

Mental Health Services Glossary

Thinlung Damnak lei Riantuanpiaknak Biafang

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.

Hi holh phun hnih in hmanmi biafang nih hin Victorian Thinlung Damnak Ningcang ah hman bikmi thinlung damnak biafang pawl kha a fianter. Thinlung damnak lei ningcang, an covo, le zohkhenhnak le bawmhnak ah aa telmi mithiamsang phunphun hna an riantuannak pawl kha mizapi nih tha deuh in an hngalh khawh nakhnga bawmh dingin sermi a si.

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ENGLISH	HAKHA CHIN
This information has been drawn from a range of healthcare and government websites	Hi kong hi ngandamnak lei zohkhenhnak le cozah website aphunphun in laakmi a si.
1. Anonymous: Means 'not identified by name' or 'with no name'. For instance, an anonymous letter is one that is not signed.	1. Min langhter lomi: 'Min in langhter lomi' asiloah 'min ngei lomi' tinak a si. Tahchunhnak ah, min langhter lomi cakuat cu minthut a um lo.
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. Hlathlainak: Ngandamnak lei thloptu nih na thinlung asiloah taksa damnak kong an hal tikah. Hneksaknak pawl asilole takpum lei chekhlatnak an tuah men fawn lai. Hi nih hin harnak asiloah herhmi a um ahcun fianternak a bawmh lai i tawlrel khawhnak lam tha bik hmuh khawh a si lai. 'Zawt fehternak' zongah zoh.
3. Care: Giving support and help to another person.	3. Zohkhenhnak: Midang sinah bawmchanhnak le dirkamhnak peknak.
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. Zohkhenhtu: Nifatin cawlcanghnak ah asiloah ngandamnak ruangah bawmh a herhmi minung pakhat khat sin ah tangka pek loin bawmhnak le bawmchanhnak a pemi chungkhar chungtel asilole hawikom.
5. Care Coordination: Ways in which help from different services are set up to meet a person's needs.	5. Zohkhenhnak lei Tawlrelnak: Minung pakhat i a herhmi pawl tlinhter dingah riantuanpiaknak aphunphun in bawmhnak lam pawl.

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6. Care / Support Team: The workers who give the treatment, provide care and help with the wellbeing of the person needing care.	6. Zohkhenhnak / Bawmchanhnak Phu: Thlopnak a petu, zohkhenhnak a petu le zohkhenh a herhmi minung damnak caah bawmtu riantuantu pawl.
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. Thilsining Tawlreitu: Na herhmi pawl a hlathlaitu, ruahnak an cheuhtu le riantuanpiaknak (nangmah nawlpeknak he) na herhmi pawl ah an ai-awh khotu minung pakhat khat. Thilsining tawlreitu nih nangmah an bawm khomi riantuanpiaknak pawl le cawlcanghnak pawl he an pehtonhter men lai. Amah i nangmah caah pehtlaih awk bik minung a si, cuticun midang kha bawmh hal na hau ti lo.
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. CAT Phu: Harnak Hlathlainak le Thlopnak lei Phu (CATT) cu thinlung damnak lei thiamsang hna phu pakhat a si. Harnak a tongmi asiloah thinlung lei zawtnak fak piin a tuarmi minung hna sin ah hlathlainak le a thabakmi mibu thlopnak an pek hna. Hihi cu harnak lei riantuanpiaknak lawng a si.
9. Clinical: Describes the direct examination, observation and treatment of signs and symptoms in patients.	9. Thlopnak lei: Mizaw zawtnak hmelchunhnak le sining hmuhmi pawl zohfelnak, thlopnak le cheknak kha langhter.

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10. Clinician: A healthcare professional that has direct contact with patients. For example, nurses, doctors, dentists or psychologists are 'clinicians'.	10. Thloptu: Mizaw pawl he dairek in pehtlaihnak a ngeimi ngandamnak lei zohkhenhtu thiamsang. Tahchunhnak ah, siisayama pawl, siibawi pawl, haa siibawi pawl asilole thinlung umtuning a hngaltu pawl cu 'thloptu pawl' an si.
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. Mibu Thinlung Damnak lei Riantuanpiaknak pawl: A tlangpi in thinlung lei zawtnak fakpi in a ngeimi hna caah an si. A tlangpi in seekhan ah hrambunhmi an si i mizapi caah manlo in rian an tuan. Thilsining tawlreltu pawl, thinlung thloptu pawl, mibu ca riantuantu pawl, rian he aa pehtlaimi lei thloptu pawl, thinlung umtuning a hngaltu pawl le rit-hai sii le zu lei riantuantu pawl telhchih in thinlung damnak lei thiamsang phun an ngei hna.
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. A thlithup sinak: Hihi a sullam cu ngandamnak lei zohkhenhtu thiamsang sin i na pekmi kong kha pumpak thil a si tinak a si. Ngandamnak lei zohkhenhtu thiamsang nih nangmah kong kha minung pakhat khat sin pek hlan ah nangmah hnatlaknak a laak hrimhrim lai. Nangmah kong chimphuan dingah nangmah nawlpeknak ('hnatlakpinak') an herh.

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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. Thazaang pek biaruahnak: Nangmah le ruahnak cheuhtu karlak ah biaruahnak asiloah biaruahnak aphunphun a si. Thazaang pek biaruahnak nih buaibainak pakhat le cucu langhter asiloah siamremh dingah tuah dingmi pawl kha a papek tawn. Hi nih hin buaibainak pakhat tawrlrel ding asiloah a thabikmi naa fian lo tikah biakhiahnak pawl tuah dingah an bawmh khawh.
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. Ruahnak cheuhtu: Ruahnak cheuhtu cu lamhmuhsaknak petu, bawmchantu le pumpak, lungthin umtuning lei, thinlung umtuning lei asilole zatlang nun lei zuamcawhnak pawl tawlrlnak bawmh dingah pumpak in asilole phu in ruahnak petu cawnnak ngei thiamsang a si.
15. Diagnosis: The identification of an illness or other problem (see also 'assessment').	15. Zawt fehternak: Zawtnak asilole adang buaibainak lei fianternak ('hlathlainak' zongah zoh).
16. Disability Pension: Provides financial support if you have a physical, intellectual or psychiatric condition that stops you from working.	16. Pumtlinlonak lei Pensen: Riantuannak in an ngoltetu takpum lei, fimnak lei asiloah thinlung lei zawtnak na ngeih ahcun tangka lei bawmhnak a pek.

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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. Pumtlinlonak lei Bawmchanhnak Riantuantu: Nifatin nunnak ah bawmhna na herh ahcun pumpak, takpum lei le lungthin lei bawmhna an pek lai. Pumtlinlonak lei Bawmchanhnak Riantuantu nih tikholhnak, thil-hruknak le rawl-einak ah an bawmh khawh i lengchuahnak pawl le adang mibu cawlcanghnak pawl ah an bawmh khawh.
18. Eligibility Criteria: Rules about who can use a service.	18. Aa tlakmi sinak Tahfung: Riantuanpiaknak a hmang khomi minung kong phungphai pawl.
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. Caan zeimawzat chung a cangmi: Thinlung damlonak tibantuk zawtnak pakhat khat nih minung pakhat khat caan zeimawzat chung a hnorsuan. 'Caan zeimawzat chung a cangmi' cu hramthawknak le donghnak a ngei (caan saupi zawtnak he aa kalhmi a si).
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. A tlangpi Thloptu (GP): Australia i chungkhar siibawi pawl zong A tlangpi Thloptu pawl (General Practitioners - GP) tiah auh an si. Cheukhat siibawi pawl cu ngandamnak lei thlopnak hmun pawl le siizung ah rian an tuan i cheukhat cu anmah zung ah an tuan. GPs vialte nih sianghleiruun dikari an ngei. Na zawt asilole na damlo caan ah, asiloah zawtnak zehmanh na ngeih lo feheter dingin ngandamnak lei chek na duh ahcun GP he i tonnak nangmah tein naa tuah khawh.

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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. Fahnak / mah le mah fahternak: 'Hliamhma putnak' tinak a si. Hihi taksa lei, thinlung lei, nupa sualnak lei asiloah daithlanh ruangah a si kho. 'Mah le mah fahternak' nih hin minung pakhat khat nih timh ciammaam in amah tein aa fahter tikah zeidah a cang timi a langhter.
22. Individual Capacity Building: Helping the person receiving care to be actively involved in decisions that affect them.	22. Pumpak Thiltikhawhnak lei Sersiamnak: Zohkhenhnak a hmumi kha amah a hnorsuangmi biakhiahnak ah i tel ve dingin bawmhnak.
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. A hramthawk Biaruahnak: Zeibantuk bawmhnak dah a herh i zeitluk rang in tawlrel dah a herh timi biakhiah dingah riantuantu le zohkhenhnak a herhmi minung karlak ah a hmasabik biaruahnak.
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. Nun / Nunnak lei Hmuhton: Lungfahnak asiloah thinlung damnak kongah zuamcawnhnak pawl a tongmi minung. Thinlung damnak lei riantuanpiaknak thanchoter dingah minung pakhat nih a hmuhtonmi a hman.
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. Thinlung Damnak le Thatnak Hihi cu minung pakhat nih nunnak ah punghmaan lungretheihnak hna kha a tei khawh i midang he pehtlainhak a ngeih khawh tikah a si. Thinlung damnak cu caan sin ah aa thleng kho i minung pakhat i nunnak ah zeidah a cang timi cungah aa hngat kho.

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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. Thinlung Zawtnak: Thinlung zawtnak cu intuarnak asiloah ruahnak he aa pehtlaimi buaibainak nih nifatin nunnak a harter tikah a si. Thinlung zawtnak cu minung pakhat nih khua a ruah ning, a umtuning asilole a tuahserning kha a thlen khawh. Thinlung zawtnak i tahchunhnak pawl cu thinphannak. Lungretheihnak le caansau thluak lei ningcang lonak (schizophrenia) an si.
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. Thinlung Damnak lei Zohkhenhnak Timhlahmhi: Thinlung zawtnak a ngeimi hna caah ngandamnak lei zohkhenhtu thiamsang zeimawzat he rian a tuanmi hna caah. Zokhenhnak Timhlahmhi nih mah thiamsang pawl l pakhat cio nih an pekmi bawmchanhnak le thlopnak a herh caan kha a fianter. Na GP nih zeibantuk riantuanpiaknak dah na herh timi tuaktaannak, tinhmi chiahnak le na caah a tha bikmi thlopnak biakhiahnak tuah dingin bawmtu ah Zohkhenhnak Timhlahmhi a hman lai.
28. National Disability Insurance Scheme (NDIS): Provides support for Australians with disability, their families and carers. It is funded by the Federal Government.	28. Rampumpi huap Pumtlinlonak Aamahkhan Timhtuahnak (NDIS): Pum tlinlonak a ngeimi Australia mi hna, an chungkhar pawl le zohkhenhtu pawl caah bawmchanhnak a pek. Ramkomh Acozah nih tangka a bawmhmi a si.
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. Thluak riantuannak lei i dannak: A sullam cu minung khuaruah ning, cawn ning le umtuning cu a phunphun in a um kho. Hihi a palh tinak a si lo, aa dan bia sawhsawh a si.

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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. Riantuannak he aa pehtlaimi Thloptu (OT): Hi riantuantu pawl nih hin nifatin na cawlcanghnak pawl na tuah khawhnak ding kha an papek. Nangmah tein na um khawhnak thanchonter ding kha an i tinh. Buaibainak remhchunhnak le cawlcanghnak pawl asiloah rian pawl tawlrel ding le cawn dingin fawiter deuh dingah thencheunak lei thiamnak pawl an ngei. Zeibantuk thilri nih dah a bawmh khawh timi ruahnak le bawmhnak zong an pek khawh.
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. Riantuan Hawi: Amah hmuhtonmi cungah hngat in na herhmi pawl a hngaltu minung. Ttahchunhnak ah, thinlung damlonak kong bawmchanhnak a petu Riantuan Hawi nih thinlung damlonak lei hmuhton kha amah bak nih a tong ve lai.
32. Psychiatrist: A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.	32. Thinlung thloptu: Thinlung damlonak a ngeimi minung bawmhnak ah a hlei in thiamnak a ngeimi siibawi pakhat. Thlopnak a tuah bantukin, sii din ding pawl zong a pek khawh men.

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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. Thinlung umtuning a hngaltu: A ngandammi tuar khawhnak le buaibainak tawlrel khawhnak lei thiamnak pawl ngeih khawhnak dingah an bawm khomi thiamsang. Thinphannak le lungrawhnak a ngeimi minung hna kha thinlung umtuning a hngaltu sin ah kuat an si tawn lai. Thinlung umtuning a hngaltu pawl nih i zumhnak lei pehtlainnak ser ding kha an kawl, cuticun na khuaruahmi pawl le na umtuning pawl chimphuan kha a himmi ah na ruah lai. Thinlung umtuning a hngaltu nih sii din dingmi a pe kho lo.
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. Thinlung put umtuning: Na zatlang nun pawngkam hoih in nangmah zoh ning. Zatlang nun pawngkam le lthinlung lei thil sining pawl fonhmi nih na pumsa le thinlung ngandamnak zeitindah a hnorsuan timi kha a zoh.
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 is it to a private specialist, you will need to make the appointment yourself.	35. Kuatchinnak: Na siibawi sin in thiamsang sinah nangmah caah i tonnack caan khiah piak dingin cakuat. Kuatchinnak cu zapi siizung i thiamsang sin ah a si ahcun, siizung nih i tonnack caan khiah dingin an in pehtlaih lai. Pumpak thiamsang sin a si ahcun, i tonnack caan khiahnak cu nangmah tein naa tuah a hau lai.
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. Damter thannak Cawnpiaknak le thlopnak hmangin damnak asilole punghmaan nunnak ah kiter thannak lei bawmhnak tuahmi, tahchunhnak ah zawtnak asilole hlainak tuah hnu ah.

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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. I dinhnak: Zohkhenhtu pawl caah caantawi i dinhnak. I dinh lio ah, punghmaan an zohkhenh tawntu si loin minung pakhat khat nih an in zohkhenh lai.
38. Self-referral: Going straight to a service for help, without needing to go to a doctor or professional first (see also 'Referral').	38. Mah tein i kuatchinnak: Siibawi asiloah thiamsang sin ah kal hmasat loin bawmh hal awk ah riantuanpiaknak sin ah dengteo in kalnak ('Kuatchinnak') zongah.
39. Social and Emotional Wellbeing: This is about a person being resilient and feeling safe within themselves and connected with people.	39. Mibu le Lungthin lei Damnak: Hihi cu mi pakhat nih a tuar khawhnak le amah le amah a himnak le mi he pehtlainnak a ngeih khawhnak kong a si.
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. Mibu nih Tuahpiakmi: Hihi cu ngandamnak lei thiamsang hna nih mizapi kha an thinlung damnak caah bawmtu a si tiah ruahmi zatlang cawlcanghnak pawl he pehtlainnak an tuahmi kong a si. Hi cawlcanghnak pawl ah mahlung tho tein riantuannak, dum tuahnak, rawlchuannak, a ngandammi eidinnak lei ruahnak cheuh le lentecelhnak pawl an i tel kho men.

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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. Mibu ca Riantuantu: Mibu ca riantuantu pawl nih a tak in bawmchanhnak, thazaang pek biaruahnak, thilsining kong le lungthin umtuning lei bawmchanhnak an pek khawh. Chungkhar hna, ngakchia hna, siangngakchia hna, sizung i mizaw hna asiloah kumkhua upa hna nih an dihlak in mibu ca riantuantu pakhat kha an ton men lai. Mibu ca riantuantu pawl nih innngeihlonak, chungkhar i puarhrannak, zu le rit-hai sii lemnak, nupa sinak lei tuahnak le ngakchia volhpamhnak tibantuk buaibainak pawl an bawmh khawh. Mibu ca riantuantu pawl nih riantuan khawhnak dingah sianghleiruun dikari an ngeih a herh.
42. Symptoms: A sign or indication of something, for instance an illness or other problem with your health.	42. Hmelchunhnak pawl: Muisam langhnak asilole thil pakhatkhat i langhternak, tahchunhnak ah zawtnak asilole na ngandamnak lei adang buaibainak.
43. Treatment: Medical care given for an illness or injury.	43. Thlopnak: Zawtnak asilole hliamhma putnak caah sii lei zohkhenhnak pekmi.
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. Lungfahnak kong Theihtermi lei Tuahsernak: Hihi cu minung hna nih an bia ngaihpiak le upatmi ah an i ruahnak hmun a himmi, bawmtu a simi pawngkam sernak kong a si.Hi ah hin an lungrahnak a damter than lomi thiasang pawl nih pekmi zohkhenhnak aa tel.

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ENGLISH

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.

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45. Hlathlai hmasatnak:

An hliamhma putmi pawl asiloah an zawtnak rianrangin tawlrel a herhmi cungah hngat in mizaw hna cu zeitindah thlopbul an si lai timi biakhiahnak tuahnak. A tlangpi in, siizung ah Lakhruak mizaw thlopnak Phuthen nih 'hlathlai hmasatu siisayama' an ngei i amah nih cun aho nih dah a rannak in siibawi a ton a herh timi biakhiahnak a tuah.