

Mental Health Services Glossary

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၣ်သြဲစရီ

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.

ကိုၣ်ခံကိုၣ်ဝီၣ်သြဲစရီအံၤ ဆဲးဖျါထီၣ်သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့ဝီၣ်သြဲညီၣ်တဖၣ် လၢတၢ်စူးကါအီၤလၢ၊ ဘံးထီၣ်ရံၤသးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်မၤကျဲ အပူၤန့ၣ်လီၤ .တၢ်တုၤဘၣ်အီၤလၢ၊ ကဒူးန့ၣ် ပၢၢ်စၢၤပုၤလၢ၊ သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်မၤကျဲ ,အဝဲသ့ၣ်အခွဲးယၢ်တဖၣ် , ဒီးပုၤကူၣ်သ့ဖံးမၤတၢ် အကလုာ်ကလုာ် လၢပၣ်ဃုာ်လၢ၊ တၢ်ကွၢ်ထွဲဒီး တၢ်ဆိၣ်ထွဲအပူၤ အလီၢ်လၢတဖၣ်န့ၣ်လီၤ.

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ENGLISH	KAREN
This information has been drawn from a range of healthcare and government websites	တၢ်ဂ့ၢ်တၢ်ကျိၤတခါအံၤဘၣ်တၢ်ထုးန့ၢ်အီၤလၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲကဟုကယၢ်ဒီးပဒိၣ်ပပုၤအပုၤယဲၤဘျးစဲအါမံၤအါကလုာ်အအိၣ်န့ၣ်လီၤ
1. Anonymous: Means 'not identified by name' or 'with no name'. For instance, an anonymous letter is one that is not signed.	1. တၢ်တဟ်ဖျါအမံၤအသၣ်- အခီပညီန့ၣ်"တၢ်တသ့ၣ်ညါအမံၤဘၣ်"မ့တမ့ၢ်"တအိၣ်ဒီးအမံၤဘၣ်"န့ၣ် လီၤ. အဒိန့ၣ်,လံာ်ပရၢတဘျီလၢတဟ်ဖျါအမံၤအသၣ်န့ၣ် မ့ၢ်လံာ်ပရၢလၢတၢ်တဆဲးလီၤမံၤဘၣ်န့ၣ်လီၤ.
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. တၢ်သမံသမီးမၤကွၢ်- ဖဲကသံၣ်သရၣ်တဂၤသံကွၢ်နၤတၢ်သံကွၢ်တဖၣ်လၢအဘၣ်ဃးဒီးနီၣ်သးမ့တမ့ၢ်နီၣ်ခိအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အခါန့ၣ်လီၤ. အဝဲသ့ၣ်ဘၣ်တဘျီကမၤစ့ၢ်ကီးဝဲဒၣ်တၢ်မၤကွၢ်တဖၣ်မ့တမ့ၢ်နီၣ်ခိအတၢ်မၤကွၢ်တၢ်ဆူးတၢ်ဆါတခါန့ၣ်လီၤ. တၢ်အံၤကမၤစၢၤလၢတၢ်ကထံၣ်န့ၢ်တၢ်ဂ့ၢ်ကီတခါလၢလံာ်မ့တမ့ၢ်တၢ်လိာ်ဘၣ်တဖၣ်ဒီးဃုန့ၢ်ကျိၤကွၢ်အဂ့ၢ်ကတၢ်တဖၣ်လၢတၢ်ကယုၣ်လီၤဘျီလီၤအီၤန့ၣ်လီၤ. ကွၢ်ဘၣ်စ့ၢ်ကီး"တၢ်သ့ၣ်ညါတၢ်ဆါ"တက့ၢ်.

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3. Care: Giving support and help to another person.	3. တၢ်ကွၢ်ထွဲကဟူကယၢ်- ဟ့ၣ်တၢ်ဆိၣ်ထွဲဒီးတၢ်မၤစၢၤဆူၣ်ပုၤအဂၤတဂၤန့ၣ်လီၤ.
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. ပုၤဟ့ၣ်တၢ်ကွၢ်ထွဲကဟူကယၢ်- ဟံၣ်ဖိဃီမိမ့တမ့ၢ်တံၤသကိးတဂၤလၢအဟ့ၣ်တၢ်ကွၢ်ထွဲဒီး တၢ်ဆိၣ်ထွဲလၢတန့ၢ်ဘူး လဲဆူၣ်ပုၤတဂၤလၢအလိၣ်ဘၣ်တၢ်မၤစၢၤဃုာ် ဒီးကိးနံၤဒဲးတၢ်ဟူးတၢ်ဂဲၤတဖၣ်မ့တမ့ၢ်ဆူၣ်ချ့အတၢ်ဂ့ၢ်ကီတဖၣ်န့ၣ်လီၤ.
5. Care Coordination: Ways in which help from different services are set up to meet a person's needs.	5. တၢ်ကွၢ်ထွဲအတၢ်ရဲၣ်ကျဲၤပၤဆုၤ- ကျိၤကျဲၤလၢအမၤစၢၤအိၣ်ဟဲလၢတၢ်မၤစၢၤအတၢ်ဖဲးတၢ် မၤလၢတၢ်ဆိလီၤအီၤလၢကတုၤထီၣ်နီၣ်တဂၤအတၢ်လိၣ်ဘၣ်တ ဖၣ်.
6. Care / Support Team: The workers who give the treatment, provide care and help with the wellbeing of the person needing care.	6. တၢ်ကွၢ်ထွဲ / တၢ်ဆိၣ်ထွဲအကရူၢ်- ပုၤမၤတၢ်ဖိတဖၣ်လၢအဟ့ၣ်တၢ်ကူၤစါ,ဟ့ၣ်တၢ်ကွၢ်ထွဲ ဒီးတၢ်မၤစၢၤဃုာ်ဒီးတၢ်အိၣ်မုၢ်ဆိးပၤဘၣ်ထွဲဒီးပုၤတဂၤ လၢအလိၣ်ဘၣ်တၢ်ကွၢ်ထွဲန့ၣ်လီၤ.

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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. တၢ်ဂ့ၢ်အမူဒါခိၣ်- ပှၤတၢ်လၢအသမံသမိးပဲၣ်ထံနီၤဖးန့ၣ်တၢ်လိာ်ဘၣ်တဖၣ်,ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးန့ၣ်ဒီးမ့ၢ်ပှၤလၢအကဲခါၣ်စးလၢန့ၣ်တၢ်လိာ်ဘၣ်တဖၣ်ဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်အဂီၢ်သ့ဝဲဒၣ်(ဃုာ်ဒီးန့ၣ်တၢ်ပျဲန့ၣ်လီၤ.)တၢ်ဂ့ၢ်အမူဒါခိၣ်တၢ်ဘၣ်တဘျီကဘျးစဲန့ၢ်န့ၢ်ဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်ဒီးတၢ်ဟူၤတၢ်ဂၤတဖၣ်လၢမၤစၢၤန့ၣ်ကသ့န့ၣ်လီၤ. အဝဲသ့ၣ်မ့ၢ်တၢ်ဆဲးကျိးအလီၢ် ခါၣ်သးလၢန့ၢ်ဂီၢ်မ့ၢ်ဒီးသိးန့ၣ်သ့တလိာ်ဃုာ်တၢ်မၤစၢၤလၢပှၤအဂၤတဖၣ်အအိၣ်တဂ့ၢ်အဂီၢ်န့ၣ်လီၤ.
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 အကူၢ်- တၢ်ဆါနးကတၢ်အကတီၢ်အတၢ်သမံသမိးဒီးတၢ်ကူၣ်စါအကူၢ်(CATT)မ့ၢ်သးအတၢ်ဆိကမိၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အပှၤစဲၣ်နီၤတဖၣ်အကူၢ်တကူၢ်န့ၣ်လီၤ. အဝဲသ့ၣ်ဟ့ၣ်ဝဲဒၣ်တၢ်သမံသမိးဒီးပှၤတၢ်တၢ်ကူၣ်စါယါဘျီလၢအလ့ၤတုၤလ့ၤတီၤ ဆူပှၤလၢအအိၣ်ဝဲဒၣ်လၢတၢ်ဆါနးကတၢ်အကတီၢ်မ့ၢ်တမ့ၢ်လဲၤဒီဖျါနီၢ်သးအတၢ်ဆိးက့ၤဆါဘီဒိၣ်ဒိၣ်မ့ၢ်မ့ၢ်န့ၣ်လီၤ. တၢ်အံၤမ့ၢ်ထဲလၢတၢ်နးတၢ်ကျဲၤအတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတ ခါခိၣ်န့ၣ်လီၤ.

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9. Clinical: Describes the direct examination, observation and treatment of signs and symptoms in patients.	9. လၢအဘၣ်ဃးဒီးတၢ်ကူစါယါဘျါ- ကွဲးဟံၣ်ဖျါ တၢ်သမံထံကွၢ်တၢ် တၢ်ကွၢ်ထံကွၢ်ဆး ဒီး တၢ်ကူစါယါဘျါ တၢ်လိၤလိၤ လၢပုၤဆါအတၢ်ဆါကွၢ်ပနီၣ်ဒီးတၢ်ဆါပနီၣ်တဖၣ် န့ၣ်လီၤ.
10. Clinician: A healthcare professional that has direct contact with patients. For example, nurses, doctors, dentists or psychologists are ‘clinicians’.	10.သရၣ်သရၣ်မုၢ်လၢအကူစါယါဘျါပုၤဆါလိၤလိၤ- ကသံၣ်သရၣ်စဲၣ်နီၤလၢမၤန့ၢ်တၢ်ဆဲးကျိးလိၤလိၤဒီးပုၤဆါတဖၣ်န့ၣ်လီၤ. အဒိန့ၣ်, ပုၤကွၢ်ပုၤဆါတဖၣ်, ကသံၣ်သရၣ်တဖၣ်, မဲကသံၣ်သရၣ်တဖၣ် မ့တမ့ၢ်သးဂ့ၢ်ဝီၤပီၤညါ အသရၣ်,သရၣ်မုၢ်တဖၣ်န့ၣ်မ့ၢ်” သရၣ်,သရၣ်မုၢ် လၢအကူစါယါဘျါပုၤဆါလိၤလိၤန့ၣ်လီၤ.

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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. ပုၤတၢ်ဝါဝါသးတၢ်ဆိကမိၣ်ဆူၣ်ချ့အတၢ်မၤမၤဝါဝါအတၢ်ဖဲးတၢ်မၤတဖၣ်- အါဒၣ်တၢ်တက့ၢ်မ့ၢ်ဝဲဒၣ်လၢပုၤလၢအအိၣ်ဒီးသးတၢ်ဆိကမိၣ်အတၢ်ဆိးက့ၤဆါဘီအက့ၢ်အဂီၤလၢအဒိၣ်အမ့ၢ်တဖၣ်အယါဘျါတၢ်အလီၢ်တခါဒီးပုၤကမ့ၢ်သ့အီၤဒီးတလိၣ်ဟ့ၣ်အပူၤဘၣ်န့ၣ်လီၤ. အဝဲသ့ၣ်အိၣ်ဒီးသးအတၢ်ဆိကမိၣ်အတၢ်ဆူၣ်ချ့ဂ့ၢ်ဝီၤအပူၤစဲၣ်နီၤအကလုာ် ကလုာ်တဖၣ်လၢအဟံၣ်တၢ်ဂ့ၢ်အမူဒါခိၣ်တဖၣ်,ကသံၣ်သရၣ်ကူၤတၢ်ယါဘျါသးတၢ်ဆိကမိၣ်တၢ်ဆါတဖၣ်, ပုၤဂ့ၢ်ဝီၤအပူၤမၤတၢ်ဖိတဖၣ်, သရၣ်သရၣ်မ့ၢ်ကူၤတၢ်ယါဘျါနီၤခိၣ်တၢ်ဟူးသ့ဂဲၤဘၣ်ဂ့ၢ်ဝီၤတဖၣ်, သးဂ့ၢ်ဝီၤပိညါအသရၣ်,သရၣ်မ့ၢ်တဖၣ်ဒီးပုၤမၤတၢ်ဖိလၢကသံၣ်မူၤဘျီဒီးသးဂ့ၢ်ဝီၤတဖၣ်န့ၣ်လီၤ.
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. တၢ်ဟံၣ်တၢ်ဂ့ၢ်ဒ်တၢ်ခူသ့ၣ်- တၢ်အံၤအခီပညီမ့ၢ်ဝဲဒၣ်လၢတၢ်ဂ့ၢ်တၢ်ကျိၤလၢနဟ့ၣ်အီၤဆူကသံၣ်သရၣ်စဲၣ်နီၤတၢ်ဂၤအအိၣ်အံၤန့ၣ်မ့ၢ်တၢ်လၢအဘၣ်ဃးဒီးနီၣ်တၢ်ဂၤန့ၣ်လီၤ. ကသံၣ်သရၣ်စဲၣ်နီၤအံၤက ဘၣ်မၤန့ၢ်တၢ် အာၣ်လီၤလၢနအိၣ်တချုးအနီၤ ဟ့ၣ်ဝဲတၢ်ဂ့ၢ်တၢ်ကျိၤအံၤဒီးအပူၤအဂၤတၢ်ဂၤအခါန့ၣ်လီၤ. အဝဲသ့ၣ်လိၣ်ဘၣ်န့ၣ်တၢ်ဟ့ၣ်တၢ်ပျဲ("တၢ်အာၣ်လီၤဟ့ၣ်အခွဲး")လၢတၢ်ကနီၤဟ့ၣ်န့ၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤန့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်ဩစရီ

ENGLISH	KAREN
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. တၢ်ဟ့ၣ်ကူၣ်တဲသကိးတၢ်- တၢ်တဲသကိးတၢ်တခါမ့တမ့ၢ်တၢ်တဲသကိးတၢ် လၢအပိၣ်ထွဲထီၣ်အသးလၢနၤဒီးပှၤဟ့ၣ်ကူၣ်တဲသကိးတၢ်အဘၢၣ်စၢၤန့ၣ်လီၤ. တၢ်ဟ့ၣ်ကူၣ်တဲသကိးတၢ် ညီၣ်န့ၣ်ကွၢ် န့ၣ်လီၤတၢ်လီၤလီၤလၢတၢ်ဂ့ၢ်ကီၤလီၤဆီဆီတခါဒီးအပတီၢ်တဖၣ်လၢတၢ်ကဟံး ထီၣ်ဖီၣ်ထီၣ်မ့တမ့ၢ်ဃုၣ်လီၤဘျါလီၤအီၤန့ၣ်လီၤ. တၢ်အံၤမၤ စၢၤနၤလၢတၢ်ကကွၢ်ဆၢၣ်မဲၣ်တၢ်ကီၤတၢ်ခဲတခါမ့တမ့ၢ်မၤတၢ်ဆၢတဲၣ်တဖၣ်ဖဲန့ၣ်မ့ၢ် တသ့ညါလီၤတၢ်မ့ၢ်အဂ့ၢ်ကတၢ်ဖဲလဲၣ်တခါလဲၣ်လၢနဂီၢ်န့ၣ်လီၤ.
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. ပှၤဟ့ၣ်ကူၣ်တဲသကိးတၢ်- ပှၤဟ့ၣ်ကူၣ်တဲသကိးတၢ်တဂၤမ့ၢ်ပှၤစဲၣ်နီၤလၢအန့ၢ်ဘၣ် တၢ်သိၣ်လိ လၢအဟ့ၣ်တၢ်န့ၣ်ကျဲ,တၢ်ဆီၣ်ထွဲဒီးတၢ်ဟ့ၣ်ကူၣ်ဆူ နီၢ်တဂၤစုၣ်စုၣ်မ့ တမ့ၢ်ကရူၢ်တဖၣ်လၢကမၤစၢၤအဝဲသ့ၣ်ရဲၣ်ကျဲၤနီၢ်တဂၤ,သးတၢ်တူၢ် ဘၣ်,သးတၢ်ဆိကမိၣ်ဆိကမးမ့တမ့ၢ်တၢ်ရဲလိာ်မုၢ်လိာ်သး အတၢ်တၢ်တဖၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်ဩစရီ

ENGLISH	KAREN
15. Diagnosis: The identification of an illness or other problem (see also 'assessment').	15. တၢ်သ့ၣ်ညါတၢ်ဆါ- တၢ်ဒုးနဲၣ်ဖျါထီၣ်တၢ်ဆူးတၢ်ဆါတခါမ့ၢ်တၢ်ဂ့ၢ်ကီၤလၢအဂၤ(ကွၢ်ဘၣ်စ့ၢ်ကီး"တၢ်သမံသမီးမၤကွၢ်")တက့ၢ်.
16. Disability Pension: Provides financial support if you have a physical, intellectual or psychiatric condition that stops you from working.	16. နီၤခိၣ်သးကွၢ်ဂီၤတလၢတပွဲၤတဆူၣ်တချ့အပုၣ်စ့ၣ်- ဟ့ၣ်ကျိၣ်စ့တၢ်မၤစၢၤဖဲန့ၣ်ဒီးနီၤခိၣ်,တၢ်ကူၣ်သ့သးဖးမ့ၢ်တမ့ၢ်နီၤခိၣ်သးတၢ်ဆိကမိၣ်အတၢ်အိၣ်သးတခါလၢလၢအဟံၣ်ပတုၣ်န့ၣ်လၢတၢ်ကမၤတၢ်န့ၣ်လီၤ.
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. ပုၤမၤတၢ်ဖိလၢအဆိၣ်ထွဲမၤစၢၤပုၤလၢအအိၣ်ဒီးနီၤခိၣ်သးကွၢ်ဂီၤတလၢတပွဲၤတဆူၣ်တချ့- ဟ့ၣ်န့ၣ်ဒီးနီၤတဂၤ,နီၤခိၣ်သးတၢ်တူၢ်ဘၣ်ဂ့ၢ်ဝီၤအတၢ်ဆိၣ်ထွဲမၤစၢၤဖဲန့ၣ်လိာ်ဘၣ်တၢ်မၤစၢၤဃုာ်ဒီးကိးနံၤဒဲးတၢ်အိၣ်မူအိၣ်ဂဲၤအခါန့ၣ်လီၤ. ပုၤမၤတၢ်ဖိလၢအဆိၣ်ထွဲမၤစၢၤပုၤလၢအအိၣ်ဒီးနီၤခိၣ်သးကွၢ်ဂီၤတလၢတပွဲၤတဆူၣ်တချ့တဂၤမၤစၢၤန့ၣ်ဒီးတၢ်လုၢ်ထံလုၢ်နီၤ,ကူၣ်ထီၣ်သးထီၣ်ဒီးအိၣ်တၢ်အီၤတၢ်သ့ဝဲဒၣ်ဒီးမၤစၢၤန့ၣ်လၢတၢ်လဲၤဟးလၢတၢ်ချ့ဒီးပုၤဂ့ၢ်ဝီၤအတၢ်ဟူးတၢ်ဂဲၤလၢအဂၤတဖၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်ဩစရီ

ENGLISH	KAREN
18. Eligibility Criteria: Rules about who can use a service.	18. တၢ်ကြးဘၣ်တုၤထီၣ်ဘးအတၢ်ဟံပနီၣ်- တၢ်ဘျုးဘၣ်ဘးမ့ၢ်မတၤသူတၢ်မၤစၢၤသ့လဲၣ်န့ၣ်လီၤ.
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. တၢ်မၤသးတကတီၢ်- လၢတၢ်ဆၢကတီၢ်တကတီၢ်အပူၤဖဲပုၤတၢ်ဒီးန့ၣ်ဘၣ်တၢ်ဆိးက့ၢ်ဆါဘီလီၤလီၤဆီဆီတခါ,အဒ်သးတၢ်ဆိကမိၣ်အတၢ်တဘၣ်လီၢ်ဘၣ်စးဒိၣ်ဒိၣ်မုၢ်မုၢ်တခါကဲထီၣ်န့ၣ်လီၤ. "တၢ်မၤသးတကတီၢ်"အိၣ်ဒီးအတၢ်စးထီၣ်ဒီးအတၢ်ကတၢၢ်(လၢအထီၣ်ဒါလီၢ်အသးဒီးတၢ်ဆါယံာ်ထၢအတၢ်အိၣ်သးတခါ)န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြဲစရီ

ENGLISH	KAREN
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.ကသံၣ်သရၣ်ထီၣ်ရီၤ (GP)- လၢအီးစတြလယါအပူၤဟံၣ်ဖိဃီဖိအကသံၣ်သရၣ်န့ၣ်တၢ်ကိးစ့ၢ်ကီးအီၤဒ်ကသံၣ်သရၣ်ထီၣ်ရီၤ (General Practitioners - GP)န့ၣ်လီၤ. ကသံၣ်သရၣ်တနီၤန့ၣ်မၤတၢ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဝဲၤလီၢ်တဖၣ်ဒီးတၢ်ဆါဟံၣ်တဖၣ်အပူၤဒီးတနီၤန့ၣ်မၤတၢ်လၢအကစၢ်အရူၤအတုတဖၣ်အပူၤန့ၣ်လီၤ. ကသံၣ်သရၣ်ထီၣ်ရီၤခဲလၢန့ၣ်အိၣ်ဒီးဖျၢၣ်စိမိၤဒ်ကရံၤတဖၣ်န့ၣ်လီၤ. ဖဲန့ၣ်အိၣ်တဆူၣ်မ့တမ့ၢ်တူၢ်ဘၣ်တၢ်တမ့ၢ်တလၢအခါနမၤန့ၣ်နကစၢ်အဂီၢ်တၢ်သ့ၣ်နံၤဖးသီဒီးကသံၣ်သရၣ်ထီၣ်ရီၤအံၤသ့ဝဲဒၣ်မ့တမ့ၢ်ဖဲန့ၣ်အိၣ်ဒီးမၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်သမံသမိးမၤကွၢ်လၢတၢ်ကမၤလီၤတၢ်နသုတအိၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်ဂ့ၢ်ကီၢ်နီတခါတဂ့ၢ်အဂီၢ်န့ၣ်သ့လီၤ.
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. တၢ်မၤဘၣ်ဒိဘၣ်ထံး / တၢ်မၤဆါလီၤနီၢ်ကစၢ်အသး- အခီပညီမ့ၢ်"တၢ်ဘၣ်ဒိဘၣ်ထံး"န့ၣ်လီၤ. တၢ်အံၤကဲထီၣ်တၢ်ဘၣ်ဒိလၢနီၢ်မိ, နီၢ်သးတၢ်ဆိကမိၣ်, မုၢ်ခွါကွၢ်ဂီၤမ့တမ့ၢ်မ့ၢ်လၢတၢ်ကန့ၣ်ယုာ်အီၤအ ဃီန့ၣ်သ့လီၤ. "တၢ်မၤဆါလီၤနီၢ်ကစၢ်အသး" နဲၣ်ဖျါတၢ်မနုၤကဲထီၣ်အသး ဖဲပုၤတဂၤမၤဆါလီၤအကစၢ်အသးပုၤတၢ်ပညိၣ်လီၤအီၤန့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်ဩစရီ

ENGLISH	KAREN
22. Individual Capacity Building: Helping the person receiving care to be actively involved in decisions that affect them.	22. နီၣ်တၢ်စၢၤစၢၤတၢ်သ့ၣ်ထီၣ်အတၢ်သ့တၢ်ဘၣ်- မၤစၢၤပုၤတၢ်လၢကဒီးန့ၣ်ဘၣ်တၢ်ကွၢ်ထွဲလၢကပၣ်ဃုာ်ပွဲၤတၢ်သ့ၣ်ဆူၣ်သးဂဲၤလၢတၢ်မၤတၢ်ဆၢတံၢ်တဖၣ်လၢအဒိဘၣ်မၤဟူးအဝဲသ့ၣ် န့ၣ်လီၤ.
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. တၢ်ဆၢတံၢ်အခိၣ်ထံးခိၣ်သီ- တၢ်တဲသကိးအခိၣ်ထံးလၢပုၤမၤတၢ်ဖိဒီးပုၤတၢ်လၢအလိၣ်ဘၣ်တၢ်ကွၢ်ထွဲလၢကဆၢတံၢ်မ့ၢ်တၢ်လိၣ်ဘၣ်တၢ်မၤစၢၤဒ်လဲၣ်တကလုာ်လဲၣ်ဒီးမ့ၢ်အကဲဂ့ၢ်ဂီၢ်အူထဲလဲၣ်န့ၣ်လီၤ.
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. တၢ်လဲၤခီဖျိလၢညါ / တၢ်အိၣ်မူခါခဲအံၤတၢ်လဲၤခီဖျိ- ပုၤတၢ်လၢအအိၣ်ဒီးတၢ်လဲၤခီဖျိဘၣ်ထွဲဒီးတၢ်ပျံၤတီၢ်မ့ၢ်တမ့ၢ် သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်တၢ်တဖၣ်န့ၣ်လီၤ. ပုၤတၢ်လၢအတၢ်လဲၤခီဖျိလၢကမၤဂ့ၢ်ထီၣ်အသးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အတၢ်မၤစၢၤတဖၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြဲစရီ

ENGLISH	KAREN
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. သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးတၢ်အိၣ်မုၢ်ဆိးပၤ- တၢ်အံၤမ့ၢ်ဝဲဒၣ်ဖဲပှၤတၢ်တူၢ်ဘၣ်လၢအဝဲသ့ၣ်လဲၤနီၤဖျိကွၢ်ဆၢၣ်မံၣ်တၢ်ဒီးပတီၢ်မုၢ်တၢ်ဆိၣ်သန့ၤလၢအတၢ်အိၣ်မူအပူၤဒီးမၤဘျးစဲအသးဒီးပှၤအၤတဖၣ်သ့ၣ်လီၤ. သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဆိတလဲအသးလၢတၢ်ဆၢကတီၢ်ယံာ်ထီၣ်သ့အသးဒီးဒီးသန့ၤထီၣ်လၢတၢ်လၢအကဲထီၣ်အသးလၢပှၤတၢ်တူၢ်အတၢ်အိၣ်မူအပူၤသ့လီၤ.
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. သးအတၢ်ဆူးတၢ်ဆါ- သးအတၢ်ဆူးတၢ်ဆါန့ၣ်မ့ၢ်ဝဲဒၣ်ဖဲတၢ်ဂ့ၢ်ကီၢ်တဖၣ်အိၣ်ဝဲလၢသးတၢ်တူၢ်ဘၣ်မ့ၢ်တမ့ၢ်တၢ်ဆိကမိၣ်ဆိကမးအပူၤလၢ အဒူးကဲထီၣ်ကိးနံၤဒဲးတၢ်အိၣ်မူကီၢ်ခဲဝဲဒၣ်န့ၣ်လီၤ. သးအတၢ်ဆူးတၢ်ဆါန့ၣ်ဆိတလဲမ့ၢ်ပှၤတၢ်ဆိကမိၣ်တၢ်, တူၢ်ဘၣ်မ့ၢ်တမ့ၢ်ဟူးဂဲၤမၤတၢ်ဒိလဲၣ်န့ၣ်သ့လီၤ. အဒိန့ၣ်လၢအဘၣ်ထွဲဒီးသးအတၢ်ဆူးတၢ်ဆါန့ၣ်မ့ၢ်တၢ်သ့ၣ်ကိၢ်သးဂီၤ, တၢ်သးသဟီၣ် လီၤဒီးသးတၢ်ဆါအနး စကံးစိၣ်ဖြဲန့ၣ်ယါန့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြဲစရီ

ENGLISH	KAREN
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. သးတၢ်ဆိကမိၣ်အတၢ်အိၣ်ဆူၣ်ချ့အတၢ်ကွၢ်ထွဲကဟုကယၢ်အတၢ်ရဲၣ်တၢ်ကျဲၤ- ပုၤလၢအအိၣ်ဒီးသးအတၢ်ဆိကမိၣ်အတၢ်တဆူၣ်တချ့တဖၣ်အဂီၢ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲကဟုကယၢ်အပူၤစဲၣ်နီၤတဘျုးဂၤမၤသကိးတၢ်ဒီးအဝဲသ့ၣ်န့ၣ်လီၤ. တၢ်ကွၢ်ထွဲကဟုကယၢ်အတၢ်ရဲၣ်တၢ်ကျဲၤတခါရဲၣ်ပုၤဝဲဒၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤလၢပူၤစဲၣ်နီၤတဂၤလၢလၢဟ့ၣ်ဝဲဒၣ်တဖၣ်ဒီးဖဲတၢ်ကူၤစၢၤတၢ်ကျဲၤန့ၣ်အလီၢ်မ့ၢ်အိၣ်အခါန့ၣ်လီၤ. နကသံၣ်သရၣ်ထီၣ်ရီၤကသုဝဲဒၣ်တၢ်ကွၢ်ထွဲကဟုကယၢ်အတၢ်ရဲၣ်တၢ်ကျဲၤလၢတၢ်ကမၤစၢၤနၤလၢတၢ်ကမၤန့ၣ်တၢ်မၤစၢၤအတၢ်ဖိးတၢ်မၤလၢနလိၣ်ဘၣ်အီၤတဖၣ်,ဆီလီၤဖီတၢ်တဖၣ်ဒီးဆၢတၢ်ဝဲဒၣ်တၢ်ကူၤစၢၤတၢ်ကျဲၤအဂ့ၢ်ကတၢ်လၢနဂီၢ်န့ၣ်လီၤ.
28. National Disability Insurance Scheme (NDIS): Provides support for Australians with disability, their families and carers. It is funded by the Federal Government.	28.ထံကီၢ်နီၢ်ခိၣ်သးကွၢ်ဂီၤတလၢတပျဲတဆူၣ်တချ့အတၢ်အုၣ်ကီၤအတၢ်ရဲၣ်တၢ်ကျဲၤ(NDIS)- ဟ့ၣ်ဝဲဒၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤလၢအီးစၢၤတြၢလယိဖိတဖၣ်လၢအအိၣ်ဒီးနီၢ်ခိၣ်သးကွၢ်ဂီၤတလၢတပျဲတဆူၣ်တချ့အဝဲသ့ၣ်အဟံၣ်ဖိဃီဖိဒီးပုၤကွၢ်ထွဲကဟုကယၢ်တၢ်တဖၣ်န့ၣ်လီၤ. တၢ်ရဲၣ်တၢ်ကျဲၤအံၤဘၣ်တၢ်ဟ့ၣ်စ့ဆိၣ်ထွဲအီၤခီဖျိကီၢ်စဲၣ်စၢၤဖျိအပဒိၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြၣ်စရိ

ENGLISH	KAREN
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. ခိၣ်န့ၣ်တၢ်အိၣ်သးအါမံၤ- တၢ်အံၤအခီပညီမ့ၢ်ဝဲကျိၤကျဲၤလၢပုၤအါဂၤဆိကမိၣ်တၢ်, မၤလိၣ်တၢ်ဒီးဟံၣ်သ့ၣ်ဟံၣ်သးန့ၣ်ကဲတၢ်လၢအလီၤဆီလိာ်အသးဒိၣ်မးသ့လီၤ. အခီပညီတမ့ၢ်လၢအကဲတၢ်လၢအကမၢ်ဘၣ်, မ့ၢ်ဒၣ်လီၤဆီတဒ်သီးလိာ်အသးဘၣ် န့ၣ်လီၤ.
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. သရၣ်သရၣ်မုၢ်ကူၤစါယါဘျါနီၢ်ခိၣ်တၢ်ဟူးသ့ၣ်ဝဲဘၣ်ဂ့ၢ်ဝီတဖၣ် (OT)- ပုၤမၤတၢ်ဖိသ့ၣ်တဖၣ်အံၤကွၢ်မၤန့ၢ်တၢ်လၢနတၢ်သ့တၢ်ဘၣ်လၢတၢ်ကမၤဝဲနကိးနံၤဒဲးတၢ် ဟူးတၢ်ဂဲၤတဖၣ်န့ၣ်လီၤ. အဝဲသ့ၣ်အိၣ်ဒီးတၢ်ပညီၣ် လၢကမၤဂ့ၤထီၣ်နတၢ်သ့ဆၢထၢၣ် လၢနကစၢ်အခီန့ၣ်လီၤ. အဝဲသ့ၣ်အိၣ်ဒီးတၢ်သ့တၢ်ဘၣ်လီၤလီၤဆီလိာ်တၢ်ကယုၣ်လီၤဘျါလီၤတၢ်ဂ့ၢ်ကိးဒီးနီၤဖးမၤဆံးလီၤတၢ်ဟူးတၢ်ဂဲၤမ့တမ့ၢ်တၢ်ဖိတၢ်မၤတဖၣ်ဒ်သီးတၢ်ကမၤလိၣ်အီၤဒီးရဲၣ်ကျဲၤပၤဆုၤအီၤကညီဒိၣ်ထီၣ်အဂီၢ်န့ၣ်လီၤ. ဘၣ်ဃးတၢ်ပီးတၢ်လီၤလၢ အမၤစၢၤတၢ်သ့မ့ၢ်မနုၤတဖၣ်လဲၣ်န့ၣ်အဝဲသ့ၣ်မၤစၢၤဒီးဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဝဲဒၣ်သ့စ့ၢ်ကိးန့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်ဩစရီ

ENGLISH	KAREN
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. ပုၤမၤတၢ်ဖိလၢအမ့ၢ်ပုၤဒ်သီးနၢတကလုာ်- ပုၤတဂၤလၢအန့ၢ်ပၢၢ်နတၢ်လိာ်ဘၣ်တဖၣ်လၢအဒီးသန့ၤထီၣ်အသးလၢအဝဲသ့ၣ်အနီၣ်ကစၢ်အတၢ်လဲၤခီဖျိန့ၣ်လီၤ. အဒိန့ၣ်, ပုၤမၤတၢ်ဖိလၢအမ့ၢ်ပုၤဒ်သီးနၢတကလုာ်လၢ အဟ့ၣ် ဝဲဒၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤဘၣ်ဃးနီၣ်သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်ဂ့ၢ်ကီၢ်အံၤအနီၣ်ကစၢ်ဒၣ်ဝဲကလဲၤခီဖျိဘၣ်တၢ်ဂ့ၢ်ကီၢ်တဖၣ်အံၤဃုာ်ဒီးအဝဲသ့ၣ်အနီၣ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့န့ၣ်လီၤ.
32. Psychiatrist: A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.	32. ကသံၣ်သရၣ်ကူၤစါယါဘျါသးတၢ်ဆိကမိၣ်တၢ်ဆါတဖၣ်- ကသံၣ်သရၣ်တဂၤလၢအအိၣ်ဒီးကံၢ်စီတၢ်သ့တၢ်ဘၣ်ဆူၣ်ညါလၢတၢ်ကမၤစၢၤပုၤလၢအအိၣ်ဒီးသးတၢ်ဆိကမိၣ်အတၢ်ဂ့ၢ်ကီၢ်တဖၣ်န့ၣ်လီၤ. လၢတၢ်ကူၤစါယါဘျါအမဲၣ်ညါ, အဝဲသ့ၣ်ဘၣ်တဘျီကကွဲးန့ၢ်စ့ၢ်ကီၢ်ကသံၣ်ကသီအလဲးမးတဖၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြဲစရီ

ENGLISH	KAREN
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.သးဂ့ၢ်ဝီပီညါအသရၣ်,သရၣ်မုၢ်- ပုၤစဲၣ်နီၤတဂၤလၢအမၤစၢၤနၤလၢတၢ်ကမၤအိၣ်ထီၣ်တၢ်သ့လဲၤခီဖျိလၢအဆူၣ်အချ့ဒီးတၢ်သ့တၢ်ဘၣ်တဖၣ်လၢတၢ်ကယုၣ်လီၤဘျါလီၤတၢ်ဂ့ၢ်ကိန့ၣ်လီၤ. ပုၤလၢအအိၣ်ဒီးတၢ်သ့ၣ် ကိၢ်သးဂီၤဒီးတၢ်သ့ၣ်ဟးဂီၤသးဟးဂီၤန့ၣ်ညီၣ်တၢ်ကဆုၤဃီၤအီၤဆူသးဂ့ၢ်ဝီပီညါအသရၣ်,သရၣ်မုၢ်တဂၤအအိၣ်န့ၣ်လီၤ. သးဂ့ၢ်ဝီပီညါအသရၣ်, သရၣ်မုၢ်တဖၣ်ယုၣ်ကျိၤကျဲလၢ တၢ်ကသ့ၣ်ထီၣ်တၢ်ရဲလိာ်မုၢ်လိာ်တခါလၢအမ့ၢ်တၢ်န့ၣ်တၢ်မ့ၢ်ဒ်သီးနကတူၢ်ဘၣ်တၢ်ပူၤဖျဲးလၢတၢ်နီၤဟ့ၣ်နတၢ်ဆိကမိၣ်ဆိကမးတဖၣ်ဒီးနသးတၢ်တူၢ်ဘၣ်တဖၣ်န့ၣ်လီၤ. သးဂ့ၢ်ဝီပီညါအသရၣ်,သရၣ်မုၢ်န့ၣ်ကွဲးဟ့ၣ်လီၤကသံၣ်ကသီအလဲးမးတဖၣ်တသ့တန့ၢ်ဘၣ်.
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. သးဂ့ၢ်ဝီပုၤဂ့ၢ်ဝီ- မ့ၢ်ကျိၤကွၢ်တခါလၢတၢ်ကကွၢ်ဝဲဒၣ်နၤလၢတၢ်အိၣ်သးလၢနပုၤဂ့ၢ်ဝီအခိၣ်ဃၢၤတၢ်အိၣ်ဝးတရံးအပူၤန့ၣ်လီၤ. တၢ်န့ၣ်ကွၢ်ဝဲဒၣ်မ့ၢ်နပုၤဂ့ၢ်ဝီအတၢ်အိၣ်ဝးတရံးဒီးနသးဂ့ၢ်ဝီအတၢ်ဂ့ၢ်တဖၣ်ဒိဘၣ်မၤဟူးနနီၢ်ခိဒီးနနီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့လၢကျဲၣ်လဲၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြဲစရီ

ENGLISH	KAREN
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. တၢ်ဆုၢ်ယီၤ- လံာ်ပရၢလၢအအိၣ်ဟဲဒ်ဒၣ်လၢနကသံၣ်သရၣ်အအိၣ်ဒီးဆုၢ်ယီၤနဆူကသံၣ်သရၣ်လီၤဆီလၢအယုနုၣ်တၢ်သ့ၣ်နံၤဖးသီတခါလၢနဂီၢ်န့ၣ်လီၤ. ဖဲတၢ်ဆုၢ်ယီၤအံၤတၢ်မ့ၢ်ဆုၢ်အီၤဆူကသံၣ်သရၣ်လီၤဆီတဂၤအအိၣ်လၢကမျၢၢ်အတၢ်ဆါဟံၣ်တဖျါၣ်အပူၤန့ၣ်, တၢ်ဆါဟံၣ်အံၤကဆဲးကျိးန့ၣ်လၢတၢ်ကမၤတၢ်သ့ၣ်နံၤဖးသီန့ၣ်လီၤ. မ့ၢ်ဆုၢ်ဒဲဒၣ်ဆူကသံၣ်သရၣ်လၢအတၢ်မၤတၢ်လၢအကစၢ်အတၢ်မၤဒၣ်ဝဲအပူၤတခီ, နကလိၣ်မၤဒဲဒၣ်တၢ်သ့ၣ်နံၤဖးသီလၢနကစၢ်ဒဲဒၣ်န့ၣ်လီၤ.
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.တၢ်ကူၤစါယါဘျါမၤဂ့ၤထီၣ်က့ၤတၢ်- တၢ်ဖဲးတၢ်မၤလၢအမၤစၢၤနလၢတၢ်ကမၤန့ၢ်က့ၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့န့ၢ်ကဒါက့ၤနပတီၢ်မ့ၢ်အတၢ်အိၣ်မူအိၣ်ဂဲၤခီဖျိတၢ်မၤလိမၤဒီးဒီးတၢ်ကူၤစါယါဘျါန့ၣ်လီၤ. အဒိန့ၣ်ဖဲတၢ်ဆူၣ်တၢ်ဆါမ့ၢ်တၢ်ကွဲးတၢ်ကါတခါအလီၢ် ခံန့ၣ်လီၤ.
37. Respite: Short-term rest for carers. During respite, you will be looked after by someone else than your usual carer.	37. တၢ်အိၣ်ဘျဲးအိၣ်သါတစီၢ်ဖိ- တၢ်အိၣ်ဘျဲးအိၣ်သါတစီၢ်ဖိလၢပုၤကွၢ်ထွဲကဟုကယာ်တၢ်တဖၣ်အဂီၢ်န့ၣ်လီၤ. ဖဲတၢ်အိၣ်ဘျဲး အိၣ်သါတစီၢ်ဖိကတီၢ်န့ၣ်, နကဘၣ်တၢ်ကွၢ်ထွဲန့ၣ်လၢပုၤတဂၤလၢတမ့ၢ်ဒဲဒၣ် ပုၤလၢအကွၢ်ထွဲညီၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်ဩစရီ

ENGLISH	KAREN
38. Self-referral: Going straight to a service for help, without needing to go to a doctor or professional first (see also 'Referral').	38. တၢ်ဆုၢ်ခိယီၤနီၢ်ကစၢ်အသး- တၢ်လဲၤလီၤလီၤဆူတၢ်မၤစၢၤတခါအအိၣ်လၢတၢ်မၤစၢၤအဂီၢ်,လၢတအိၣ်ဒီးတၢ်လိၣ်လဲၤဆူကသံၣ်သရၣ်တဂၤအအိၣ်မ့တမ့ၢ် ပှၤစဲၣ်နီၤအအိၣ်လၢညါ(ကွၢ်ဘၣ် "တၢ်ဆုၢ်ခိယီၤဆူညါ")တက့ၢ်.
39. Social and Emotional Wellbeing: This is about a person being resilient and feeling safe within themselves and connected with people.	39. ပှၤဂ့ၢ်ဝီဒီးသးတၢ်တူၢ်ဘၣ်တၢ်အိၣ်မုၢ်ဆိးပၤ- တၢ်အံၤဘၣ်ဃးဒီးပှၤတဂၤအိၣ်ဒီးတၢ်သးစွံကတုၤဒီးတူၢ်ဘၣ်တၢ်ပူၤဖျဲးလၢအနီၢ်ကစၢ်အသးဒီးဘျးစဲအသးဒီးပှၤအဂၤတဖၣ်န့ၣ်လီၤ.
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. တၢ်ရဲလိာ်မုၢ်လိာ်အတၢ်မၤဘျးစဲန့ၢ်တၢ်- တၢ်အံၤဘၣ်ဃးဒီးဆူၣ်ချ့အပှၤစဲၣ်နီၤမၤဘျးစဲပှၤကညီဒီး ပှၤဂ့ၢ်ဝီအတၢ်ဟူးတၢ်ဂဲၤတဖၣ်လၢတၢ်ဆိကမိၣ်လၢအကဲ တၢ်မၤစၢၤလၢအဝဲသ့ၣ်အသးတၢ်တူၢ်ဘၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အဂီၢ်န့ၣ်လီၤ. တၢ်ဟူးတၢ်ဂဲၤသ့ၣ်တဖၣ်အံၤဘၣ်တဘၣ်ကပုၣ်ဃုာ်တၢ်မုၢ်သးမၤ ကလီတၢ်,တၢ်သ့ၣ်ဖျး တၢ်လၢကရၢၢ်ပူၤ,တၢ်ဖီအိၣ်တ့ၤအိၣ်,တၢ်အိၣ် အီတၢ်ပှၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးတၢ်လိာ်ခိၣ်လိာ်ကွဲတဖၣ်န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြၣ်စရိ

ENGLISH	KAREN
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.ပုၤဂ့ၢ်ဝီၢ်အပုၤမၤတၢ်- ပုၤဂ့ၢ်ဝီၢ်အပုၤမၤတၢ်ဖိတဖၣ်ဟ့ၣ်န့ၣ်ဒီးတၢ်ဆိၣ်ထွဲမၤစၢၤ,တၢ်ဟ့ၣ်ကူၣ်တဲသကိး,တၢ်ဂ့ၢ်တၢ်ကျိၤဒီးသးတၢ်တူၢ်ဘၣ်အတၢ်ဆိၣ်ထွဲမၤစၢၤလၢအဘျူးအိၣ်ဒီးတၢ်သူၤအီၤသ့န့ၣ်လီၤ. ဟံၣ်ဖိဃီဖိတဖၣ်,ဖိသၣ်တဖၣ်,ကိၣ်ဖိတဖၣ်,တၢ်ဆါဟံၣ်အပုၤဆါတဖၣ်မ့တမ့ၢ်ပုၤသးပုၤတဖၣ်ဘၣ်တဘၣ်ကထံၣ်ဝဲဒၣ်ပုၤဂ့ၢ်ဝီၢ်အပုၤမၤတၢ်တၢ်ဂၤလီၤ. ပုၤဂ့ၢ်ဝီၢ်အပုၤမၤတၢ်တဖၣ်မၤစၢၤဝဲဒၣ်လၢတၢ်ဂ့ၢ်ကီၢ်တဖၣ်လၢအမ့ၢ်တၢ်ဒ်တၢ်အိၣ်ဒီးဟံၣ်ဃီ,ဟံၣ်ပူၤဃီပူၤတၢ်စုဆူၣ်ခိၣ်တကး,တၢ်စဲသးကိၢ်ဒီးကသံၣ်မူၤဘျီး,မုၢ်ခွါက့ၢ်ဂီၤအတၢ်မၤတရီၤတပါဒီးတၢ်မၤတရီၤတပါဖိသၣ်တဖၣ်သ့န့ၣ်လီၤ. ပုၤဂ့ၢ်ဝီၢ်အပုၤမၤတၢ်ဖိတဖၣ်လိာ်ဘၣ်ဖျၢၣ်မိမိအဒိၣ်ကရံၤဒ်သးမၤတၢ်အံၤကသ့ဝဲဒၣ်လီၤ.
42. Symptoms: A sign or indication of something, for instance an illness or other problem with your health.	42.တၢ်ဆါပနီၣ်တဖၣ်- တၢ်အပနီၣ်တခါမ့တမ့ၢ်တၢ်ဒုးနဲၣ်ဖျါတၢ်တမံၤမံၤ,အဒိန့ၣ်တၢ်ဆူးတၢ်ဆါတခါမ့တမ့ၢ်တၢ်ဂ့ၢ်ကီၢ်အဂၤလၢအအိၣ်ဒီးနတၢ်အိၣ်ဆူၣ်အိၣ်ချ့န့ၣ်လီၤ.

သးတၢ်ဆိကမိၣ်ဆူၣ်ချ့တၢ်တိၣ်စၢၤမၤစၢၤ ဝီၢ်သြဲစရီ

ENGLISH	KAREN
43. Treatment: Medical care given for an illness or injury.	43. တၢ်ကူစါယါဘျါ- တၢ်ကူစါယါဘျါတၢ်ကွၢ်ထွဲကဟုကယၢ်လၢတၢ်ဟ့ၣ်အီၤလၢတၢ်ဆိးကုဆါဘီမ့တမ့ၢ်တၢ်ဘၣ် ဒိဘၣ်ထံးတခါအဂီၢ်.
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. တၢ်မၤအကျိၤအကွၢ်လၢအဟံၣ်သ့ၣ်ဟံၣ်သးတၢ်ပျံၤတီၢ်တၢ်ဆါ- တၢ်အံၤန့ၣ်ဘၣ်သးဒီးတၢ်မၤကဲထီၣ်ခိၣ်ဃၢၤလၢအပူၤဖျဲး, ဆီၣ်ထွဲတၢ်ဖဲပုၤတူၢ်ဘၣ်လၢအဝဲသ့ၣ်ဘၣ်တၢ်ကန့ၣ်အီၤဒီး တၢ်ဟံၣ်ကဲအီၤန့ၣ်လီၤ.ပၣ်ဃုၣ်ဒီးစံးနီၤပုၤဟ့ၣ်လီၤတၢ်ကွၢ်ထွဲလၢပုၤကညီတဖၣ်တအိၣ်မူကဒါ က့ၤအဝဲသ့ၣ်အတၢ်ပျံၤတီၢ်အတၢ် ဂ့ၢ်ဘၣ်န့ၣ်လီၤ.
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. တၢ်ဟံၣ်ပနီၣ်ဆါတၢ်တၢ်ဆါအတၢ်အိၣ်သး- တၢ်ဖိးတၢ်မၤလၢအမ့ၢ်တၢ်ဆါ တံၢ်လီၤမ့ၢ်ပုၤဆါဖဲလဲၣ်တဂၤကဒီးန့ၣ်ဘၣ်တၢ်ကူစါလၢညါမ့တမ့ၢ်လၢခံလၢအဒီးသန့ၤထီၣ်အသးလၢတၢ်ဘၣ်ဒိဘၣ်ထံးမ့တမ့ၢ်တၢ်ဆူးတၢ်ဆါအဂ့ၢ်ဂီၢ်အူတၢ်အိၣ်သးအဖီခိၣ်န့ၣ်လီၤ. ညီၣ်န့ၢ်,ဂ့ၢ်ဂီၢ်အဝဲၤကျိၤလၢတၢ်ဆါဟံၣ် တဖျါၣ်အပူၤန့ၣ်အိၣ်ဒီး"သရၣ်သရၣ်မုၣ်ကွၢ်ပုၤဆါလၢအဟံၣ်ပနီၣ်ဆါတၢ်တၢ်ဆါအတၢ်အိၣ်သး"လၢအမၤဝဲဒၣ်တၢ်ဆါတၢ်လၢမ့ၢ်မတၤလိၣ်ထံၣ်လိာ်အသးဒီးကသံၣ်သရၣ်အလီၢ်အဒိၣ်ကတၢ်လဲၣ်န့ၣ်လီၤ.