

Mental Health Services Glossary

Demaki Sehétór Hédmot ókkolór Háas Maáni ókkol

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.

É dui zubanor háas maáni ókkolé buzái derdé Viktóriár Demaki Sehétór Nezám ór kessú aám demaki sehétór lá estomal goréde नियम ókkol. Hínoré dezáin goijje maincé bála gorí buzíbella demaki sehétór nezám ókkolo, hítarar hók ókkol, ar muktalíf fecáwála zanoya ókkolor zimma ókol ziínnéki dekbál gora ar modot goribár thaimot cámil asé.

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This information has been drawn from a range of healthcare and government websites	É maalumat óll houggáwa sehétór dekbal goroiya ar goórmént ór websáithe ór butortú lowa giye
1. Anonymous: Means ‘not identified by name’ or ‘with no name’. For instance, an anonymous letter is one that is not signed.	1. Gufoni: Maani “nam loiyore foriso node” yá nam sára. Zeénnéki, ekkán nam sára cií híyan dostok noógore.
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. Emtehán gorón: Zeéñtté uggwá sehétór hamgoroiya é tuñware tuñwar mon mezazi yá gaár sehétór súwal okkól gore. Hítara aró gaare emtehán gore yá teés okkól gore. Hinor zoriya honó ekkán mosollá ré tuwai faibella yá hítarare buzaibella bála torika de. Aro soó ‘Biyaram tuwón’ (‘Diagnosis’).
3. Care: Giving support and help to another person.	3. Dekbal goron: Aruggwa maincóre hédmot ar modot gorón.
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. Dekbal goroiyá: Uggwá fémilir mémboor yá fuñwaijjá zibá é tiñya sára maana dekbal gore ar zartú fottidin gorá foréde hórkot okkól yá sehétór mosollár lá dekbal zorurot táke.
5. Care Coordination: Ways in which help from different services are set up to meet a person’s needs.	5. Dekbal gorar Bbebasta goron: Uggwá mainchór tú lagerde doilla bodoilla hédmot okkol óre faibella taallukat gori milai doón.

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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. Dekbal gorón / Modotor Thiím: Ham goroiya okkol zetará é elaj gore, ze manúch ottú dekbál gora ar nizor hédmotor lagede híínor baaborte dekbál gore.
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. Kaesór Manégar: Zehonikka ziba é tuñwartú lagerde híínoré tadarot gore, mocuwara de, ar tuñwar zorurotor hédmot okkol óre péc gore (tuñwar ezajotor saate). Keis meneijare Tuñware modot gori faribou dé hédmot okkol ar horkot okkol gori faribella uggwa kaése manéger loi línk gori dibou.
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 Thiím: Doifdocá ré Cek gorá okkol ar Elaj gorár Thiím (CATT) óyedé uggwá demaki sehétór hamgoroiya okkolór thííeam. Hítara cek gorá okkol gore ar entahá kérmos gore loi ze manuic okkol ore zetará becí hotára asé mon mejazor biyaram okkol loi mosollat asé. doifdocár hédmot.
9. Clinical: Describes the direct examination, observation and treatment of signs and symptoms in patients.	9. Daktori: Dhaárik saái cekgoróor fán boyan goro, gour gori dehór ar elaj gorár nicáná okkól ar rugí okkólortú dahá zarde alamot okkól.
10. Clinician: A healthcare professional that has direct contact with patients. For example, nurses, doctors, dentists or psychologists are ‘clinicians’.	10. Kilinikor Dhakthor: Uggwá sehétdekbál hamgoroiya zarttu rugir loi daarik zugazug asé. Zeénneki, naáurse okkol, Daktor okkol, dañtor daktor okkol yá monmezajor sollá mocuwara dedé hítrare “Klinicians” boli hoó.

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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. Cómajor Monmezajor Sehétór Hédmot ókkol: Hín okkól ze manuic okkol ottu becábecí mon mezajor biyaram okkól ase. Hín aám hisáfe klinik ar public maincór lá maana. Hítarattu doila bodoila monmezajor hamgoriya okkol ase, Kaese manéger okkol, monmejajor daktor okkol, social hamgoriya okkol, ham dandár therapi doiya okkol, monmezajor sollá mocuwara doiya okkol ar dhrág ar córab nicár hamgoriya okkol.
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. Gufoni: Híyanor maani tuñí tuñwar maalumat okkol zin diba uggwa sehétór hamgoriya ré hín gufoni rakibou. Sehétór Hamgoriya é há mohá tuñwar loi razji robbot owá foribou tuñwar malumat okkol ar ekzonore ciyar goribar age. Hítarattu tuñwar ezazot lagibou ('Ezajot nama") maalumat hín ciyar goribella.
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. Monmezajor Sólla mocuwara gordon: Hín ekkán hotá howá yá becábecí hotá howar okkol tuñí yá uggwá kounsellar ór maze. Kounselling é hámicá ekkán mosollar ore nozor raké ar hiyan ore péc gori hál goribella yá faisála goribella ze thaimot tuñí buzí nofaror honnán becí bála oibou.
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. MocuaradoiyaKounsellor: Uggwá Kounsellor oiyede training diya uggwa manuic zibá é rasta dahai de, modot, ar uggwa manuic yá guruf ore modot gore hitarar nizer hálótore manage gore, nizer hósusi, mezajir, monmezajor, ya sómajir taalukat goirbella mockilot ase hitarare modot goribella.

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15. Diagnosis: The identification of an illness or other problem (see also 'assessment').	15. Biyaram Tuwón: Biyaram okkol tuwai foaón yá onniyo mosolla (soó aró "Cek gorá okkol").
16. Disability Pension: Provides financial support if you have a physical, intellectual or psychiatric condition that stops you from working.	16. Maazur maincór Fensin: Zodi tuñwartu gaar, demakor yá mezazor hálotor mosollar zoriya ham gori nofaile tuñware tiña foisár modot dibou.
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. Maazur maincóré Modot goredé Hamgoroiya: Fottidin sola férá goribella zodi tuñwattu modot lagiele, gaar ar mezazor modot gore. Uggwá Maazuri Modotor Hamgoroiya é gusól, hor suwor fiñda ar haibella ar baire zaibella ar oinno cómajj horkot okkol goribella modot goribou.
18. Eligibility Criteria: Rules about who can use a service.	18. Layek oifaribella Niyom kanoun: Hedmot okkol hone estomal gorifaribár niyom kaanun.
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. Híssa: Hono uggwá manuic kessu thaim fán háas ocúk okkol, zeénnéki mezazir halotor biyaram. Ekkan thaimor "Hissar" uggwá cúru ar césh (lamba biyaramor solasolor hálót).

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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. Fémilir Doktor (GP): Australiat mázé fémilir doktor okkolore (General Practitioners - GP) hoó. Kessu doktor okkol hospital ar sehétór sentár ór maze ar nizor offiss okkolot maze ham gore. GP Femeilir doktor beggulun ottu universitir degree ase. Tuñi nize baze nizor appointment GP dahaibella nizor biyaram oiye yá ocuk oiye, yá sehétór cek goribella zeenneki hono biyaramor mosolla aséné saibella tuñí gori fariba.
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. Duk foón / Nizore-Dukdoon: Maani 'zohom'. Hiyan oit fare gaar butore, monmezazor, jinsír baabote yá obehálár harone. "Nizore- zohom" oilde zeéñtté honókiye zanifuni nizore zohom doon.
22. Individual Capacity Building: Helping the person receiving care to be actively involved in decisions that affect them.	22. Nizor gaga Gorifaribar taakot Bañdon: Nizore faisála goribella mockil órdé hiyanor baabote modot goron.
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. Cúrur Biyasana: Foila hota uggwá ham goroiya ar modot lagerde hibár mázé hotá hoón, ki modot lager ar hoódur urgent híyán.
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. Táikke / Tákar Tojurba: Uggwa manuic zartu sodmár tojurba yá monmezazor sehétór mosolla okkol ase. Manuic híba é monmezajor hedmot okkol torki goribella nizor tozurba estemal gore.

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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. Monmezazor Sehét ar Dekbal gora: Iín zeéñtté uggwá manuic ottu zindagir cádarón ocántir guzarer ar híte oinno kiyorloi zugazug gori fare. Mon mezazor sehét bodoli fare thaim guzarar baade hin manuic uggwa nizer zindagit ki oiyede hinor óre taluk gore.
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. Mezazor Biyaram Okkol: Mezazor Biyaram hoóde hín zeéñrte mosolla okkol oií tágé heéñte fottidin Zindagi goribar mockil oizai. Mezazor Biyaram maincór báfani okkol, meesus gora okkol yá horkot okkol bodoli zagoi. Mosólán Mezazor Biyaram okkol ocántir perecáni, fetfurani, ar schizophrenia.
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. Mon mezazor Kare ór Plan: Ze Manuic ottu mon mezazor biyaram asé hítararlá houggwá sehetor hamgoroiya okkol ham gore. Ekkan kare plan buzá dé fotti uggwá modot goroiya é nizer nizer plan hisáfe dorhar mozin lagede héndoilla dabai gore. Tuñwar GP é estomal gore Kare plan hisáfe ki hedmot okkol tuñwartu ki lager, notiza okkol set gore ar bála ki dabai gorá foribou faisála gore.
28. National Disability Insurance Scheme (NDIS): Provides support for Australians with disability, their families and carers. It is funded by the Federal Government.	28. Zatir Mazurir Bimar Eskim (NDIS) : Australians okkol zarattu mazuri ase hitarare modot de, hitarar fémilir ar hedmot goroiyarla. Hín Federal Hokumot é tiñya de.
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. Demakor muktalif biyaram: Hín mani maincé báféde torika, cíke ar hondilla horkot gore hín becí beéc hom. Hin mani hiyan golot noó, serof oinno dhoilla de.

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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. Fotti din goráfrede hókot okkolor Terapidoiya (OT): Hamgoroiya íín okkol é tuñi fottidin hashormo okkol gori faribár baabote nozor dari gore. Hitara tuñware nizebaze gorifaribár baabote torki goribella tuwajju gore. Hitarattu haás mosolla hól goribar húnor asé, ar horkot okkol óre baitta gori tuñi asanir hisafe goribella modot gore cikibella ar entezam goribella. Hítara aro mocuwara ar musada gore ki jinis e modot gori faribou.
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. Fuñwati Hamgoroiya: Uggwa maince hite buze tuñwar dorhari nizor tozurba loi. Zeénneki, ek hamgoroiya hitara nizor tuzurbar mosolla okkol ase hitarar monmezazor loi.
32. Psychiatrist: A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.	32. Monmezazor daktor: Uggwa daktor hítartu mozid hásiyot okkol ase mainchore modot goribella nizor mon mezazor mosolla okkol loi. Hitara therapy, hitara dabai okkol yó difare.
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. Monmezazor mocuwara de: Uggwá hamgoroiya é modot gore hite sehetor mosolla re haál goribar skill ase. Maincé ocánti ar fetfurani oile hitarare hámica uggwá monmezazor hamgoroiyar loi daha gore. Monmezazor hamgoroiya tuñwar loi bala tallukat rakibella saa Tuñware héfázot goribell saá, hitara ki báfe ar ki feel gore. Uggwá monmezazor hamgoroiya é dabai di nofaribou.

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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. Gaar barborte: Uggwa hálot zibá é tuñware mancor mil mila loi nozor dari gore. Hín mani keén gori baaror mil milar barborte monmezazi loi tuñwar gaa ar mezazor sehét loi.
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. Onniyo zonor heÇe deferon: Ekkán siçi tuñwar daktor é uggwá specialist dahaibar appointment ór lá de. Zodi referral hiyan zodi córhari hospitalot oile, hostpitolottu Tuñware zugazug goribou. Zodi private oiyle tuñwartu nizebaze zugzug gori appointment lowaforibou.
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. Dubara Thík óon: Uggwa operation yá ucúk oibar baade Tuñware ocúk bála oibella yá normal Zindagi guzaribella training ar therapy de.
37. Respite: Short-term rest for carers. During respite, you will be looked after by someone else than your usual carer.	37. Hédmot goroiyar lá ekkená zira dé thaim: Hédmot goroiyar okkolollá ekkéna thaim ziraon. Zirade thaimot, Tuñware tuñwar fottidinor hedmót goroiya é hedmót no gori ar ekzon e gore.
38. Self-referral: Going straight to a service for help, without needing to go to a doctor or professional first (see also 'Referral').	38. Nizebaze modotor lá zaon: Nizebaze direek modotor lá zaon, daktor yá onniyo hamgoroiyar héré nozaiyaro (Aró "Referral") soó.
39. Social and Emotional Wellbeing: This is about a person being resilient and feeling safe within themself and connected with people.	39. Tallukat ar Monor Dekbal Goron: Ín oyéde uggwa mainuch nize héfazot asé mone goron ar becí bordac gori faron mainchor cómajor buthóre.

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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. Sehétór hamgoroiya é mainchor é onniyo maincho loi link zugazug gori doon: Ein oye dé Sehétór hamgoroiya é mainchor é onniyo mainchor loi link zugazug gori de hítarar monmezazor sehétór modot oibella. É horkot okkolot maze volunteer goron, gasgusola lagaon, ranñda bara goron, bala hána hoónor mocuwara doón ar kéladula okkol.
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. Cómaji Hamgoróya: Cómaji hamgoróya é asól modot de, solla mocuwara don, malumat ar monor modot doón. Fémili okkololla, fuain, eskuilla fuain okkol, hospitalor rugi okkol yá bura manuic beggulun é cómaji hamgoróyar loi dahai faribou. Cómaji hamgoróya okkol é gorbari sára oile, goror butore hoija oile, córab ar nicákur oile, sex or zulum oón ar gura fuaindore zulum goron. Cómaji hamgoróya okkol ottu Universitir degree lage cómaji hamgoróya oibella.
42. Symptoms: A sign or indication of something, for instance an illness or other problem with your health.	42. Kessu jinisor alamot okkol: Uggwá mazara yá kessu ekkán icára, zeénnéki biyaram yá mosolla okkol tuñwar sehétór babote.
43. Treatment: Medical care given for an illness or injury.	43. Dabai goron: Dabair kérmos doón ekkán biyaram yá zohóm orlla.
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. Sodma okkol zanai yaro modot goribella borraca doon: Hin oiyede héfázot banoón, modotor halotor manuic okkol hílara fúne ar izzot gore. Hin oiyede hamgoroiya okkol é modot loi sodmáttu abar niyoli ayon.

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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. Hon rugi ré saa zaibou:

Hon rugi ré saa zaibou faisala gorede hin, hotó arjén ar zohom yá biyaram okkól. Haás gori hospital or Emerjensi Defarmen ot maze 'triage nurse' ase ziba e hetararlla hare arjén dhakthor dahá foribou faisála gore.