔny** të kën we guɔ lo tënnë kɔc nuän wennë yän kɔk peei ke kuɔny. Yin wennë mäthdu alëu bikkë rōth ya kuɔny keepëi në kee kuɛɛr kākë:

- Bī namba de guɛu keediäk (000) ya dɔc yuɔpic të kɔɔrë mäthdu kuɔny thiɔkic cī bī ya gāu wennë të kɔɔr bī yen kɔc kɔk peei ya nɔk.
- Ba dɔc ya lo tënnë mäthdu, ku ba keek ya gām kuɔny ku ba ya cɔk nyickë mēn ye yin nyin tīt në keek.
- Ba ya cɔk nyic mäthdu mēn lëu bī yin kakuɔɔn cīnke diɛɛr ya guɛɛl ɛnɔŋ raan ŋuɛɛn tɔ kennë yin.

Ba ya naŋ nuɔɔr de jam cīt ye kākë, alëu bī yic ya riel arëëtic. Ku na yin ya, ke wël ye jam në kuɛɛr lëu bīnke mäthdu ya kuɔny aba keek ya yök në webthait de headspace: [Lëu ba mäthdu ya kuɔny wudë të tɔ yen në theɛ riliic apɛi](#).

Kuɔny në kë de tuɛnytuɛɛny ke kɔc nhīm

- Akimduɔɔn thiäak kennë yin (your local GP) alëu bī yin ya gām kuɔny dīt dēt peei
- **headspace Counselling:** Mith tɔ në thukuul ke rou yiic (thukuul ke thëkɔndäri) ke akuma de Biktoria, agut cī mith cī piac thök në thukuliic, alëu bī keek ya gām kuɔny bennëke ya jääm nhīm tënnë akut de headspace. Në theɛ ke ajatha yiic, ke yin lëu ba rot ya tuɔɔc në yän kɔk peei yiic në cɔt bīn ya cɔt [në yän kɔk thiäak kennë yin ke headspace](#).
- **eheadspace:** 1800 650 890 www.headspace.org.au/eheadspace
- **KidsHelpline:** 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
- **Yuɔpë guɛɛr keediäk (000)** të kɔɔr yin kuɔny thiɔkic cī bī gāu.

Kä lëu bikkë raan ya tiaam ku kä ke kuɔny në kë de jöny ë nänjë rot

- [Kuɛɛr lëu bīnke tɔök de tuɛnytuɛɛny ke yī nhom ya juiir](#) (ReachOut)
- [Kä kɔɔr ba keek ya nyic në kä lëu bikkë yin ya dɔc tiaam](#) (headspace)
- [Lëu ba kuɔny ya gam wudë të kɔɔr bī raan rot nɔk](#) (SANE Australia)

Kuɔny në kë de tɔŋ në kem ke kɔc baai ku käjuɛc kɔk ke kuɔny

- **SafeSteps:** 1800015188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Kuɔny në kë de tɔŋ baai](#)

Mietë piɔu në thöl cennë ruɔn thöl ke many yöŋ mac në ban ciɛm de Biktoria (Eastern Victoria bushfires: first anniversary)

Wo cī thiɔk bukku run tueŋ bī wo ajuiɛɛr de mietë piɔu thöl në luɔɔi në 2019-2020 në theɛ ke mäi yiic yennë many yöŋ rot looi në ban ciɛm de Biktoria. Yen ajuiɛɛr kennë aabië bei në kë ɛcennë kɔc diɛɛr ku ye kɔc yiɛn käjuɛc ke riɔɔc ye keek thöŋ kennë kä yekennë keek gām kɔc. Na kɔɔr ba wël juɛc kɔk yök, ke yī liep kee webthait kākë.

- **Emerging Minds:** [Māny de dhurruɔp rɛc cī rōth looi: miet de piɔu ë run cī keek thöl ku kä juɛc kɔk](#)
- **Trauma and Grief Network:** [Ba aciëk ke mietë piɔu de run cī keek tēkiic ya deetiic ku ba keek ya mac apieth](#)

Kä ke kuɔny në kë de tuɛnytuɛɛny ke kɔc nhīm

- [Adit ke kuɔny në kë de tuɛnytuɛɛny ke kɔc nhīm](#)
- [Ba tɔök de tuany ë kɔc nhīm ya deetic – Athöör mɔnciwëlke kuɔny](#) (Orygen)
- [Piɔɔcë rot ba kä riliic ya tiaamnë theɛ cī keek rōth looi](#) (headspace)
- [Lo në ajuiɛɛr de piiric \(ba ya ŋoot ke yī leer piath de headspace tueŋ në piathic\)](#) (headspace)