

Mental Health Services Glossary

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

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.

እዚ ናይ ክልተ ቋንቋ ማህደረ-ቃላት ኣብ ናይ ቪክቶሪያ ናይ ኣእምሮኣዊ ጥዕና ስርዓት ዝጥቀሙ ልሙዳት ናይ ኣእምሮ ጥዕና ቃላት የብርህ።
እዚ ድማ ሰባት ነቲ ናይ ኣእምሮ ጥዕና ስርዓት፣ መሰላቶም ከምኡ'ውን ኣብ ክንክንን ደገፍን ዝተዋፈሩ ዝተፈላለዩ ሞያውያን ዘለዎም ግደ ብዝበለጸ ንክርድኡ ንምሕጋዝ እዩ ተዳልዩ።

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ENGLISH	TIGRINYA
This information has been drawn from a range of healthcare and government websites	እዚ ሓበሬታ ካብ ዝተፈላለዩ መርበብ ሓበሬታታት ከንክን ጥዕናን መንግስትን ዝተወሰደ እዩ
1. Anonymous: Means 'not identified by name' or 'with no name'. For instance, an anonymous letter is one that is not signed.	1. ስሙ ዘይተገልጸ፥ 'ብስም ዘይተለለየ' ወይ 'ስም ዘይብሉ' ማለት እዩ። ንኣብነት ስሙ ዘይተገልጸ ደብዳቤ ዘይተፈረመ እዩ።
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. ግምገም፥ ናይ ጥዕና ቦዓል ሞያ ብዛዕባ ኣእምሮኣዊ ወይ ኣካላዊ ጥዕናኻ ሕቶታት ክሓተካ ከሎ። መርመራታት ወይ ኣካላዊ መርመራ እውን ክገብሩ ይኽእሉ እዮም። እዚ ድማ ዝኾነ ጸገም ወይ ድሌታት ንምልላይን ንዕኡ ንምፍታሕ ዝበለጸ መገድታት ንምርካብን ክሕግዝ እዩ። 'መርመራ' እውን ርኡ።
3. Care: Giving support and help to another person.	3. ክንክን፥ ንኻልእ ሰብ ደገፍን ሓገዝን ምሃብ።
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. ኣላዩ፥ ኣብ መዓልታዊ ንጥፈታት ወይ ናይ ጥዕና ጉዳያት ሓገዝ ንዘድልዮ ሰብ ብዘይ ክፍሊት ክንክንን ደገፍን ዝህብ ኣባል ስድራቤት ወይ ዓርኪ።
5. Care Coordination: Ways in which help from different services are set up to meet a person's needs.	5. ምውህሃድ ክንክን፥ ካብ ዝተፈላለዩ ኣገልግሎታት ዝመጽእ ሓገዝ ንጠለባት ሓደ ሰብ ንምምላእ ዝቐርበሉ መንገድታት።

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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. ናይ ክንክን / ደገፍ ጉጅለ፥ እቶም ነቲ ክንክን ዘድልዮ ሰብ ሕክምና ዝህቡ፣ ክንክን ዘቕርቡን ኣብ ጽቡቕ ሂወት ንክነብር ዝሕግዙን ሰራሕተኛታት እዮም።
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. ኣካዳዲ ጉዳይ (ኬዝ ማናጀር)፥ ድሌታትካ ዝግምግም፣ ዝምዕደካ፣ ንኣገልግሎታት (ብፍቓድካ) ድሌታትካ ክውክል ዝኽእል ሰብ። ሓደ ኣካዳዲ ጉዳይ ምስ ክሕግዙኻ ዝኽእሉ ኣገልግሎታትን ንጥፈታትን ክራኽብካ ይኽእል እዩ። ንሰኻ ንዝተፈላለዩ ሰባት ሓገዝ ንምሕታት ክይትግደድ፣ ንሳቶም እዮም ንዓኻ ማእከላይ ርክብ ነጥቢ።
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. ጋንታ CAT፥ ጉጅለ ምግምጋምን ሕክምናን ቅልውላው (CATT) ሰብ ሞያ ጥዕና ኣእምሮ ዝሓቆፈ ጉጅለ እዩ። ኣብ ቅልውላው ንዝርከቡ ወይ ከቢድ ሕማም ኣእምሮ ንዝጋጥሞም ሰባት ገምጋምን ጽዑቕ ማሕበረሰባዊ ሕክምናን ይህቡ። እዚ ናይ ቅልውላው ኣገልግሎት ጥራይ እዩ።
9. Clinical: Describes the direct examination, observation and treatment of signs and symptoms in patients.	9. ክሊኒካዊ፥ ኣብ ሕሙማት ምልክታትን ምልክታት ሕማምን ብቐጥታ መርመራን ትዕዛብትን ሕክምናን ይገልጽ።
10. Clinician: A healthcare professional that has direct contact with patients. For example, nurses, doctors, dentists or psychologists are ‘clinicians’.	10. ክሊኒኻን፥ ምስ ሕሙማት ቀጥታዊ ርክብ ዘለዎ በዓል ሞያ ክንክን ጥዕና። ንኣብነት ነርስታት፣ ሓኪም፣ ሓኪይም ስኒ ወይ ክኢላታት ስነ-ኣእምሮ ‘ክሊኒኻን’ እዮም።

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

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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. ኣገልግሎት ጥዕና ኣእምሮ ማሕበረሰብ፡ ብሓፈሻ ኸቢድ ዓይነት ሕማም ኣእምሮ ንዘለዎም ሰባት ዘገልግሉ እዮም። ብሓፈሻ ኣብ ማእከል ጥዕና ዝመደበሮምን ንህዝቢ ብነጻ ኣገልግሎት ዝሕቡን እዮም። ዝተፈላለዩ ዓይነታት ሰብ ሞያ ጥዕና ኣእምሮ ኣለዎም፤ ንሳቶም ድማ ኣካየድቲ ጉዳይ፣ ሓካይም ስነ-ኣእምሮ፣ ማሕበራዊ ሰራሕተኛታት፣ ሞያዊ ሓካይም፣ ክኢላታት ስነ-ኣእምሮን ሰራሕተኛታት ሓሸሽን ኣልኮላዊ መስተን ይርከብዎም።
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. ምስጢራዊነት፡ እዚ ማለት እቲ ንበዓል ሞያ ክንክን ጥዕና እትህቦ ሓበሬታ ናይ ብሕቲ እዩ። እቲ በዓል ሞያ ክንክን ጥዕና ነቲ ሓበሬታ ንዝኸነ ሰብ ቅድሚ ምክፋሉ ስምምዕካ ክረከብ ኣለዎ። ሓበሬታኻ ንምክፋል ናትካ ፍቓድ ('ስምምዕ') የድልዮም።
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. ምኽሪ ምሃብ፡ ኣብ መንጎኻን ኣብ መንጎ ኣማኻርን ዝግበር ዕላል ወይ ተኸታታሊ ዕላላት እዩ። ምኽሪ መብዛሕትኡ ጊዜ ኣብ ሓደ ፍሉይ ጸገምን ንዕኡ ንምፍታሕ ወይ ንምፍታሕ ዝሕግዙ ስጉምታትን ዘተኮረ እዩ። ንሓደ ጸገም ክትገጥሞ ወይ ኣየናይ ዝበለጸ ምዃኑ ርግጸኛ ኣብ ዘይትኸእለሉ እዋን ውሳኔታት ክትገብር ክሕግዞካ ይኸእል እዩ።
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. ኣማኻሪ፡ ኣማኻሪ ንውልቀሰባት ወይ ጉጅለታት ውልቃዊ፣ ስምዒታዊ፣ ስነ-ኣእምሮኣዊ ወይ ማሕበራዊ ብድሆታት ንምምሕዳር ዝሕግዝ መምርሒ፣ ደገፍን ምኽርን ዝህብ ዝሰልጠነ በዓል ሞያ እዩ።

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

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15. Diagnosis: The identification of an illness or other problem (see also 'assessment').	15. መርመራ፥ ምልላይ ሕማም ወይ ካልእ ጸገም ('ገምጋም' እውን ርእ)።
16. Disability Pension: Provides financial support if you have a physical, intellectual or psychiatric condition that stops you from working.	16. ገንዘብ ጡረታ ስንክልና፥ ካብ ስራሕ ዝዓገተካ ኣካላዊ፣ ኣእምሮኣዊ ወይ ስነ-ኣእምሮኣዊ ኩነታት እንተሃልዩካ ገንዘባዊ ደገፍ ይህብ።
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. ሰራሕተኛ ደገፍ ስንክልና፥ ኣብ መዓልታዊ መነባብሮ ሓገዝ እንተደሊኹም ውልቃዊ፣ ኣካላውን ስምዒታውን ደገፍ ይህበኩም። ሓደ ሰራሕተኛ ደገፍ ስንክልና ኣብ ነብስኻ ምሕጻብ፣ ክዳንን ምብላዕን ክሕግዝ ይኽእል፣ ክምሓውን ኣብ ምውጻእን ካልእ ማሕበራዊ ንጥፈታትን ክሕግዝ ይኽእል።
18. Eligibility Criteria: Rules about who can use a service.	18. መዐቀኒ ብቕዓት፥ መን ንሓደ ኣገልግሎት ክጥቀመሉ ክም ዝኽእል ዝምልከት ሕግታት።
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. ፍጻመ፥ ሓደ ሰብ ብዝተወሰነ ሕማም፡ ከምዚ ዝኣመሰለ ስነ-ኣእምሮኣዊ ጸገም ዝጥቅዓሉ እዋን። ሓደ 'ክፋል' መጀመርታን መወዳእታን ኣለዎ (ኣንጻር ሕዳር ኩነታት)።

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

ENGLISH	TIGRINYA
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. ሓፈሻዊ ሓኪም (GP): ኣብ ኣውስትራልያ ዝርከቡ ሓኪም ስድራቤት ሓፈሻዊ ሓኪም (GP) ተባሂሎም እውን ይጽውዑ። ገለ ሓኪም ኣብ ማእከላት ጥዕናን ሆስፒታላትን እዮም ዝሰርሑ ገለ ድማ ኣብ ናይ ግዛእ ርእሶም ቤት ጽሕፈታት ይሰርሑ። ኩሎም ሓፈሻዊ ሓኪም ናይ ዩኒቨርሲቲ ዲግሪታት ኣለዎም። ኣብ እትሓምመሉ ወይ ጽቡቕ ስምዒት ኣብ ዘይስምዓካ እዋን፣ ወይውን ዝኾነ ናይ ጥዕና ጸገም ከምዘይብልካ ንምርግጋጽ መርመራ ጥዕና ምስ እትደሊ ምስ ሓፈሻዊ ሓኪም ናይ ግዛእ ርእሶኻ ቆጶራ ክትወስድ ትኽእል ኢኻ።
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. ጉድኣት / ርእሰ-ጉድኣት: 'መጉዳኢቲ' ማለት እዩ። ኣካላዊ፣ ስነ-ኣእምሮኣዊ፣ ጾታዊ ወይ ብሰንኪ ሸለልትነት ክኸውን ይኽእል። 'ርእሰ-ጉድኣት' ሓደ ሰብ ኮነ ኢሉ ንነብሱ ክጎድእ ከሎ እንታይ ከም ዘጋጥም ይገልጽ።
22. Individual Capacity Building: Helping the person receiving care to be actively involved in decisions that affect them.	22. ህንፀት ዓቕሚ ውልቀ ሰብ: ነቲ ክንክን ዝርከብ ሰብ ኣብ ዝጸሉ ውሳኔታት ብንጥፈት ክሳተፍ ምሕጋዝ።
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. ናይ መጀመርታ ዘተ: እንታይ ሓገዝ ከምዘድሊን ክሳብ ክንደይ ህጹጽ ምዃኑን ንምውሳኔ ኣብ መንጎ ሓደ ሰራሕተኛን ክንክን ዘድልዮ ሰብን ዝግበር ቀዳማይ ዕላል።
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. ዝተነበረ / ናይ ምንባር ተመኩሮ: ናይ ስንባደ ወይ ናይ ኣእምሮ ጥዕና ብድሆታት ተመኩሮ ዘለዎ ሰብ። እቲ ሰብ ተመኩሮኡ ተጠቂሙ ኣገልግሎት ጥዕና ኣእምሮ የመሓይሽ።

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

ENGLISH	TIGRINYA
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. ጥዕና ኣእምሮን ጽቡቕ ሂወትን፡ እዚ ድማ ሓደ ሰብ ነቲ ንቡር ጸቕጥታት ህይወት ይጻወሮ ከምዘሎን ምስ ካልኣት ክራኽብ ዝኽእልን ኮይኑ ምስ ዝስምዖ እዩ። ጥዕና ኣእምሮ ምስ ግዜ ክቕየር ዝኽእልን ኣብ ህይወት ሓደ ሰብ ኣብ ዝፍጸም ነገራት ከምርኮሰን ዝኽእል እዩ።
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. ሕማም ኣእምሮ፡ ሕማም ኣእምሮ ማለት ናይ ስምዒታት ወይ ሓሳባት ጸገማት ንመዓልታዊ ህይወት ክኸብድ ከሎ እዩ። ሕማም ኣእምሮ፡ ሓደ ሰብ ብኸመይ ከም ዚሓስበሉ፡ ዚስምዖ፡ ወይ ዚገብሮ ነገራት ኪቕይር ይኽእል እዩ። ኣብነታት ሕማም ኣእምሮ ምሽቓል፡ ጭንቀትን ስኪዞናረኒያን (ተነጽሎነት) እዮም።
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. ውጥን ክንክን ጥዕና ኣእምሮ፡ ንሕማም ኣእምሮ ንዘለዎም ሰባት ምስኦም ዝሰርሑ ሓያሎ ሰብ ሞያ ክንክን ጥዕና ዘለዎም። ትልሚ ክንክን ነፍሲ ወከፍ ካብቶም ሰብ ሞያ ዝህብዎ ደገፍን ሕክምና መዓስ ከምዘድሊን ይገልጽ። ሓፈሻዊ ሓኪምካ እንታይ ዓይነት ኣገልግሎታት ከምዘድልየካ ንምስራሕ፡ ዕላማታት ንምውሳኑን ንዓኻ ዝበለጸ ሕክምና ንምውሳኑን ዝሕግዞካ ውጥን ክንክን ክጥቀም እዩ።
28. National Disability Insurance Scheme (NDIS): Provides support for Australians with disability, their families and carers. It is funded by the Federal Government.	28. ሃገራዊ መደብ መድሕን ስንክልና (NDIS)፡ ንስንኩሳን ኣውስትራሊያውያን፣ ስድራቤቶምን ኣለይቶምን ደገፍ ይህብ። ብፌዴራል መንግስቲ ዝምወል እዩ።
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. ብዙሕነት ስነ-ኣእምሮ፡ እዚ ማለት ሰባት ዝሓስቡዎ፣ ዝመሃሩሉን ኣካይዳኦምን ኣዝዩ ዝተፈላለዩ ክኸውን ይኽእል እዩ። ጌጋ እዩ ማለት ኣይኮነን፣ ዝተፈላለየ ጥራይ እዩ።

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

ENGLISH	TIGRINYA
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. ሞያዊ ሓኪም ወይከአ ቴራፒስት (OT)፥ እዞም ሰራሕተኛታት እዚአም ኣብቲ መዓልታዊ ንጥፈታትካ ናይ ምፍጻም ዓቕምኻ ዘተኮሩ እዮም። ናጽነትካ ንምምሕያሽ ዝዓለሙ እዮም። ኣብ ምፍታሕ ጸገማት ፍሉይ ክእለት ኣለዎም፤ ከምኡውን ንጥፈታት ወይ ዕማማት ብዝርዝር ንምድላው ብቐሊሉ ንምምሕዳርን ንምምሃርን ይሕግዙ። እንታይ ዓይነት መሳርሒታት ክሕግዙ ከም ዝኽእሉ እውን ምኽርን ሓገዝን ክህቡ ይኽእሉ እዮም።
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. መዛኑ ሰራሕተኛ፥ ብናይ ገዛእ ርእሱ ተመኩሮ መሰረት ድሌታትካ ዝርዳእ ሰብ። ንኣብነት፡ ብዛዕባ ሓደ ጸገም ጥዕና ኣእምሮ ደገፍ ዝህብ መዛኑ ሰራሕተኛ ንባዕሉ ኣብ ጥዕና ኣእምሮኡ ጸገም ኣጋጢሞ ክኸውን እዩ።
32. Psychiatrist: A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.	32. ሓኪም ስነ-ኣእምሮ፥ ናይ ኣእምሮ ጥዕና ጸገም ዘለዎም ሰባት ኣብ ምሕጋዝ ተወሳኺ ብቐዓት ዘለዎ ሓኪም። ሕክምና ከምኡውን ፣ መድሃኒት ክእዝዙ ይኽእሉ።
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. ክኢላ ስነ-ልቦና፥ ጥዕይ ናይ ምጽዋርን ምፍታሕ ጸገማትን ክእለት ከተማዕብል ክሕግዝካ ዝኽእል ባዓል ሞያ። ሻቕሎትን ጭንቀትን ዘለዎም ሰባት መብዛሕትኡ ግዜ ናብ ክኢላ ስነ-ኣእምሮ ክውከሱ እዮም። ናይ ስነ-ልቦና ክኢላታት ሓሳባትካን ስምዒታትካን ኣብ ምክፋል ውሕስነት ክስምዓካ ናይ ምትእምማን ዝምድና ክሃንጹ ይጽዕሩ። ክኢላ ስነ-ኣእምሮ መድሓኒት ክእዝዝ ኣይከኣልን እዩ።

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

ENGLISH	TIGRINYA
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. ስነ-ኣእምሮኣዊ ማሕበራዊ፡ ኣብ ትሕዝቶ ማሕበራዊ ሃዋህውካ ዝጥምተካ ኣቀራርባ፡፡ ውህደት ማሕበራዊ ሃዋህውን ስነ-ኣእምሮኣዊ ረጅሒታትን ንኣካላውን ኣእምሮኣውን ጥዕናኻ ብኸመይ ከም ዝጸልዎ ይርኢ፡፡
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. ሪፈራል፡ ካብ ሓኪምኻ ናብ ፍሉይ ክኢላ ቆጶራ ክሕዘልካ ዝሓትት ደብዳቤ፡፡ እቲ ሪፈራል ናብ ሓደ ኣብ መንግስታዊ ሆስፒታል ዝርከብ ፍሉይ ክኢላ እንተኾይኑ፡ እቲ ሆስፒታል ቆጶራ ንምሓዝ ክረኽበካ እዩ፡፡ ናብ ናይ ብሕቲ ፍሉይ ክኢላ እንተኾይኑ፡ ነቲ ቆጶራ ባዕልኻ ክትገብር ክድልየካ እዩ፡፡
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. ተሓድሶ፡ ንኣብነት ድሕሪ ሕማም ወይ መጥባሕቲ ብስልጠናን ፍወሳን ናብ ጥዕና ወይ ንቡር ህይወት ክትምለስ ዝሕግዝካ ተግባር፡፡
37. Respite: Short-term rest for carers. During respite, you will be looked after by someone else than your usual carer.	37. ዕረፍቲ ምሃብ፡ ንሓጺር ግዜ ዕረፍቲ ንኣለይቲ፡፡ ኣብ እዋን ዕረፍቲ ካብቲ ልሙድ ኣላዩኻ ወጻኢ ብኸልእ ሰብ ክትከናኸን ኢኻ፡፡
38. Self-referral: Going straight to a service for help, without needing to go to a doctor or professional first (see also 'Referral').	38. ባዕልኻ ምውካስ፡ ንሓገዝ ትኽ ኢልካ ናብ ሓደ ኣገልግሎት ምኻድ፡፡ መጀመርታ ናብ ሓኪም ወይ በዓል ሞያ ምኻድ ከየድለየካ ('ሪፈራል' እውን ርክ)፡፡

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

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39. Social and Emotional Wellbeing: This is about a person being resilient and feeling safe within themselves and connected with people.	39. ማሕበራዊን ስምዒታዊን ጽቡቕ ምህላው፦ እዚ ብዛዕባ ሓደ ሰብ ተጻዋርነት ዘለዎን ኣብ ውሽጡ ውሕስነት ዝስምዖን ምስ ሰባት ምትእስሳር ዘለዎን እዩ።
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. ማሕበራዊ ምእዛዝ፦ እዚ ብዛዕባ ሰብ ሞያ ጥዕና ንሰባት ምስ ንጥዕና ኣእምሮኦም ሓገዝቲ ተባሂሎም ዝሕሰቡ ማሕበራዊ ንጥፈታት ዘተኣሳስርዎ እዩ። እዞም ንጥፈታት እዚኣቶም ወለንታዊ ስራሕ፣ ጀርዲን ምግባር፣ ምብሳል መግቢ፣ ምኽሪ ጥዕናዊ ኣመጋግባን ስፖርትን ከጠቓልሉ ይኽእሉ።
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. ማሕበራዊ ሰራሕተኛ፦ ማሕበራዊ ሰራሕተኛታት ግብራዊ ደገፍ፣ ምኽሪ፣ ሓበሬታን ስምዒታዊ ደገፍን ክህቡ ይኽእሉ። ስድራቤታት፣ ህጻናት፣ ተማሃሮ፣ ሕሙማት ሆስፒታል ወይ ኣረጋውያን ኩሎም ንሓደ ማሕበራዊ ሰራሕተኛ ክርእዩ ይኽእሉ። ማሕበራዊ ሰራሕተኛታት ኣብ ከም ገዛ ኣልቦነት፣ ዘቤታዊ ዓመጽ፣ ወልፊ ኣልኮላዊ መስተን ሓሽሽን፣ ጾታዊ መጥቓዕትን ግህሰት ህጻናትን ዝኣመሰሉ ጸገማት ክሕግዙ ይኽእሉ። ማሕበራዊ ሰራሕተኛታት ክሰርሑ ንኽኽእሉ ናይ ዩኒቨርሲቲ ዲግሪ የድልዮም።
42. Symptoms: A sign or indication of something, for instance an illness or other problem with your health.	42. ምልክታት፦ ምልክት ወይ ሓባሪ ናይ ሓደ ነገር፣ ንኣብነት ሕማም ወይ ካልእ ጸገም ጥዕናኻ።
43. Treatment: Medical care given for an illness or injury.	43. ሕክምና፦ ንሕማም ወይ መጉዳእቲ ዝወሃብ ሕክምናዊ ክንክን።

ናይ ኣእምሮኣዊ ጥዕና ኣገልግሎታት ማህደረ-ቃላት

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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. ንዝነበረ በሰላ ኣብ ግምት ዝእተወ ስራሕ፡ እዚ ኸኣ ሰባት ከም ዚሰምዑን ከም ዚኸበሩን ዚሰምዖም ድሕንነትን ደገፍን ሃዋህው ምፍጣር እዩ። እዚ ኸኣ ንሰባት ነቲ ዝወረዶም ጉድኣት እንደገና ኸም ዘጋጥሞም ዘይገብሮም ክንክን ዚህቡ ሰብ ሞያ ዘጠቓልል እዩ።
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. ሜማ ክንክን፡ ኣብ ህጹጽነት መጉዳእቲ ወይ ሕማምም ተመርኩስካ፣ ሕመማት ብኸመይ ቅደም ተኸተል ከም ዝሕከሙ ናይ ምውሳኔ ስጉምቲ። ከምቲ ልሙድ፡ ክፍሊ ህጹጽ ረድኤት ኣብ ሓደ ሆስፒታል፡ መን ብዝያዳ ህጹጽ ናብ ሓኪም ክኸይድ ከም ዘለዎ ዝውስን 'ናይ ሜማ ክንክን ነርስ' ኣለዎ።