

Mental Health Services Glossary

Wël ke Loilooi ke Pial ë Nhom

This bilingual glossary explains common mental health terms used in the Victorian Mental Health System. It is designed to help people better understand the mental health system, their rights, and the roles of different professionals involved in care and support.

Kee wël cī keek gōt nē thook kaarou yiic aye wël juēc guiir nē kē de pial ë nhom ye keek luōōi tēnē ajuieer de pial ë nhom de Victoria. Yen acī juiir bī kōc ya kony bīkē ajuieer de pial ë nhom ya deetic apieth, yithken, ku jōl ya loilooi ke kōc juēc cī piēc tō nē ajuieer de muōōk ku kuōony yic.

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This information has been drawn from a range of healthcare and government websites	Lëëk kä aa cĩ kuënybei ë löökaɣukaar pialguop ku akuma yic.
1. Anonymous: Means 'not identified by name' or 'with no name'. For instance, an anonymous letter is one that is not signed.	1. Acĩrin: Wëtde yic, 'acĩ lëu bi njic rin wala acĩn rin'. Cĩmenë, athor cĩrin aa athor kec thany.
2. Assessment: When a health practitioner asks you questions about your mental or physical health. They may also do tests or a physical examination. This will help identify any problems or needs and find the best ways to address them. See also 'Diagnosis'.	2. Athëm: Na thiec kɔc njëëc piälgüöp yin pial nhamdu wala/aye guopdu. Kek aa leu bĩk yi them au cieth ke yiguop. Kenë aleu bĩk ke waac tĩnj wala/aye ke wĩc guop yok ku wĩc dhël pieth bi kek kuony gam thĩn. Aya Lɔr tĩnj 'Cöör'.
3. Care: Giving support and help to another person.	3. Kuëëcnhom: Gëm kuony ku kuony tenë raandët.
4. Carer: A family member or friend who provides unpaid care and support to someone who needs help with daily activities or health issues.	4. Amuook kɔcnhiim: Ee raan bai au mǎth kɔc kuëëcnhiim kacĩn akök ku ee kuony gam tenë raan wic yen ka loi kek akolköl walaau ka juëc tueny tueny yic.
5. Care Coordination: Ways in which help from different services are set up to meet a person's needs.	5. kuëëcnhom cĩ rëëkcok: Aa dhël ye kuony bö ɣön juaac matic ku bĩk ka wĩc raan thöön thook.
6. Care / Support Team: The workers who give the treatment, provide care and help with the wellbeing of the person needing care.	6. Kuëëchnhom / akut kuony: Aa kɔc luoi kɔc beec, aa gëm kuëëcnhiim ku kony ke wëi kɔc wĩc kuony.

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7. Case Manager: Someone who assesses your needs, advises you, and can represent your needs with services (with your permission). A case manager may link you with services and activities that can help you. They are the central point of contact for you so that you do not have to ask different people for help.	7. Amuök-Kuɔnyɔcok: Ee raan yï thiec kec wïc, wëët yïn ku ee ka kuun wïc kek la luɛl tenë akut kuɔny gam (ku ee yïn ci ye puol bï jam riɛnku). Amuök-kuɔnyɔcok a leu bi mat kek aakut kuɔny gam ku kok ye ke loi biik yi kuɔny. Aa kek aa tou ciɛl kuɔny yic ebene rin cïn raan eben bi ya thiec kuɔny.
8. CAT Team: The Crisis Assessment and Treatment Team (CATT) is a team of mental health professionals. They provide assessment and intensive community treatment to people who are in crisis or experiencing serious mental illness. This is a crisis service only.	8. Akut CAT: Akut riääk wic yic ku gem wal bëëc (CATT) aa akut ci kuen pialnhom. Kek aa tuany wïc yic ku gemke wal bëëc tene kɔc tou riääkic wala ye ke rot yok ke tuany kenhïim apei. Kenë akut kuony gam rot.
9. Clinical: Describes the direct examination, observation and treatment of signs and symptoms in patients.	9. Tuany: Luel thëm de tuany, kä ca keek tïŋ ku töök/yïlany de kïit ke tuaany tënë kɔc tuaany.
10. Clinician: A healthcare professional that has direct contact with patients. For example, nurses, doctors, dentists or psychologists are 'clinicians'.	10. Akïim: Aa kɔcmuök njiëc piälguöp wen rom ke kɔc tuany. Cïmënë, konyakim, Diktor, Akimlec, wala akimnhom kek eben aa ye cɔl akïim.
11. Community Mental Health Services: Are generally for people with severe forms of mental illness. They are generally based in a clinic and free to the public. They have different types of mental health professionals, including case managers, psychiatrists, social workers, occupational therapists, psychologists and drug and alcohol workers.	11. Kuɔny Pialnhom akutbai: Aa käŋ kɔc wen tuany dit apei kenhïim. Kek aa tou pan akim kor ku aa ye gam abac/ke cïn akok. Kek aa yic laŋ kɔc juëc cï kuen pialnhom cïmenë Amuök Kuɔnyɔcok, Akimnhom, ajëëm kɔc nhiim, akimluoi, akimtäktäk, ku kɔcluui wal ku määu.

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12. Confidentiality: This means that the information you give to a healthcare professional is private. The healthcare professional must get your agreement before sharing the information with anyone. They need your permission ('consent') to share your information.	12. Muööny: Wëtde yic aa kuat wël ba gäm kɔcmuök njëec piälguöp aa ye muöny jäh. Kɔc luoi pan aa yi kan thiëc të leŋ yen raan wïc bï ke ca lëk kek njic. Aa wïc ba kek päl nhomlääu (agëmdu) bik wël ca lëk kek tek kek kɔc kok.
13. Counselling: Is a conversation or a series of conversations between you and a counsellor. Counselling usually focuses on a specific problem and the steps to address or solve it. It can help you deal with a problem or make decisions when you are unsure which one is best.	13. Jëëmnhom: Ee jam wala jääm ci nuët cok kamdu kek raan kɔc jäänhiim. Jëëmnhom ee jam tokic ku jal aa të bi luoi/lëu yen. Ee yi lëu bïn kerëec ci yok tiam wala bi yiek tëktëk piath/path tɛ cï nom muum.
14. Counsellor: A counsellor is a trained professional who provides guidance, support, and advice to individuals or groups to help them manage personal, emotional, psychological, or social challenges.	14. Awëëtkɔc: Aweetkɔc ee raan ci piooc bi kɔc ya wëët, kuony ku lëk raan tok au kɔc juëc te bik kek käh guopden, täktäken, piirnhom wala käh keyok bëi yic mac thïn.
15. Diagnosis: The identification of an illness or other problem (see also 'assessment').	15. Cöör: E ye tuany wala ke kök bäh guopdu yic njic (tïŋ athëm).
16. Disability Pension: Provides financial support if you have a physical, intellectual or psychiatric condition that stops you from working.	16. Akok Anääth: Aa wëu ye gam na ca näh anääth yiguop, tëktëk au yinhom yi gël ba cuk ye lui.

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17. Disability Support Worker: Provides you with personal, physical and emotional support if you require assistance with daily living. A Disability Support Worker can help with showering, dressing and eating, and assist with outings and other social activities.	17. Raanluoi kɔc leŋ Aŋääth Kony: Ee raan kɔc cĩ duany kuony ke wíc, kegup, wala täktäkic piërden yic akolköl. Raan kɔc leŋ Aŋääth A kony ee kɔc kony laak, cëŋ alath, ku cëmcëm, ku ba lo cath ayeer ku neem ke kok loi kek bai yic.
18. Eligibility Criteria: Rules about who can use a service.	18. Kãŋ Yi cɔl Agam: Aa lööŋ ye luel ye ŋa leu bi gãm kuony kene”.
19. Episode: A period of time in which someone is affected by a specified illness, such a psychosis. An ‘episode’ has a beginning and an end (as opposed to a chronic condition).	19. Tuɔltuany: Ee kaam pĩr raanic ye tuany rot jot, cĩmene bĩn kɔc liu ya piŋ ke jam. Tuɔltuany ee laŋ golrot ku thokde (aci thõŋ kek tuany cĩ cëŋ thĩn)
20. General Practitioner (GP): Family doctors in Australia are also called General Practitioners (GP). Some doctors work in health centres and hospitals and some work in their own offices. All GPs have university degrees. You can make your own appointment with the GP when you are sick or feeling unwell, or if you want a health check-up to make sure you don’t have any health problems.	20. Diktor Jaac (GP): Diktor pandu pan Athuralia aa ye cɔl (General Practiononers - GP). Diktor kok aa lui beɪ akim kor ku pan akimdĩt ku kɔc kɔk aa lui maktaab ken yic. GP eben Cääda Panabundĩt. Yin aleu ba kaam thiec tene GP te leŋ yin guop tuany wala ci guopdu ye yok ke ci la thanthan wala wíc ba guodu caath ku ba njic lon cin yin guop bec.
21. Harm / self-harm: Means ‘injury’. It can be physical, psychological, sexual or due to neglect. ‘Self-harm’ describes what happens when someone intentionally hurts themselves.	21. Utöök / rotluöi-utöök: Wëtde yic tëtök. Aleu bi ya yiguop, yinhom, tɔɔc wala pëlwei. Rotluoi-utöök wëtde yic ee bi raan rot luoi tëtök yenrot.

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22. Individual Capacity Building: Helping the person receiving care to be actively involved in decisions that affect them.	22. Riël Raan Juakic: Yiek raan kuony wen bi ye yiek riël bi ka loirot ye lööm ya takic apath.
23. Initial Discussion: The first conversation between a worker and the person needing care to decide what help is needed and how urgent it is.	23. Göc Jam: Göc jam tuëŋ kaam raan luoi ku raan wïc kuony yen aa ye matic ye ŋö wïc raan ku ye kadä bi ye lac bei.
24. Lived / Living Experience: A person who has experience of trauma or mental health challenges. The person uses their experience to improve mental health services.	24. Rëël / rëël keci rëët yenhom: Ee raan ci kerac ka rëëd yenhom wala ci ka laŋ tuany nhom. Raan cï kerac kaŋ rëëd yenhoom ee ye yiëk riël bi tuany nhom ya tiaam.
25. Mental Health and Wellbeing: This is when a person feels they are coping with the normal stresses of life and can connect with others. Mental health can change over time and can depend on what happens in a person's life.	25. Pialnhom ku Pialguop: Kene ee wen ye raan rot yok ka ci mëëm pīt tiaam ku ee mat kek kōc kok. Pialnhom a leu bi rot waar te ci kaam lo ku ee rot gësi ke ci rot kaŋ loi pir raanic.
26. Mental Illness: Mental illness is when problems with feelings or thoughts make daily life hard. Mental illness can change how a person thinks, feels, or acts. Examples of mental illness are anxiety, depression, and schizophrenia.	26. Ariëlnhom: Tuanhnhom ee te wen ye mëëm pir täktäkdü au te yin yiguop yok loi bi yic riël. Tuanhnhom ee te ye raan tekthin, guopyokthin wala yin lui thin waaric. Tuënytuëny nhom aa laŋic diëer, nuëëkpiny ku jal aa bi raan ci nhomriëël wël/rööth liu ya piŋ.

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27. Mental Health Care Plan: For people with a mental illness who have several healthcare professionals working with them. A Care Plan explains the support provided by each of those professionals and when treatment is necessary. Your GP will use a Care Plan to help you work out what services you need, set goals, and decide on the best treatment for you.	27. Aguiëër Muök Pialnhom: Ee kene kòc laŋ ariëlnhom ku aa laŋ kòc muök ñiëëc piälgüöp lui ke kek. Aguiëër Muök ee luel kuony bi gam kòc lui kek yen ku ye töök yin da bi gam. GP du abi Aguiëër Kuonydu loi bi yic laŋ ka wïc, ka thöl lui ku jal aa töök piëëth bi yiek yin.
28. National Disability Insurance Scheme (NDIS): Provides support for Australians with disability, their families and carers. It is funded by the Federal Government.	28. Atiëtnyin Gëlkou Anjääth Baai (NDIS): Ee kuony gam tene aduany, kòcruai, ku jal aa kòc aduëny töök pan Athuralia. Wëu/akok kuony kene ee ben tene akuma dīt Athuralia.
29. Neurodiversity: This means that the way people think, learn and behave can be very diverse. It does not mean it is wrong, just different.	29. Räältëkic: Wëtde yic ee ye nyuoth kuat raan eben tək thin, piocthin ku te ye raan rëel thin aa wääc yic. Acī ye nyuoth ka laŋ kerac, ee rin tēkic.
30. Occupational Therapist (OT): These workers focus on your ability to perform your daily activities. They aim to improve your independence. They have particular skills in problem solving, and breaking down activities or tasks to make them easier to manage and learn. They can also provide advice and assistance on what equipment can help.	30. Akīm Luoi (OT): Aa Kòc luoi ke nhiim tääu ke bi yiek riël ba ka kun loi kek aa loi akolköl. Aa ke nhiim tääu te bin riël yok ba ke ku aa loi rot. Kek aci piöc bīk rot bei bei ke ci yok yic, ku aa loi ñēmīc tē cit tē ba lēu ku ba piooc thīn. Kek aya alēu bīk kòc wëët ku kony yin ye wēnh yīnda leu bi kony.
31. Peer Worker: A person who understands your needs based on their own experience. For instance, a Peer Worker providing support about a mental health problem will themselves have experienced problems with their mental health.	31. Lon Rīic: Ee raan ke wïc dek e rin cī kaŋ rëël ke ci yok ken yic. Cimene, Lön Rīic ee kuony gam tene kòc laŋ kädhëël piälnhom ku yen ee cī kǎŋ nǎŋ kadhël kek kāk piälnhiämden.

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32. Psychiatrist: A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.	32. Akimnhom: Ee Diktor cî kuen cäädak juëc rin bi kôc laŋ piälnhom dhëël. Aa ci yiek riel bik kôc aa gât wal wala bik kôc kony bi tuany dhuk piny.
33. Psychologist: A professional that can help you develop healthy coping and problem-solving skills. People with anxiety and depression will often be referred to a psychologist. Psychologists seek to build a relationship of trust so you will feel safe in sharing your thoughts and feelings. A psychologist cannot prescribe medications.	33. Akimtäktäk: Ee raan ci pioc leu bi kôc aa kony bik kaŋ pîr ŋic ku tiam ke kerieëc ben pîric. Kôc rëër ke ci diëer ku aa gup la nurnur, aa ye tuoc tene Akimtëktëk. Akimtëktëk abi them bi math dôm kek yin e rin bin rot yin aleu ba ka ye tak ku te yin yi guop yokthin jamic ke yen. Akimtëktëk acie kôc ye gât wal.
34. Psychosocial: An approach that looks at you in the context of your social environment. It looks at how the combination of social environment and psychological factors affect your physical and mental health.	34. Tëktëkciëŋ: Kene ee dhël ye yin ye tiŋ te rëër yin thin ciëëŋ. Aa ye tiŋ ta ye rëër ciëëŋ ku ta yin takthin rot mat bik ta ye guop pial nom rot war thîn.
35. Referral: A letter from your doctor to a specialist asking for an appointment for you. If the referral is to a specialist in a public hospital, the hospital will contact you to make an appointment. If it is to a private specialist, you will need to make the appointment yourself.	35. Athor Tooc: Aa athor ye Diktordu tuoc tene akimgictok e rin bi tiŋ. Na ci athor tuoc akimŋictok rer pan akim jaŋ, ka pan akim bi cöl ba kam gat piny bin rôm ke kek. Ku na akimŋictok reer maktab de yic, ka yin abi thiec ba kaam bin rôm ke kek gat piny.
36. Rehabilitation: The action of helping you go back to health or normal life through training and therapy, for instance after an illness or an operation.	36. Dhukciën: Ee te wen ye yi pioc ku gëm yi wal bi guopdu kony bi guopdu dhuk cien au pial guop theër, tɛ war ci tuany yi dôm wala ci yi reed it.

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37. Respite: Short-term rest for carers. During respite, you will be looked after by someone else than your usual carer.	37. Lõŋ: Ee kam ye kɔc kɔc kuëëcnhiim lõŋ. Kam lõŋ, aye kɔc kok ce kɔc dheer yi muk aa kek aa yi kuëëcnhom.
38. Self-referral: Going straight to a service for help, without needing to go to a doctor or professional first (see also 'Referral').	38. Rot-tuoc: Ee te wen ye yi rot yath to wen bin kuony yok thin, ka yi cĩ tẽk tene Diktor du wala Akĩim tuen (tiŋ Athor Tõoc).
39. Social and Emotional Wellbeing: This is about a person being resilient and feeling safe within themselves and connected with people.	39. Pĩr Nhamdu ku dhiëenpuou ciëŋ: Kene ee te wen ee raan rot yok ka ril ku ee rot yok ka puol guopde yic ku a amaath ke kɔc kok.
40. Social Prescribing: This is about health professionals linking people to social activities considered to be helpful for their mental health. These activities may include volunteering, gardening, cooking, healthy eating advice and sports.	40. Yäãth Jiëŋ: Kene ee te ye kɔc pan akim kɔc yäãth jaarjic buk kok loi kek thin bẽn la yok erin bi kek kony pialnhiam de yic. Ka ye loi jaarjic alaŋ yic juer rot, lon dom, that, wëët cam mieth path ku kura.
41. Social Worker: Social workers can provide practical support, counselling, information and emotional support. Families, children, students, hospital patients or the elderly may all see a social worker. Social workers can help with problems such as homelessness, domestic violence, alcohol and drug addiction, sexual assault and child abuse. Social workers need a university degree to be able to practice.	41. Akuony kɔc: Akuony kɔc ee kuony bi kɔc kony gam, wëëtkẽ yin, aa kɔc lëk ku kony ke kɔc dhiau kepuoth. Kɔcbai, mĩith, mĩithabun, kɔc tuany pan akim au kɔcdĩt aa leu bik Akuony Kɔc tiŋ. Akuony aleu bi kɔc kony te leŋ yen ke ci yok, cimene ŋõŋbai, akɛkbai, nuɛk mou ku walɛc, ruomdiar ku yaarj mĩith. Akuony kɔc ee wĩc Cäada pan abundit e rin bi ja lui.

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42. Symptoms: A sign or indication of something, for instance an illness or other problem with your health.	42. Kīt-tuany: Kīt au ken ye nyuoth ka laŋ ke ci rot loi, cimene tuany au ka kok wen rot loi pialguop yic.
43. Treatment: Medical care given for an illness or injury.	43. Dööc: Kuony muökkim aye yiëk kəc tuany wala kəc cī gup laŋ utöök.
44. Trauma-Informed Practice: This is about creating safe, supportive environments where people feel that they are listened to and respected. It includes professionals delivering care that does not make people re-live their trauma.	44. Lon cithöŋ kerεεc: Kene ee bi piny yic ciën aguεεr, piny ye kəc rot kony alëëk abi raan lonade ka ye theek ku piny thok. Alanjic kəc lëŋ njëëc muök gam pioc bik kuony gam ë dhël wen ce kəc ye ben tak kerεεc ci lo.
45. Triage: The action of deciding the order in which patients will be treated, based on the urgency of their injuries or illness. Typically, the Emergency Department in a hospital has a 'triage nurse' who makes the decision of who needs to see a doctor most urgently.	45. Lëëlthok: Ee tewen ye yin kəc tuany mac kööth thin yeŋa bi kăŋ yiëk dooc, te cīt tuenytueny wala utöök tou bi lääc yiëk dööc. Ye laac looi, Akutnhom Kawëërwei pan akimyc, alon 'akuonyakim tēkthöök' e rin yen njic ee ŋa yen bi diktör kaŋ tiŋ rin dīt tuanyde.