Assyrian

ܡܘܢܝ ܗ̇ܝ ܥܠܠܬܐ ܕܐܟܠܬܐ؟

(What is an eating disorder?)

ܡܘܕܝ ܝܠܗ ܥܠܬܐ ܕܐܟܠܬܐ ؟

ܐ̈ܢܝ ܕܐܝܬܠܗܘܢ ܥܠܬܐ ܕܐܟܠܬܐ ܓܘ ܟܠܚܕ ܒܝܫܢ̈ܝܐ ܡܫܘܚܠܦ̈ܐ ܕܚܘܕܪ̈ܐ ܠܗ ܚܢ̈ܝܐ ܕܐܟܠܬܐ ܘܫܘܚܠ̈ܦܐ ܘܕܠܒ̈ܢܝܐ ܕܐܝܬܠܗܘܢ ܐܫܘܪ̈ܐ.

ܕܐܝܠܬ̈ܢܝܐ ܕܥܠ̈ܠܝܐ ܕܐܟܠܬܐ ܝܢܐ ܗܡܒܪܘܬܐ ، ܫܘܚܠܦܘܬܐ ܕܐܟܠܬܐ ܕܡܛܝܢܐ ܠܦܪܫܘܦ̈ܐ ܕܗܘܝܐ ܟ̰ܝܟܪ̈ܐ ، ܘܕܘܒܒܬܐ ܕܝܢܫ̈ܐ ܕܘܢܝܬܐ ܕܡܘܡܪ̈ܐ ܘܦܠܛܬܐ ܕܘܟܬܝܬܐ ܥܠ ܐܟܠܬܐ.

ܗܘܡܐ ܘܪܓܐ ܝܡܬܐ ܓܘ ܦܪܝܫ ܕܘܪܡܝܐ ܒܘܗ ܥܠ̈ܠܝܐ ܕܐܟܠܬܐ ، ܐܝܟ ܕܐܦ ܓܒܪܐ ܗܘܡܐ ܟܠܚܕ ܒܐܘܐ ܝܫܢܐ. ܒܪܫܬܐ ܒܢܓܐܝܬ ܓܘ ܗܘܢܐ ܒܝܕܥܐ ܕܒܠܒܡܘܬܐ ، ܐܒܢܐ ܡܫܝܢܬܐ ܝܠܗ ܕܗܘܢܐ ܐܘ ܒܝܕܥܐ ܕܒܠܒܠܘܬܐ.

ܡܫܝܢܬܐ ܝܠܗ ܦܪܡܬܐ ܡܢ ܥܠ̈ܠܝܐ ܕܐܟܠܬܐ ܘܐܢܫܦܬܐ ܝܠܗ ܗܘ ܦܪܫܘܦܐ ܕܦܠܛ ܡܠܦܢܘܬܐ ܘܪܡܫܬܐ ܒܦܠܒܘܬܐ ܒܗܡܐ ܕܗܝܐ ، ܡܢ ܗܕܒ ܥܠ̈ܠܝܐ ܕܐܟܠܬܐ ܗܘܡܐ ܗܘܝܬܠܗܘܢ ܦܠܛܐ ܦܓܪ̈ܢܝܐ ܘܢܦܫ̈ܢܝܐ ܝܕܥܐ.

ܡܘܕܝ ܝܢܐ ܐܪ̈ܝܢܐ ܪ̈ܒܝܐ ܕܥܠ̈ܠܝܐ ܕܐܟܠܬܐ ؟

ܐܝܟ ܗܕܝܐ ܥܠ̈ܠܝܐ ܕܐܟܠܬܐ ܒܘܪ ܝܕܥܐ ܝܢܐ ܦܠܛܬܐ ܕܒܪܘܦܬܐ ܕܐܟܠܬܐ ܘܡܕܟܪܬܐ ܕܐܟܠܬܐ ܒܛܝܢܐ.

ܦܠܛܬܐ ܕܒܪܘܦܬܐ ܕܐܟܠܬܐ (Anorexia)

ܐܢܘܪܟܣܝܐ ܦܝܫܬܐ ܝܠܗ ܡܕܝܩܬܐ ܒܕܝܠܢ̈ܝܐ ܕܕܘܒܒܬܐ ܠܦܓܪܬܐ ܕܗܪܝܬܐ ܘܦܫܪܐ ܗܒܒܬܐ ܡܒܝܬܐ ܕܦܓܪܘܬܐ. ܒܝܒܢܡܦܘ ܓܘ ܫܒܒܐ:

- ܡܚܝܪܬܐ ܕ15 ܐܡܘܬܐ ܡܢ ܚܘܡܪܐ ܕܦܓܪܐ ܕܒܝܗ ܦܠܛܐ ܕܠܐ ܡܬܠܬܐ ܕܐܟܠܬܐ ܕܡܐܢܘܠܬܐ ܡܠܝܢܬܐ ، ܐܝܟ ܕܐܝܬ ܪܟܝܬܐ ܒܝܦܢܐ ܠܦܓܪܐ.
- ܘܕܘܒܒܬܐ ܠܦܓܪܬܐ ܕܗܪܝܬܐ ܘܦܠܛܬܐ ܕܘܟܬܝܬܐ.
- ܠܦܘܪܦܐ ܕܣܘܟܪܐ ܒܘܗ ܚܘܪܬܐ ܕܦܓܪܐ ܕܐܢܝܐ ܓܘ ܫܒܒܐ ܒܠܒܢܘܗܝ ܕܝܢܐ ܗܕܝܐ ، ܒܟܒܝܬܐ ܕܣܓܐ ܡܫܬܡܠܘܬܐ ܘܪܓܐ ܒܘܗ ܓܘܠܐ ܕܦܓܪܗܘܢ ܐܝܟ ܕܗܘܝ ܒܘܢ ܓܘܪܐ ܟ̰ܝܟܪܐ.
- ܪܒܝܬܐ ܠܡܢܡܬܐ ܒܟܒܪܐ ܦܓܪ̈ܢܝܐ ܒܬܘܦܦܬܐ.
- ܒܠܠܬܐ ܒܡܥܡܠܬܐ ܕܐܢܫܐ ܡܐܢܘܠܢ̈ܝܐ ܝܩܝܒ ܝܢܐ ܘܐܢܫܐ ܝܢܐ ܝܕܥܐ ، ܒܝܬ ܗܕܪܬܐ ܕܡܐܢܘܠܬܐ.
- ܠܒܘܬܐ ܕܕܘܪܬܐ ܒܪܫܬܐ ܕܝܡܬܐ.

ܪܒܐ ܠܒܐ ܓܘ ܒܪܢܫܐ ܐܢܘܪܟܣܝܐ ܒܒܝܬܪܬܐ ܕܡܘܡܪܐ ، ܕܒܝܗ ܦܠܛܐ ܒܗܘܒܕ ܕܠܚܡܐ ܕܐܠܬܢܐ ܕܐܟܠܬܐ ܐܘ ܒܗܘܒܕ ܕܣܓܐ ܡܪܟܠܐ ܦܓܪ̈ܢܝܐ. ܡܒܠܒܠܘܬܐ ܡܫܝܚܝܐ ܒܘܗ ܒܝܪܬܐ ܕܡܘܡܪܐ ܡܟܡܘܝܐ ܫܦܘܠܐ ܝܢܐ ܦܪܫܘܦܐ ܕܣܓܝ ܕܝܗܘܢ ، ܟ̰ܝܟܪܐ ܝܩܝܒ ܠܝܗ ، ܗܡܐ ܒܘܗ ܟ̰ܝܟܪܐ ܒܘܗ ܝܩܝܒ ܠܝܗ

ܪܝܫܬܐ ܕܦܓܪܐ ܒܟܝܢܐ ܘܡܫܠܘܡܐ ܪܒܝܬܐ ܕܐܟܠܬܐ ܗܘܡܐ ܒܫܝܟܝ ܠܐܢܘܪܟܣܝܐ.

ܚܕ ܗܘܡܐ ܡܢ ܐ̈ܢܝ ܕܐܝܬܠܗܘܢ ܐܢܘܪܟܣܝܐ ، ܐܘ ܓܘ ܗܘܝܬܠܗܘܢ ܒܘܠܝܡܝܐ.

ܡܕܟܪܬܐ ܕܐܟܠܬܐ ܒܛܝܢܐ (Bulimia)

ܒܘܠܝܡܝܐ ܦܝܫܬܐ ܝܠܗ ܡܕܝܩܬܐ ܒܐܟܠܬܐ ܠܐ ܘܒܛܝܢܬܐ ܘܪܓܬܐ. ܒܝܒܢܡܦܘ ܓܘ ܫܒܒܐ:

- ܝܕܥܬܐ ܕܐܟܠܬܐ ܕܫܒܥܒ ܒܟܠܟܬܐ ܕܒܩܣܘܬܐ ܕܒܬܐ ܕܡܢܙܘܠܢܝܬܐ ܕܡܠܝܐ ܡܢܐ ܕܟܠܘܪܝܐ (calorie) ، ܒܝܕܥܬܐ ܕܕܪܝܟ ܦܪܝܘܩܐ ܕܚܘܠܡܢܝܗ ܘܒܛܝܢܬܐ ܘܚܝܠܘܬܐ ܦܪܝܘܩܝܬܐ.
- ܕܒܚܬܐ ܒܢ ܚܕܬܐ ܕܦܪܩܐ ܡܢ ܡܢܙܘܠܢܝܬܐ ܕܦܝܬܠܘܗ̱، ܐܟܝܠܐ ܗܘ ܕܪܝܡ ܦܓܪܐ ܡܢ ܘܬܟܬܐ ܕܚܘܣܪܐ ܒܡܬܒܪܬܐ ܕܝܒܟܢܐ ܠܗ ܬܠܦܚܬܐ ܗܘ ܡܕܟܪܬܐ ܕܡܢܙܘܠܬܐ ܐܘ ܒܡܦܠܚܬܐ ܟܠ ܠܣܝܡܬܐ ܕܕܩܡܝܬܐ ܕܡܦܠܚܬܐ ܕܐܡܟܠ ܘܒܥܒܠܬܐ ܕܫܢܝܐ ܕܕܡܦܒܘܬܐ.
- ܫܒ ܒܘܢܝܐ ܕܐܟܠܬܐ ܡܗܘܝܡܬܐ ܘܡܘܬܪܐ ܦܓܪܢܝܐ ܡܬܥܠܝܢܐ ܗܘ ܕܗܘܢܐ ܘܒܛܝܢܬܐ ܕܚܘܣܪܐ ܡܬܥܠܝܢܬܐ ܥܠ ܚܝܐ ܕܦܪܝܘܩܐ.

ܫܒ ܦܪܝܘܩܐ ܕܐܝܬܠܝܗ ܒܦܠܝܚܘܬܐ ܒܢܟܐܝܬ ܒܢ ܗܘܝܐ ܡܘܪܒܐ ܥܠ ܚܘܣܪܐ ܕܦܓܪܗ ، ܒܘܗ ܐܗܘ ܒܘܡ ܬܪܘܪܐ ܒܢ ܡܕܥܫܠܝܗ ܡܢ ܗܘ ܕܐܝܬܠܝܗ ܐܢܦܪܒܚܝܢܐ. ܒܦܠܝܚܘܬܐ ܕܒܬܐ ܟܗܢܐ ܒܢ ܥܪܢܐ ܒܛܒܥܐ ܡܢܝܢܐ ܕܐܟܠܬܐ ܗܘ ܡܒܝܪܬܐ ܕܚܘܣܪܐ ܠܗ ܗܒܟܬܐ ܕܒܛܝܪܘܬܐ. ܡܪܩܬܐ ܟܠ ܠܣܝܡܬܐ ܒܢ ܗܘܢܐ ܗܒܒ ܕܒܝܚܐ ܘܗܝܡܢܘܬܐ ܫܟܠܬܐ ܠܐܟܠܬܐ ܕܟܠ ܘܒܛܝܢܬܐ. ܡܕܟܪܬܐ ܡܢ ܬܐܪ ܐܗܘ ܐܟܠܬܐ ܡܒܘܝܐ ܒܢ ܡܒܪܢܐ ܪܟܒܬܐ ܒܡܝܢܫܬܐ ، ܐܝܬܐ ܐܗܘ ܝܠܗ ܘܒܢܝܢܐܝܬ ܘܒܛܠܒܘܬܐ ܒܢ ܥܕܪܐ ܠܣܠܝܩܘܗ ܠܒܐ ܘܪܟܒܬܐ ܒܓܢܘܗ.

ܫܒܘܩܐ ܐܢܝܐ ܒܢ ܡܦܠܝܚ ܕܕܩܡܝܬܐ ܕܡܦܠܚܬܐ ܕܐܡܟܠ ، ܡܒܘܝܐ ܠܝܠ ܥܒܒܒ ܕܐܝܟ ܕܕܩܡܝܬܐ ܠܝܠ ܡܒܝܪ ܒܒܠܦܝܐ ܕܗܘܡܦܐ ܐܘ ܣܒܒܬܝܬܐ ܕܡܢܫܐ ، ܘܐܦ ܒܢ ܡܚܠܡܒ ܠܝܫܘܥܝܬܐ ܐܢܝܩܝܬܐ ܒܠܣܦܪ ܘܡܒܪܝܒ ܠܦܓܪܐ. ܐܢܝܐ ܕܐܝܬܠܘܗ̱، ܒܦܠܝܚܘܬܐ ܗܘܩܐ ܟܒܪܒ ܒܝܫܢܐ ܕܟܠ ܬܗܘܬܐ ܒܚܝܢܬܐ ܠܗ ܦܓܪܗܘܢ ܕܒܢ ܡܒܪܐ ܪܟܒܬܐ ܒܕܩܡܬܐ ، ܣܠܝܩܘܗ ܠܒܐ ܘܡܣܩܝܬܐ ܟܠ ܢܠܝܠܬܐ.

ܦܪܝܘܩܐ ܗܘܩܐ ܚܕܪ ܒܒܠ ܫܠܝܗ ܕܒܬܝܡܠ ܠܗܫܠܘܩܐ ، ܐܝܬܐ ܐܟܠܬܐ ܕܟܠ ܘܒܛܝܢܬܐ ، ܕܒܬܐ ، ܕܘܪܬܐ ܕܒܘܬܪܐ ܦܓܪܢܝܐ ܘܪܟܒܝܬܐ ܕܒܢܝܗ̱ ܒܢ ܗܘܒ ܡܬܥܠܝܢܝܐ ܘܟܠ ܡܗܘܒܛܝܢܝܐ.

ܝܠܬܐ ܕܝܕܥܬܐ ܕܐܟܠܬܐ ܕܟܠ ܘܒܛܝܢܬܐ

ܐܗܘ ܝܠܬܐ ܕܐܟܠܬܐ ܦܝܫܬܐ ܡܠܘ ܡܬܘܕܪܬܐ ܒܝܕܥܬܐ ܐܢܫܝܐ. ܐܢܝܐ ܕܐܝܬܠܘܗ̱، ܝܠܬܐ ܕܝܕܥܬܐ ܕܐܟܠܬܐ ܕܟܠ ܘܒܛܝܢܬܐ ܐܝܬܠܘܗ̱، ܗܡܢܝܬܐ ܐܡܪܐ ܕܒܢ ܐܟܠܒ ܒܩܣܘܬܐ ܠܘܒܪܬܐ ܕܡܢܒܘܠܬܐ ܠܗ ܡܗܫܐ ܒܪܢܐ ܕܝܕܥܬܐ، ܘܒܢ ܕܟܝܒ ܕܠܝܠ ܡܢܐ ܘܒܛܘܝܐ ܠܒܢܝܗ̱ ܘܡܢ ܐܝܟ ܒܐܟܠ.

ܐܝܬܐ ܠܝܠ ܚܕܒܒ ܕܪܒܒ ܠܡܢܒܘܠܬܐ ܡܢ ܬܐܪ ܐܟܠܬܐ ܕܟܠ ܘܒܛܝܢܬܐ. ܐܟܠܬܐ ܕܟܠ ܘܒܛܝܢܬܐ ܗܘܩܐ ܡܡܗܝܢܐ ܠܦܟܠܝܬܐ ܣܘܠܦܢܝܐ ܝܪܒܐ ܐܝܟ ܗܪܝܬܐ ، ܡܕܟܪܐ ܕܥܒܪܐ ، ܝܡܬܐ ܕܡܬܐ ܘܡܕܟܪܐ ܕܘܩܒܝܐ ܕܠܒܐ.

ܡܗܕܐ ܡܢܝܐ ܕܣܘܠܦܢܐ ܕܗܘܢܐ

ܝܠܬܐ ܕܐܟܠܬܐ ܕܒܐ ܟܒܝܐ ܒܢ ܗܒܝ ܥܡ ܝܠܬܐ ܕܕܠܝܣܘܬܐ ܐܝܟ ܝܠܬܐ ܕܘܕܘܡܬܐ ܘܝܠܬܐ ܕܦܪܝܘܩܘܬܐ ܗܘܩܦܬܐ ܡܬܥܠܝܢܬܐ ، ܥܡܐ ܥܡ ܡܦܠܚܬܐ ܕܡܬܒܪܢܐ. ܗܘ ܘܒܪܐ ܡܘܕܟܪܘܬܐ ܒܘܗ ܕܠܝܣܘܬܐ ، ܡܪܝ ܠܒܘܕܩܐ ܕ:

"ܡܘܕܝ ܡܠܗ ܝܠܬܐ ܕܕܠܝܣܘܬܐ؟"

ܡܒܕܪܢܘܬܐ ܦܓܪܢܝܐ ܕܐܢܦܪܒܚܝܢܐ ܘܒܦܠܝܚܘܬܐ

ܡܒܕܪܢܘܬܐ ܦܓܪܢܝܐ ܕܐܢܦܪܒܚܝܢܐ ܘܒܦܠܝܚܘܬܐ ܗܘܩܐ ܗܘܡܪ ܕܒܐ ܝܪܒܐ ، ܐܝܬܐ ܟܠܢܝܬ ܡܝܢܬܐ ܡܠܗ ܕܦܬܒ ܘܦܒܪܐ ܠܐ ܦܒܪܝܗ ܡܕܟܪܐ ܕܘܕܡܝܢܐ ܒܒܕܡܬܐ. ܐܝܬܐ ܠܐ ܟܠ ܦܒܪܝܗ ܕܘܕܡܝܢܐ ،

ܦܬܓܡܐ ܐܢܫܘܬܢܐ ܘܚܘܠܡܢܐ ܝܬܝܪܐ ܩܘܡܐ ܡܥܒܕ ܡܢܝܬܐ ܥܠ ܚܝܐ ܕܟܠ ܦܪܨܘܦܐ.

ܐܝܟ ܕܗܘܝ ܡܬܚܙܝܢܘܗܝ ܡܕܪܫܐ ܝܬܝܪܐ ، ܩܝܡ ܡܥܒܕ:

- ܘܪܐ ܥܠ ܚܠܒܝܬܐ.
- ܡܘܠܕܐ ܕܡܘܩܕܐ ܗܝܢܐ (ܕܡܫܚܠܦܬܐ ܕܫܢܐ) ܘܣܕܪܬܐ ܕܡܠܘܐ.
- ܚܕܘܬܐ ܕܦܓܪܐ ، ܦܩܚ ܘܦܠܚܬܐ ܕܐܡܠܐ.
- ܢܘܪܐ ܕܡܕܒܪܐ ، ܘܦܩܬܐ ܕܟܝܠܢܝܬܐ ܐܘ ܥܒܠܘ.
- ܠܐ ܦܬܪܬܐ ܢܚܒܪܬܐ ܕܐܓܠܬܐ.
- ܠܚܬܡܬܐ ܕܕܘܪܬܐ ܢܕܫܬܐ ܐܘ ܕܘܪܢܝܬܐ ܚܒܝܫܐ.
- ܫܘܥܘܬܐ ܥܠ ܫܘܩܐ ܙܘܓܐ ܕܙܘܓܩܐ ܕܦܓܪܐ.

ܪܒܐ ܡܢ ܡܚܕܕܝܢܘܬܐ ܕܐܢܫܘܬܢܐ ܐܝܬܠܗܘܢ ܐܢܫܐ ܥܡ ܟܘܪܗܢܐ ܕܡܕܪܫܬܐ ، ܝܬܝܪܐ:

- ܠܚܬܡܬܐ ܕܕܘܪܢܝܬܐ ܢܕܫܝܐ.
- ܪܒܝܬܐ ܡܥܠܝܬܐ ܒܩܕܡܐ.
- ܦܠܚܬܐ ܕܝܘܡܐ ܥܠ ܚܠܘ ܦܓܪܐ.
- ܠܐ ܡܚܝܠܬܐ ܕܡܫܬܪܪܬܐ ܕܪܥܝܢܐ ܘܡܫܚܠܦܬܐ ܒܥܠܝܡܘܬܐ.

ܚܘܠܡܢܐ ܝܬܝܪܐ ܩܘܡܐ ܡܥܒܕܐ:

- ܚܠܫܬܐ ܕܚܒܫܐ ܕܕܡܐ ܒܫܢܝ ܕܡܥܒܪܬܐ.
- ܚܘܒܝܢܐ (ܩܘܪܐ) ܕܡܝܬܢܝܬܐ ܕܫܢܐ ܕܟܘܡܐ.
- ܡܪܥܐ ܢܚܝܪܐ ܕܟܠܝܬܐ ܘܕܐܚܘܬܐ ܕܡܐܟܘܠܬܐ
- ܡܠܝܐ ܕܓܪܡܐ ܘܡܚܢܘܬܐ.

ܡܚܕܕܝܢܘܬܐ ܝܕܘܥܝܐ ܘܢܦܫܢܝܐ ܓܘ ܫܒܒ:

- ܒܚܡܘܬܐ ܕܟܒܘܕܘܬܐ ܕܫܒܒ ܡܐܟܘܠܬܐ ܘܕܘܟܝܐ ܡܫܠܡܢܝܐ ܕܐܝܬܠܗܘܢ ، ܐܢܫܐ ܒܡܐܟܘܠܬܐ.
- ܠܣܦܝܩܘܬܐ ، ܒܫܢܝ ܕܡܬܒܥܬܐ ܕܫܢܐ ܥܠ ܟܠܝܐ ܒܪܫܡܬܐ ܘܠܪܥܬܐ ܕܟܠܝܐ ܡܢ ܒܛܢܬܐ ܕܐܢܫܐ ܦܪܨܘܦܝܐ.
- ܘܕܘܒܬܐ ܡܢ ܠܐ ܚܪܪܬܐ ܕܐܝܣܪܝܐ ܝ ، ܦܝܥܠܗ ܡܪܥܐ ܡܝܬܐ ܩܛܝܠܝ.
- ܠܢܝܬܐ ܕܡܘܙܓܐ ، ܡܘܣܠܩܐ ܠܗ ܦܪܨܘܦܘܬܐ ، ܠܢܫܝܬܐ ܝܕܘܥܝܐ ܘܣܠܝܩܘܗ ܠܟܐ.

ܒܘܗ ܐܘܪܚܐ ܡܬܦܢܝܢܘܬܐ ܠܢܫܝܐ ܒܓܒܪܐ ܕܘܝܪܐ ܘܡܢܝܢܬܐ ܕܪܕܝܦܬܐ ܒܓܒܪܬܐ ܩܐ ܐܢܫܘܬܢܐ ܘܚܘܠܡܢܐ ܕܝܠܗ ܐܢܫܐ.

ܡܘܕܝ ܝܠܗ ܦܘܫܐ ܕܝܠܕܬܐ ܕܐܓܠܬܐ ؟

ܠܐ ܡܢܐ ܦܝܫܐ ܡܕܝܟܐ ܒܝܦܘܬܐ ܦܘܫܐ ܕܐܢܫܘܬܢܐ ܘܚܘܠܡܢܐ ܒܠܒܘܗܝ ܟܡܦܘܪܐ ܟܘܠܫܢܝܐ ، ܢܦܫܢܝܐ ܘܡܬܘܬܦܢܝܐ ܐܝܬܠܗܘܢ ܐܢܫܐ. ܟܡܦܘܪܐ ܡܢܬܝܐ ܒܘܗ ܚܠܢܝܐ ܕܐܝܬܠܗ ܐܢܫܐ ܒܘܢܕܬܐ ܕܝܠܕܬܐ ܕܐܓܠܬܐ ܐܝܠܗ ܟܓܫܐ ܕܝܠܢܝܐ ܕܐܓܠܬܐ.

ܟܡܦܘܪܐ ܢܦܫܘܬܢܝܐ

ܐܝܬ ܡܘܦܠܬܐ ܕܝܡܝܐ ܕܐܝܬܠܗܘܢ ، ܝܡܐ ܐܘ ܫܬܐ ܕܐܝܬܠܗ ܐܢܫܘܬܢܐ ܒܘܗ ܩܘܡܐ ܬܘܠܕܘܬܗܘܢ ، ܝܠܕܬܐ ܒܠܒܝܘܗܝ ܡܢ ܝܡܝܐ ܐܝܣܪܝܐ ܕܠܝܬܠܗܘܢ ، ܐܝܟ ܙܘܓܐ ܕܚܬܡܬܐ ܕܐܝܬܠܗ ܝܠܕܬܐ.

ܟܡܦܘܪܐ ܟܘܠܫܢܝܐ

ܠܐ ܬܡܝܡܘܬܐ ܒܡܡܢܝܬܐ ܐܘ ܒܪܬܘܡܬܢܝܬܐ ، ܦܪܢܣܗ ܐܝܟ ܕܗܘܝ ܥܡ ܓܪܡܬܐ ܕܡܪܕܘܬܐ ، ܩܘܡܐ ܬܘܠܕܘܬܗܘܢ ، ܐܢܫܐ ܒܩܘܡܬܐ ܕܐܝܟ ܝܠܕܬܐ ܕܐܓܠܬܐ.

ܟܡܦܘܪܐ ܦܪܨܘܦܝܐ

ܚܕܐ ܒܥܘܬܐ ܕܟܡܦܘܪܐ ܡܦܘܩܝܐ ܦܝܫܐ ܡܢܐ ܐܘܚܕܐ ܒܝܠܕܬܐ ܕܐܓܠܬܐ ، ܝܬܝܪܐ:

- ܡܘܣܠܩܐ ܠܗ ܐܚܝܢܘܬܐ ܕܫܢܐ ، ܐܝܟ ܚܪܫܬܐ ܕܟܠܝܡܘܬܐ ، ܡܚܠܬܐ ܕܐܘܪܚܐ ، ܦܘܠܬܐ ܕܝܦܠܐ ، ܐܘ ܡܘܬܐ ܕܐܝܟ ܡܘܝܬܐ.
- ܬܡܝܠܘܬܐ ܘܣܬܒܪܬܐ ܕܣܘܪܐ ܕܡܢ ܙܘܓܐ ܕܒܝܬܘܬܐ ܘܡܒܪܘܬܐ ܕܝܠܢܐ ܐܝܠܗ ܥܠ ܡܡܘܬܐ ܕܥܠܝܬܐ ܝܠܢܝܐ.
- ܘܕܘܒܬܐ ܡܢ ܡܥܡܪܢܘܬܐ ܕܥܠܝܠܘܬܐ.
- ܥܩܠ ܢܘܪܐ ܡܪܒܪܐ ܓܘ ܙܘܓܐ ܕܒܝܬܘܬܐ ܐܘ ܕܠܡܘܒܠܘܬܐ ܕܐܪܥܐ ܕܢܘܒ ܠܚܘܦܢܝܘܗܝ ܦܩܩܐ ܕܬܓܒ ܥܠ ܠܢܝܘܗܝ ܚܩܐ ܕܓܪܝܫ.

ܡܕܒܪܢܘܬܐ ܫܘܬܦܝܐ

ܝܠܕܐ ܕܐܒܗܬܐ ܝܘܢܩܐ ܡܢܐ ܝܠܗ ܒܡܘܕܥܢܝܬܐ ܡܫܕܪܢܐ ، ܘܐܝܟܐ ܦܝܫܐ ܝܠܗ ܐܠܨܐ ܠܡܫܘܫܛܗ ܐܡܝܢܐܝܬ ܒܝܘܠܦܢܐ ܕܦܠܚܐ.

ܘܗܕܟܐ ܝܠܗ ܕܘܟܬܐ ܕܬܪܒܝܬܐ ܕܝܠܘܕܝܗ ܕܫܩܘܠܐ ܐܠܗ ܚܘܫܒܐ ܕܝܠܕܘܬܐ ܡܢܝܢܐ ܕܐܒܗܬܐ ܡܢ ܒܢܝܐ ܘܚܒܝܒܐ ܩܪܝܒܐ ܦܝܫܢܝܗ ܝܠܗ ܘܡܢܘܬܐ.

ܡܘܪܟܒܐ ܝܐ ܡܢܘܚܐ ܕܡܘܡܬܐ ܬܪܒܝܬܐ ܝܠܗ ܗܝ ܝܘܢܩܬܐ ܬܡܝܢܐ ܘܡܘܢܥ ܠܫܘܡܠܝܐ ܕܦܠܚܐ ܘܡܠܝܟܐ ܝܠܗ ܡܘܪܟܒܐ ܡܢܘܚܐ ܕܝܠܕܘܬܐ ܦܠܚܬܐ ܕܐܢܫܐ. ܐܢܫܐ ܕܡܘܡܫܩܠܝܗܝ ܩܘܪܒܐ ܝܠܗ ܐܘ ܗܕܝܐ ܡܢܐ ܝܐ ܦܠܚܝ ܡܘܕܥܢܐ ܠܡܫܒܩܢܘܬܐ.

ܡܘܕܝ ܪܕܝܢܬܐ ܐܝܬ ؟

ܝܠܕܐ ܕܐܒܗܬܐ ܡܢܝܢܬܐ ܝܠܗ ܪܕܝܢܬܗܝ ܠܡܕܒܪܢܘܬܐ. ܪܕܝܢܬܐ ܒܬܪܒܝܬܐ ܝܐ ܡܘܝܕܐ ܦܠܚܐ ܕܒܫܡܬܐ ܡܢ ܟܠܒܢܝ ܝܠܕܐ ܕܐܒܗܬܐ. ܒܫܡܬܐ ܗܘܝܐ ܝܠܕܐ ܒܢܟܝܐ ܐܘ ܝܢܐ ، ܐܝܢܐ ܗܘܝܐ ܘܟܐ ܕܐܢܫܐ ܝܐ ܒܫܡܒ. ܒܡܣܠܩܐ ܝܠܗ ܒܢܝܐ ܕܐܒܗܬܐ ܗܘܝܐ ܗܘܝ ܒܫܒܒ ܕܟܐ ܡܟܝܐ ܦܟܝܐ ، ܦܫܘܒܬܐ ܡܟܫܬܐ ܐܠܗ ܒܬܒܝܬܐ ܕܢܚܫܬܐ ܦܠܚܢܬܐ ܒܝܕ ܐܚܪܢܐ.

ܐܝܟ ܕܝܠܬܐ ܕܐܒܗܬܐ ܦܬܐ ܦܘܪܩܬܐ ، ܗܡܫܐ ܢܟܫܐ ܦܠܚܝܐ ܕܫܘܠܡܢܐ ܗܘܝܐ ܬܘܦܝܩ ܝܠܗ ܪܕܝܢܬܐ ܚܕ ܡܪܟܐ ܝܐ ܬܟܝܒ ܡܕܒܪܢܘܬܐ ܦܠܚܢܬܐ ܘܢܦܩܬܢܬܐ.

ܐܝܟ ܦܠܚܝܐ ܗܘܝܐ ܚܒܝܒ ܡܫܪܟܝܐ ܕܪܫܡܬܐ ܦܘܪܫܢܐ ، ܡܫܪܟܝܐ ܕܢܦܩܐ ، ܐܚܪܢܐ، ܡܫܪܟܝܐ ܕܐܒܗܬܐ ، ܦܠܚܝܐ ܫܘܬܦܝܐ ، ܪܕܝܢܝܐ ܐܘܡܢܝܐ ܘܡܥܘܦܢܝܐ.

ܪܕܝܢܬܐ ܗܘܝܐ ܚܒܝܒܐ:

- ܡܠܦܬܐ ܒܘܗ ܐܒܗܬܐ ܡܢ ܐ ܗܕܪܬܐ ܒܡܠܦܬܐ ܕܒܢܝܐ ܫܘܠܡܢܝܐ ܕܐܒܗܬܐ.
- ܒܚܕܪܬܐ ܢܦܩܢܬܐ ܠܗܕܪܬܐ ܕܦܪܝܘܦܐ ܕܒܚܝܠܦܒ ܡܫܡܫܢܘܬܗܝ ، ܕܥܒܢܘܬܗܝ ܘܕܘܟܪܢܗܝ ܕܐܢܫܠܗܘܢ ، ܐܡܘܪܐ ܒܟܡ ܐܒܗܬܐ ܝܠܕܢܬܐ.
- ܪܕܝܢܝܐ ܕܠܡܘܒܠ ܚܠܝܦܗ ܝܬܐ ܗܘܝܐ ܩܕܝܡ ܡܘܦܩܝܐ ܡܢ ܡܥܕܪܬܐ ܕܥܒܢܝܐ ܕܚܠܝܦܗ ܝܬܐ ܘܠܚܘܬܐ.
- ܪܕܝܢܝܐ ܒܝܠ ܦܪܝܘܦܝܐ ܝܐ ܗܝܕܒ ܐܢܫܐ ܕܦܪܡܒ ܡܕܒܪܢܘܬܐ ܕܐܡܘܪܐ ܒܝܠ ܦܪܝܘܦܝܐ ܟܠ ܝܕܥܬܗܝ ܘܒܢܝܐ ܕܐܒܗܬܐ
- ܪܕܝܢܬܐ ܕܡܫܠܡܝܐ ܚܕܝܐ ܘܡܕܪܬܐ ܠܚܘܕܪܐ ܕܝܠܕܝܐ ܝܬܐ ܪܕܝܢܝܐ ܒܘܡ ܡܘܚܝܢܐ ܡܢ ܐܢܫܐ ܕܐܢܫܠܗܘܢ ، ܐܢܦܪܒܫܢܐ.

ܡܒܪܪܬܐ ܠܒܝܬ ܒܪܒܝܐ ܗܘܝܐ ܦܬܐ ܗܝܡܢܬܐ ܡܢ ܕܐܢܫ ܕܐܢܫܠܗܘܢ ، ܪܕܝܢܬܐ ܝܪܬܐ ܒܝܡܢܘܬܐ ܒܫܒܒ ܬܪܥܘܬܐ ܕܡܠܘܠܬܐ. ܗܕܟܐ ܕܪܓܫܬܐ ܘܡܥܕܪܢܐ ܕܐܢܫܐ ܕܐܢܫܠܗܘܢ ، ܝܠܕܐ ܕܐܒܗܬܐ ܪܒܐ ܠܟܐ ܝܐ ܪܡܒ ܒܝܬܒܝܬܐ ܘܡܫܒܚܬܐ. ܗܢܕܐ ܘܡܠܦܬܐ ܘܐܦ ܦܪܫܬܐ ܒܘܡ ܝܦܒ ܡܢ ܗܕܟܐ ܕܒܘܡܬܐ ܡܢܐ ܫܘܟܐ ܐܢܫܝܐ ܕܪܕܝܢܬܐ.

ܐܝܟܐ ܐܘܪܚܐ ܡܢ ܚܠܒܘܬܐ ܕܗܘܕܪܬܐ

- ܐܣܝܐ ܕܒܝܬܘܬܘܢ
- ܡܝܬܒܪܢ ܕܚܘܠܡܢܐ ܕܥܘܡܬܐ
- ܡܝܬܒܪܢ ܕܚܘܠܡܢܐ ܕܪܥܝܢܐ ܕܥܘܡܬܐ

ܐܢ ܡܘܕܥܢܘܬܐ ܒܘܬ ܝܠܕܬܐ ، ܚܙܝ ܝܠܕܬܐ ܕܗܘܕܪܬܐ ܘܕܘܒܪܢܐ ܬܘܬܦܢܐ ܕܥܘܡܬܐ ܘܡܚܙܝ ܠܡܢܝܢܐ ܕܛܠܝܒܘܬܐ ܕ24 ܫܥܬܐ ܠܗ ܒܬܚܬܐ ܡܒܪܟܬܢܐ ܕܝܠܘܟ ܕܡܬܪܒܘܬܘܢ.
(Community Help and Welfare Services)

ܝܢ ܫܘܘܐ ܠܡܬܪܓܡܢܐ ، ܡܨܝܬ ܐܢ **(TIS)** ܒܓܘ ܡܢܝܢܐ ܕܝܠܘܟ **13 14 50**.

ܐܢ ܗܘܕܪܬܐ ܫܪܟܬܐ ܕܡܗܘܕܝܢܘܬܐ ، ܡܨܝ ܐܢ ܚܒܠܐ ܫܢܐ ܒܓܘ ܡܢܝܢܐ **131114** (Lifeline) ܚܒܠܐ ܫܢܐ ܩܝܡܐ ܐܦ ܡܨܝܬ ܡܢܝܢܐ ܐܚܪܢܐ ، ܡܘܕܥܢܘܬܐ ܙܘܕܐ ܘܗܘܕܪܬܐ.

ܐܝܬ ܙܘܕܐ ܡܘܕܥܢܘܬܐ ܠܗ:

www.mmha.org.au
www.rch.org.au/ceed
www.reachout.com.au
www.ranzcp.org
www.sane.org

ܒܘܬ ܐܢܐ ܟܘܪܗܢܐ

ܐܢܐ ܟܘܪܗܢܐ ܒܝܬܗ ܫܘܩܐ ܡܕܡܝܢܐ ܡܢ ܥܝܠܬܐ ܕܟܘܪܗܢܐ ܠܡܫܚܠܐ ܒܘܬ ܡܪܥܐ ܕܪܥܝܢܐ ܕܦܫܛܐ ܫܒܪܐ ܘܙܘܢܐܝܬ ܒܥܘܠܚܢܐ ܐܘܫܛܪܠܝܝܐ ܫܩܘܠ ܫܛܪܐܝܝܘܬܐ ܐܚܪܝܬܐ ܕܚܘܠܡܢܐ ܕܪܥܝܢܐ. ܡܘܕܥܢܘܬܐ ܒܘܬ ܡܕܝܠܐ ܕܝܠܟܝܢܐ ܕܪܥܝܢܐ ܡܝܢܝܬܐ ܗܠܘ ܡܚܫܒܬܘܢ ܠܗ ܟܘܪܗܢܐ ܐܚܪܢܐ ܕܐܢܐ ܥܝܠܬܐ ، ܕܝܨܒܬܐ ܗܢܐ:

- ܡܘܕܝ ܗܝܘ ܡܪܥܐ ܕܪܥܝܢܐ ؟
- ܡܘܕܝ ܗܠܝܢ ܥܠܠܬܐ ܕܦܠܚܘܬܐ ؟
- ܡܘܕܝ ܗܠܝܢ ܥܠܠܬܐ ܕܡܘܙܓܐ ܕܗܘܝܐ ܡܘܚܠܦܐ؟
- ܡܘܕܝ ܗܠܝܢ ܥܠܠܬܐ ܕܚܠܝܨܘܬ ܟܐܒܐ ؟
- ܡܘܕܝ ܗܠܝܢ ܥܠܠܬܐ ܕܦܪܝܩܘܬܐ ؟
- ܡܘܕܝ ܗܠܝܢ ܥܠܠܬܐ ܕܫܝܙܘܦܪܢܝܐ ؟

ܐܢܫܝܢ ܡܨܝ ܐܢ ܒܠܒܘܢ ܟܘܪܗܢܐ ܡܝܢܝܬܐ ܗܠܘ ܡܢܫܒܬܘܢ ܡܢ:
ܚܘܠܡܢܐ ܕܪܥܝܢܐ ܘܚܝܠܘܬܐ ܕܦܘܠܚܢܐ ܐܚܪܢܐ ܕܡܘܠܟܢܐ ܐܘܫܛܪܠܝܝܐ ܦܘܪܢܣܐ ܕܚܘܠܡܢܐ ܘܕܒܝܪܬܐ ܒܝܬܐ:
(Mental Health and Workforce Division of the Australian Government Department of Health and Ageing)
GPO Box 9848
CANBERRA ACT 2601
Tel 1800 066 247
Fax 1800 634 400
www.health.gov.au/mentalhealth

ܐܢ ܡܢܝܢܐ ܕܐܢܫܝܢ ܒܠܫܢܐ ܐܚܪܢܐ ، ܡܨܝܬ ܐܢ ܕܐܢܐ ܟܘܢܫܐ ܡܛܠ ܕܐܢܐ ܡܢܝܢܐ:
Multicultural Mental Health Australia
Tel **(02) 9840 3333**
www.mmha.org.au

Insert your local details

Version 1 November 2007