

Mental Health Services Glossary

Faharasa ya Huduma za Afya ya Akili

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.

Faharasa hii ya lugha mbili inaelezea maneno ya kawaida ya afya ya akili yanayotumika katika Mfumo wa Afya ya Akili wa Victoria. Imeundwa ili kuwasaidia watu kuelewa vyema mfumo wa afya ya akili, haki zao na majukumu ya wataalamu mbalimbali wanaohusika katika uangalizi na msaada.

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This information has been drawn from a range of healthcare and government websites	Taarifa hiyo imetolewa kutoka kwenye tovuti mbalimbali za huduma ya afya na za serikali
1. Anonymous: Means 'not identified by name' or 'with no name'. For instance, an anonymous letter is one that is not signed.	1. Isiyojulikana: Maana yake ni 'haitambuliwi kwa jina' au 'bila jina'. Kwa mfano, barua isiyojulikana ni barua ambayo haina sahihi.
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. Tathmini: Mtaalamu wa afya anapokuuliza maswali kuhusu afya yako ya akili au kimwili. Anaweza pia kufanya vipimo au uchunguzi wa kimwili. Hii itasaidia kutambua matatizo au mahitaji yoyote na kupata njia bora za kushughulikia nayo. Soma pia 'Utambuzi'.
3. Care: Giving support and help to another person.	3. Utunzaji: Kutoa usaidizi na msaada kwa mtu mwingine.
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. Mlezi: Mwanafamilia au rafiki anayetoa utunzaji na usaidizi bila kulipwa kwa mtu anayehitaji usaidizi kwa shughuli za kila siku au masuala ya afya.
5. Care Coordination: Ways in which help from different services are set up to meet a person's needs.	5. Uratibu wa Utunzaji: Njia ambazo msaada kutoka kwa huduma tofauti huwekwa ili kukidhi mahitaji ya mtu.
6. Care / Support Team: The workers who give the treatment, provide care and help with the wellbeing of the person needing care.	6. Timu ya Utunzaji / Usaidizi: Wafanyakazi wanaotoa matibabu, hutoa huduma na kusaidia katika ustawi wa mtu anayehitaji kutunzwa.

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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. Meneja wa Kesi: Mtu fulani ambaye anatathmini mahitaji yako, anakushauri, na anaweza kuwakilisha mahitaji yako kwa huduma (kwa ruhusa yako). Meneja wa kesi anaweza kukuunganisha na huduma na shughuli zinazoweza kukusaidia. Yeye ndio sehemu kuu ya mawasiliano kwako ili usilazimike kuomba msaada kwa watu tofauti.
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. Timu ya CAT: Timu ya Tathmini na Matibabu ya Mgogoro (CATT) ni timu ya wataalamu wa afya ya kiakili. Wanatoa tathmini na matibabu makini ya jamii kwa watu ambao wako mgogoroni au wanapitia ugonjwa mkali wa akili. Hii ni huduma ya mgogoro tu.
9. Clinical: Describes the direct examination, observation and treatment of signs and symptoms in patients.	9. Kikliniki: Inaelezea ukaguzi wa moja kwa moja, uchunguzi na matibabu ya ishara na dalili kwa wagonjwa.
10. Clinician: A healthcare professional that has direct contact with patients. For example, nurses, doctors, dentists or psychologists are 'clinicians'.	10. Mkliniki: Mtaalamu wa afya ambaye anawasiliana moja kwa moja na wagonjwa. Kwa mfano, wauguzi, madaktari, madaktari wa meno au wanasaikolojia ni 'wakliniki'.

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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. Huduma za Afya ya Akili ya Jamii: Ni kawaida kwa watu wenye aina kali za ugonjwa wa akili. Ziko kwa kawaida kwenye kliniki na bila malipo kwa watu. Zina aina tofauti za wataalamu wa afya ya akili, wakiwemo mameneja wa kesi, madaktari bingwa wa magonjwa ya akili, wafanyakazi wa kijamii, wataalamu wa tiba ya kazi, wanasaikolojia na wafanyakazi wa dawa za kulevya na pombe.
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. Usiri: Hii ina maana kuwa taarifa unayompa mtaalamu wa huduma ya afya ni ya faragha. Mtaalamu wa huduma ya afya lazima apate makubaliano yako kabla ya kutoa taarifa na mtu yeyote. Anahitaji ruhusa ('idhini') yako ili kushiriki taarifa yako.
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. Ushauri nasaha: Ni mazungumzo au mfululizo wa mazungumzo kati yako na mshauri. Ushauri nasaha kwa kawaida huzingatia tatizo maalum na hatua za kulishughulikia au kulitatu. Inaweza kukusaidia kukabiliana na tatizo au kuamua maamuzi wakati huna hakika ni ipi bora zaidi.
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. Mshauri: Mshauri ni mtaalamu aliyefunzwa ambaye hutoa mwongozo, usaidizi, na ushauri kwa watu binafsi au vikundi ili kuwasaidia kudhibiti kukabiliana na changamoto za kibinafsi, kihisia, kisaikolojia, au kijamii.

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15. Diagnosis: The identification of an illness or other problem (see also 'assessment').	15. Utambuzi: Kutambua ugonjwa au shida nyingine (soma pia 'tathmini').
16. Disability Pension: Provides financial support if you have a physical, intellectual or psychiatric condition that stops you from working.	16. Pensheni ya Ulemavu: Hutoa msaada wa kifedha kama una hali ya kimwili, kiakili au ya akili inayokuzuia kufanya kazi.
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. Mfanyakazi wa Usaidizi wa Mlemavu: Hukupa usaidizi wa binafsi, kimwili na kihisia ikiwa unahitaji usaidizi katika maisha ya kila siku. Mfanyakazi wa Usaidizi wa Mlemavu anaweza kukusaidia kuoga, kuva na kula, na kusaidia katika matembezi na shughuli zingine za kijamii.
18. Eligibility Criteria: Rules about who can use a service.	18. Vigezo vya Kustahiki: Sheria kuhusu nani anayeweza kutumia huduma.
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. Tukio: Kipindi cha muda ambacho mtu huathiriwa na ugonjwa maalum, kama vile saikosisi. 'Tukio' lina mwanzo na mwisho (ambalo ni tofauti na hali sugu).

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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. Daktari wa Familia (GP): Madaktari wa familia nchini Australia wanaitwa pia Madaktari wa Jumla (General Practitioners - GP). Madaktari wengine hufanya kazi kwenye vituo vya afya na hospitali na wengine hufanya kazi katika ofisi zao wenyewe. GPs wote wana shahada za chuo kikuu. Unaweza kupanga miadi yako wewe mwenyewe na GP wakati unapoumwa au unapojisikia mgonjwa, au ikiwa unataka ukaguzi wa afya ili kuhakikisha kuwa huna matatizo yoyote ya afya.
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. Madhara / kujiumiza: Maana yake ni 'jeraha'. Inaweza kuwa la kimwili, kisaikolojia, kingono au kutokana na kupuuza. 'Kujiumiza' hueleza kinachotokea wakati mtu anapojiumiza kimakusudi.
22. Individual Capacity Building: Helping the person receiving care to be actively involved in decisions that affect them.	22. Kujenga Uwezo wa Kibinafsi: Kumsaidia mtu anayepokea huduma ili kushiriki kikamilifu katika maamuzi yanayomhusu.
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. Majadiliano ya Awali: Zungumzo la kwanza kati ya mfanyakazi na mtu anayehitaji huduma ili kuamua msaada gani unahitajika na jinsi ulivyo wa haraka.
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. Uzoefu wa Kuishi: Mtu ambaye ana uzoefu wa kiwewe au changamoto za afya ya akili. Mtu yule hutumia uzoefu wake kuboresha hudumu za afya ya akili.

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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. Afya ya Akili na Ustawi: Hii ni mtu anapohisi anakabiliwa na mikazo ya kawaida ya maisha na anaweza kuungana na wengine. Afya ya akili inaweza kubadilika kwa muda na inaweza kutegemea kinachotokea katika maisha ya mtu.
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. Ugonjwa wa Akili: Ugonjwa wa akili ni wakati matatizo ya hisia au mawazo yanaposababisha maisha ya kila siku kuwa magumu. Ugonjwa wa akili unaweza kubadilisha jinsi mtu anavyofikiri, kuhisi, au kutenda. Mifano ya magonjwa ya akili ni wasiwasi, mfadhaiko, na skizofrenia.
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. Mpango wa Utunzaji wa Afya ya Akili: Kwa watu wenye ugonjwa wa akili ambao wana wataalamu kadhaa wa afya wanaofanya kazi nao. Mpango wa Utunzaji hueleza usaidizi unaotolewa na kila mtaalamu na wakati gani matibabu ni lazima. GP yako atatumia Mpango wa Utunzaji ili kukusaidia ujue huduma unazohitaji, kulenga malengo, na kuamua matibabu ambayo ni bora zaidi kwako.
28. National Disability Insurance Scheme (NDIS): Provides support for Australians with disability, their families and carers. It is funded by the Federal Government.	28. Mpango wa Bima ya Ulemavu wa Kitaifa (NDIS): Hutoa usaidizi kwa Waaustralia wenye ulemavu, familia zao na walezi wao. Hufadhiliwa na Serikali ya Shirikisho.

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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. Utofauti wa Neva: Inamaanisha kuwa njia za watu wanavyofikiri, kujifunza na kutenda zinaweza kuwa tofauti sana. Haimaanishi kuwa ni makosa, ni tofauti tu.
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. Mtaalamu wa Tiba ya Uwezo wa Kufanya Kazi (OT): Wafanyakazi hawa huzingatia uwezo wako wa kufanya shughuli zako za kila siku. Wanalenga kuboresha uhuru wako. Wana ustadi maalum katika kutatua matatizo, na kugawanya shughuli au kazi ili kurahisisha kuzisimamia na kujifunza. Pia wanaweza kutoa ushauri na usaidizi kuhusu vifaa vinavyoweza kusaidia.
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. Mfanyakazi wa Rika Sawa: Mtu ambaye anaelewa mahitaji yako kulingana na uzoefu wake mwenyewe. Kwa mfano, Mfanyakazi Rika ambaye anatoa usaidizi kuhusu tatizo la afya ya akili yeye mwenyewe atakuwa amepata matatizo na afya yake ya akili.
32. Psychiatrist: A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.	32. Daktari wa Magonjwa wa Akili: Daktari ambaye ana sifa ziada za kuwasaidia watu na matatizo ya afya ya akili. Pamoja na tiba, anaweza kuagiza dawa.

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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. Mwanasaikolojia: Mtaalamu ambaye anaweza kukusaidia kukuza ustadi mzuri wa kukabiliana matatizo na kutatua matatizo. Watu wenye wasiwasi na mfadhaiko mara nyingi hurejelewa kwa mwanasaikolojia. Wanasaikolojia hulenga kujenga uhusiano wa uaminifu ili uweze kujisikia salama kushiriki maoni na hisia zako. Mwanasaikolojia hawezi kuagiza dawa.
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. Kisaikolojia cha kijamii: Mbinu inayokuangalia katika muktadha ya mazingira yako ya kijamii. Huangalia jinsi ya muungano wa mazingira ya kijamii na vipengele vya kisaikolojia vinaathiri afya yako ya kimwili na akili.
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. Rufaa: Barua kutoka daktari yako kwa daktari bingwa inayoomba kwa miadi kwa ajili yako. Ikiwa rufaa ni kwa daktari bingwa katika hospitali ya umma, hospitali itawasiliana nawe ili kupanga miadi. Ikiwa ni kwa daktari bingwa wa kibinafsi, utahitaji kupanga miadi wewe mwenyewe.
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. Ukarabati: Hatua ya kukusaidia kurudi kwa hali ya nafuu au maisha ya kawaida kupitia mafunzo na tiba, kwa mfano baada ya ugonjwa au upasuaji.
37. Respite: Short-term rest for carers. During respite, you will be looked after by someone else than your usual carer.	37. Nafasi ya Pumziko: Pumziko la muda mfupi kwa walezi. Wakati wa nafasi ya pumziko, utatunzwa na mtu mwingine badala ya mlezi wako wa kawaida.

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38. Self-referral: Going straight to a service for help, without needing to go to a doctor or professional first (see also 'Referral').	38. Kujirejelea: Kwenda moja kwa moja kwa huduma kupata msaada, bila kuhitaji kumwona daktari au mtaalamu kwanza (soma pia 'Rufaa').
39. Social and Emotional Wellbeing: This is about a person being resilient and feeling safe within themselves and connected with people.	39. Ustawi wa Kijamii na Kihisia: Hii ni kuhusu mtu kuwa mstahimilivu na kujisikia salama ndani yake na kuunganishwa na watu.
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. Maagizo ya Kijamii: Hii ni kuhusu wataalamu wa afya kuunganisha watu na shughuli za kijamii ambazo zinachukuliwa kuwa muhimu kwa afya yao ya akili. Shughuli hizi zinaweza kujumuisha kujitolea, kutunza bustani, kupika, ushauri wa chakula bora na michezo.
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. Mfanyakazi wa Kijamii: Wafanyakazi wa kijamii wanaweza kutoa msaada wa kitendaji, ushauri nasaha, taarifa na usaidizi wa kihisia. Familia, watoto, wanafunzi, wagonjwa wa hospitali au wazee wanaweza wote kumwona mfanyakazi wa kijamii. Wafanyakazi wa kijamii wanaweza kusaia na matatizo kama ukosefu wa makazi, unyanyasaji wa kinyumbani, uraibu wa pombe na dawa za kulevya, shambulio ya kingono na unyanyasaji wa watoto. Wafanyakazi wa kijamii wanahitaji shahada ya chuo kikuu ili waweze kufanya kazi halali.
42. Symptoms: A sign or indication of something, for instance an illness or other problem with your health.	42. Dalili: Alama au ishara ya kitu, kwa mfano ugonjwa au shida nyingine na afya yako.

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43. Treatment: Medical care given for an illness or injury.	43. Tiba: Huduma ya kimatibabu inayotolewa kwa ugonjwa au jeraha.
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. Kazi Inayozingatia Kiwewe: Hii ni kuhusu kuunda mazingira salama yenye kusaidia ambapo watu wanasikia kuwa wanasikilizwa na kuheshimiwa. Inajumuisha wataalamu wanaotoa huduma ambayo haisababishi watu kuishi tena katika viwewe vyao.
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. Upangaji Kitendo cha kuamua utaratibu ambao wagonjwa watatibwa, kulingana na uharaka wa majeraha au ugonjwa. Kwa kawaida, Idara ya Dharura katika hospitali ina 'muuguzi wa upangaji' anayefanya amuzi ya nani anahitaji kumwona daktari kwa haraka sana.