

# Wetin na krai-bɛlɛh ɔ angri-bɛlɛh

(What is an eating disorder?)



## Wetin na krai-bɛlɛh ɔ angri-bɛlɛh

Pipul wae get dis krai bɛlɛh prɔblɛm kin si sae de way aw dɛn blant it an bɔg sirios wan ɛn ɔda wae aw dɛn kin tink ɛn fil

Dis habit kin mɛk pɔrsin tyte in belt fɔ lek di kayn fud dɛm jis fɔ get smɔl bɔdi ɛn avoyd byg bɔdi ɛn bɔrku-it

Na uman dɛm mɔr kin go fɔ dis tritment bɔt man dɛm sɛf kin go fɔ de tritment. ɛ kin bigin wae yu yong ɛn kin apun bak wae yu tɔn byg man.

Pɔrsin kin avoyd dis prɔblɛm ɛn e go gud fɔ mɛk yu si yu dɔkta fɔ tritment ɛn advys kwik. Pas mak big-bɔdi kin mɛk pɔrsin lase ɛn mɛk yu mynd wɔri

## Wetin na di agba krai-bɛlɛh ɛn angri bɛlɛh wae de?

Di tu (2) kayn it-trɔbul wae du fɔ frayd na dat wae de mɛk yu bɔdi dɔn kpatakpata ɛn de wan way yu de it pasmak fɔ pul bak

### Dis na wae yu nɔr de it bɛtɛh ɛn yu bɔdi dɔn bad bad wan (Anorexia)

Dis kin put frayd pan pɔrsin. yu kin frayd fɔ mɛk yu bɔdi nɔr big pasmak ɛn yu de fɛn smɔl-bɔdi.

De sayn dɛm na:

- Wae pɔrsin in bɔdi kam dɔn bicoz e nɔr grie fɔ it bɔrku
- Pɔrsin kin frayd fɔ mɛk in bɔdi nɔr big pasmak ɛn nɔr ebul kɔntrol am
- In mynd ɔlways wɔri bɔt in yone bɔdi ɛn de mɛmba sae e get big bɔdi. Wae dɛn kin wɔri bɔt dɛn bɔdi in big wan, na so dɛn bɔdi kin dɔn.
- Dɛn kin wan exasize pasmak
- ɔlways bizey bɔt di kayn fud fɔ it, ɛn aw fɔ kuk-am
- E kin sɔmɛtɛm mis in tɛm fɔ mɛs

bɔrku tɛm dɛm, dis sik kin bigin wit yu bɔdi in dɔn wan ɛn wɛtin kin kam wit dat na wae yu nɔr de grie it ɔr yu sik. Yu kin fil gud wae pipul tɛl yu say yu pul dɔn ɛn yu kin lek fɔ pul dɔn pasmak fɔ mɛk yu fil bɛtɛh.

Wae yu nɔr de grie it kin mɛk yu bɔdi dɔn pasmak wan wae go mɛk yu sik. Plɛnti pan dɛn wan dɛm wae de get dis sik kin end up fɔ it pasmak wan bak fɔ pul (vɔmit)

### Wae yu de it pasmak (Bulimia)

Big yai na tin way de kam wit pasmak it fɔ pul bak. In sayn dɛm na:

- Big-yai kin mɛk pɔrsin it pasmak yum-yum wae get bɔrku stach ɛn dis kin mɛk yu fɛdɔp wit yusɛf

- Wae yu kin trai fɔ klin yu bɛlɛh wae yu kin dɔn it pasmak ɛn de trai fɔ mɛk yu nɔr gɛt bɔrku wate, lɛk wae yu de fus yusef fɔ vɔmit ɔr teik nɔn bɛlɛh mɛrɛsin
- Wae yu kin du bɔrku ɔda tin fɔ tap yu fɔ it ɛn du plɛnti exasize fɔ kɔntrol yu wate kin teik oba yu lyfe.

Pɔrsin wae de it pasmak fɔ pul bak kin sɔmtɛm gɛt in bɔdi wae e blant gɛt, so e at fɔ no pas pɔrsin wae kin dɔn lɔs bahd bahd wate. Dis bɔrku wae fɔ it ɛn vɔmit kin bigin wit tranga luse bɔdi wae yu de trai fɔ slim. Wae yu nɔr de gɛt bɛtɛh fud fɔ it kin bryng taya bɔdi ɛn de mɛk yu fil fɔ de it plɛnti. Wae yu it ɛn pulam kin mɛk yu fil fayn, bɔt nɔr de tay ɛn kin tɔn to pweɪ hart.

Sɔm pipul kin yuse nɔn bɛlɛh mɛrɛsin bɔt nɔr no say e nɔr go pul fat na dɛn bɔdi pas di wata ɛn dem smɔl bɔdi nyam-nyam.

Da sik way de mɛk yu it pasmak fɔ pul bak kin mɛk di yum-yum na pɔrsin in bɔdi mix up ɛn dat kin mɛk yu wik, gɛt pweɪ hart ɛn de mɛmba ɔl kayn tin.

Di pɔrsin kin trai fɔ tap dis kayn tin, bɔt da bad way fɔ it ɛn pul kin mɛkam hart fɔ kɔntrol.

## Big yai sik (Binge eating disorder)

Wi jis kam fɔ no bɔt dis big yai sik. pipul wae gɛt dis big-yai wahala gɛt dɛn yone

trɔbul, dɛn kin it bɔrku bɔrku wan so kwik kwik tɛm, ɛn nɔr kin ebul kɔntrol dɛn sɛf pan dɛn kayn abit.

Lɛk so, dɛn nɔr kin trai fɔ pul de fud wae dɛn dɔn it pasmak. Dis pasmak it abit kin bring byg wahala to yu wɛl bɔdi, lɛk wae yu bɛlɛh de byg bifo yu, wae yu de gɛt pasmak shuga insai yu bɔdi, yu de gɛt hi blɔd ɛn yu de gɛt bak hart prɔblɛm.

## Bɔrku ɔda tin wae de apun fɔ anɔng yu hade in wɛl wan

Dis sik de kam pan yu wit ɔda sik wae de mɛk yu de frayd ɔltɛm ɛn yu kin mɛmba fɔ it difrɛn kayn bad chɔp wae nɔr gud fɔ yu. If yu go lɛk fɔ no plɛnti bɔt dis frayd sik, yu fɔ rid de paypa wae dɛn ryte bɔt dis frayd sik.

## Aw dis sik wae de mɛk yu bɔdi dɔn pasmak ɛn da wan wae de mɛk yu it pasmak de anɔng aw yu luk.

Dɛn tu sik de anɔng aw yu luk pasmak wan, bɔt yu kin kɔt bifo ram wae yu go fɔ tritment kwik. If yu nɔr tritam, dɛn tu sik kin teik yu lyfe

Wae dɛn tu (2) sik ya sidɔm insai yu pasmak, dɛn kin mɛk:

- anɔng yu kidni
- Kin anɔng usai yu de pas wata ɛn insai yu bɛlɛh

- Yu de lɔs wata na yu bɔdi, yu bɛlɛh kin dry ɛn yu kin rɔn bɛlɛh bak.
- Yu fut ɛn an go kramp
- Yu bɛlɛh nɔr de ɛbul woke fayn
- Yu de mis yu tɛm fɔ mɛs ɛn nɔr de kam fayn
- Bɔrku pat na bɔdi go at

Plɛnti anɔɔg wae dis sik de kam wit tan lɛk wae yu nɔr it bɛtɛh chɔp, ɔn bak:

- yu nɔr de ebul mɛs (dat na uman)
- Yu de fil pas mak kol
- Eya go kɔmot ɔl pat pan yu bɔdi
- Yu nɔr de ebul sɔmtin fayn ɛn tink lɛk udat get sɛns

Dis angri bɛlɛh kin sɔmtɛm bryng kam:

- De skyn wae de kɔba yu tit kin kɔmot bicoz yu de vɔmit pasmak
- Yu pit bag go swɛl
- Yu kin get bruze na yu trot ɛn usai chɔp de pas
- Yu bɛlɛh ɛn gut go hart bɛtɛh wan

Aw e kin mek pɔrsin fil ɛn de mɛmba na:

- Fenam tranga fɔ du ɛnytin wae na chɔp biznɛs ɛn nɔr lɛk chɔp
- Yu jltɛm de yu wan bicoz yu nɔr lɛk fɔ de wit ɔda pɔrsin.
- Yu de frayd sae pipul nɔr go kam nia yu if dɛn fɛnɔt bɔt yu sik.
- Yu hart de kol ɛn wam sɔmtɛm, yu nɔr de lɛk aw yu blant de, yu de kry, mek wam hart ɛn de get pwɛl hart bak.

Wae yu atak dɛn tu sik ya kwik wit tritment, kin bɛtɛh banbai.

## Wɛtin kin kam wit angri bɛlɛh?

E hart fɔ no wɛtin de kam wit dɛn tu sik ya, bɔt di tin dɛm wae kin kam wit am na:

Aw yu bɔn, aw yu kin tink ɛn udat yu de rub skyn wit. De big tin way kin kam wit dis kraibɛlɛh na yu nɔr de grie it fɔ put yu wate dɔn

## How yu kin get dis sik frɔm udat bɔn yu

Dɛn fɛnɔt sae uman dɛm wae get mama ɔr sista wit dis sik go get dis sik kwik pas uman wae nɔr get am na in famili

## Aw di bɔdi yam-yam kin gi dis sik

wae de bɔdi in yam-yam nɔr de woke bɛtɛh, mɔr lɛk wae pikin bigin tɔn big pɔrsin, na da tɛm kraibɛlɛh ɔr angri bɛlɛh kin bigin

## Aw yusef kin ɛp for get de sik

Bɔrku wae de wae pɔrsin kin get dis sik ɛn na lɛk:

- Wae chayng apun na yu lyfe, lɛk wae yusef tɔn big bɔy ɔr gial, wae dɛn wan yu de rub skin wit skata pan yu, bɔn pikin ɛn pɔrsin wae yu lɛk dye

- Sɔmtɛm yu de mɛmba sae yu pipul ɔr yu padi dɛm kin lɛk yu bicoz ɔf udat yu be ɔr wɛtin yu gɛt.
- De frayd de wahala fɔ tɔn byg man.
- Wae bɛtɛh tɔk nɔr de bitwin yu ɛn yu pipul dɛm, ɛn yu nɔr de aksept sae yu pikin dɛn dɔn byg fɔ du wɛtin dɛn lɛk.

## Aw dɛn wan wae yu de rub skyn wit kin tɛl

Dis byg yai sik de bɔrku na wate man kɔntri ɛn dat na bikoɔ pipul ɔltɛm de mɛmba bɔt aw dɛn luk ɛn fiba.

De bɔrku nyus wae de tɛl pikin ɛn ɔnɔg uman dɛn fɔ luse wate pas mak na de intanɛt

Dɛn sai ya kin tɔkam lɛk e fayn fɔ put yu wate dɔn ɛn de ɔltɛm tɔk bɔt aw pipul dɛn luk. Dɛn kin ɔltɛm tɔk bad bɔt de wan wae gɛt big gut ɛn bɔdi

## Uskayn tritment dae?

Dɛn kin trit dɛn byg yai abit fayn fayn wan

Wae yu kɔt bifo dis kry bɛlɛh ɛn big yai sik kwik kin mɛk yu mɛnam saful. Yu wɛl wan kin teik lɛk plɛnti mɔnt ɔr yia, bɔt plɛnti pan dɛm kin wɛl kain.

Bɔrku sik kin mɛk pɔrsin in abit fɔ it chayng, so fɔ si yu dɔkta fɔ chɛk yu fayn fayn wan kin bɛtɛh.

Wae dɛn fɛnɔt bɔt dis it sik, bɔrku ɔda dɔkta kin kam fɔ mɛn yu bicoz de sik kin

anbɔg aw yu luk ɛn yu hade. Dɛn plɛnti dɔkta kin be krɛse man dɔkta, dɔkta wae no bɔt aw pɔrsin de bihayv, dɔkta wae de sae de kayn mɛrɛsin fɔ teik, dɛn wan wae go tɛl yu wɛtin ɛn wɛtin fɔ it, dɛn wan wae yu go tɔk to bɔt wɛtin de apun wit yu, dɛn wan na woke plase ɛn nɔrse dɛm.

De tritment fɔ gɛt kin tan lɛk:

- fɔ sho pɔrsin wɛtin fɔ it ɛn aw fɔ it
- Dɛn wan wae lan bɔt aw pɔrsin fɔ bihayv, tink, fil bɔt dis it abit
- Dɛn kin gi mɛrɛsin wae go mɛk pɔrsin nɔr gɛt wɔri ɛn de frayd.
- yu padi dɛn sɛf kin ɛp yu, dɛn kin sho yu aw dɛm dae du ɛn aw dɛn dae it.
- Wae yu kip na ose ɛn kam fɔ tritment to dɛn masta sabi pipul kin be de bɛst tin fɔ udat gɛt dis sik

Fɔ tap na ɔspitul kin ɔnli fayn fɔ udat in bɔdi dɔn kpata kpata bicoz e nɔr de grie it. Fambul ɛn padi dɛn fɔ udat gɛt dis sik nɔr kin no wɛtin fɔ du ɛn kin gɛt pwɛl hart bak.

Fɔ de wit dem de tɛl dɛm wɛtin dɛn nɔr no bɔt de sik, dɔn bak wae ɔlman usai dɛn dae no wɛtin de mɔna dɛm kin gud fɔ dɛn tritment

## Usai fɔ go wae yu nid ɛp?

- Yu dɔkta (dat na yu GP)
  - Yu kɔminiti helt sɛnta
  - Usai dɛn kin mɛn krɛsɛ na yu kɔminiti
- Fɔ mɛk yu no mɔr bɔt de sai dɛn wae de fɔ go, chɛk usai dɛn kɔl kɔminiti ɛp ɛn de ɔda sai wae de kia bɔt wi, yu kin gɛt dɛm ɔltɛm ɛn dɛn nɔmba de usai wi kin wach fɔ tɛlphone nɔmba na ya so.

If yu go lɛk pɔsin fɔ intaprit fɔ yu, kɔl (TIS) pan dis nɔmba **13 14 50**

If yu wan kwik sai fɔ tɔk to pɔrsin bɔt yu trɔbul, go or kɔl da sai wae naym Lyfelyne (LifeLine) pan

13 11 14. Lyfelyne kin gi ɔda sai dɛn fɔ kɔl ɛn dɛn go tɛl yu bɔrku ɔda tin fɔ no ɛn ɛp yu.

Bɔrku ɔda tin de fɔ no na:

- [www.mmha.org.au](http://www.mmha.org.au)
- [www.rch.org.au/ceed](http://www.rch.org.au/ceed)
- [www.reachout.com.au](http://www.reachout.com.au)
- [www.ranzcp.org](http://www.ranzcp.org)
- [www.sane.org](http://www.sane.org)

Insert your local details here

## Wɛtin fɔ no bɔt dis paypa

Dis paypa ya de wit bɔrku ɔda paypa dɛn wae dɛn ryte bɔt krɛsɛ sik ɛn na Australia gɔvment gi de kɔpɔr wae dɛn de tri fɔ fɛt krɛsɛ biznɛs na de ole kɔntri.

ɔda paypa wae dɛn dɔn ryte bɔt dɛn saym kayn tin na dɛn wa na ya so:

- *Wɛtin na krɛsɛ sik?*
- *Wɛtin ɛ min fɔ de wit frayd ɔltɛm?*
- *Wɛtin ɛ min wae aw yu de fil de go up n dɔn?*
- *Wɛtin ɛ min wae yu hart pwɛl ɔltɛm?*
- *Wɛtin na krai-bɛlɛh ɔr angri-bɛlɛh?*
- *Wɛtin ɛ min wae yu nɔr de du tin wae fiba yu?*

Yu kin get dɛn paypa ya fɔ natin na

Wɛl hade ɛn woke man biznɛs

Wae na sai fɔ di Australia gɔvment

Dipatment fɔ wɛl bɔdi ɛn ole pipul biznɛs

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Tel 1800 066 247

Fax 1800 634 400

[www.health.gov.au/mentalhealth](http://www.health.gov.au/mentalhealth)

fɔ get ɔda kɔpi insai ɔda pipul dɛn langwayg,

kɔl Mɔltikɔltchoral Mental Hɛlt na ɔstraylia (Multicultural Mental Health Australia) ya so

pan dis nɔmba: **(02) 9840 3333**

[www.mmha.org.au](http://www.mmha.org.au)

