

Mental health services glossary

ENGLISH	KAREN
<p>Mental health services glossary</p>	<p>သးအတၢ်ဆိကမိၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၣ်ဂီၢ်အတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်အတၢ်ဃီၣ်</p>
<p><i>This information has been drawn from a range of healthcare and government websites</i></p>	<p><i>တၢ်ဂ့ၢ်တၢ်ကျိၤတခါအံၤဘၣ်တၢ်ထုးန့ၢ်အိၣ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၣ်တၢ်က့ၢ်ထွဲကဟုကယၢ်ဒီးပဒိၣ်ပပုၤအပုၤယဲၤဘျးစဲအါမံၤအါကလုာ်အအိၣ်န့ၣ်လီၤ.</i></p>
<p>1. Anonymous:</p>	<p>1.တၢ်တဟ်ဖျါအမံၤအသၣ်-</p>
<p>Means 'not identified by name' or 'with no name'. For instance, an anonymous letter is one that is not signed.</p>	<p>အခိပညီန့ၣ် "တၢ်တသ့ၣ်ညါအမံၤဘၣ်" မ့တမ့ၢ် "တအိၣ်ဒီးအမံၤဘၣ်" န့ၣ်လီၤ. အဒိန့ၣ်, လံာ်ပရတဘၣ်လၢတဟ်ဖျါအမံၤအသၣ်န့ၣ်မ့ၢ်လံာ်ပရလၢတၢ်တဆဲးလီၤမံၤဘၣ်န့ၣ်လီၤ.</p>
<p>2. Assessment:</p>	<p>2.တၢ်သမံသမိးမၤက့ၢ်-</p>
<p>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'.</p>	<p>ဖဲကသံၣ်သရၣ်တဂၤသံက့ၢ်န့ၢ်တၢ်သံက့ၢ်တဖၣ်လၢအဘၣ်ယးဒီးနနီၢ်သး မ့တမ့ၢ်နနီၢ်ခိအတၢ်အိၣ်ဆူၣ်အိၣ်အခါန့ၣ်လီၤ. အဝဲသ့ၣ်ဘၣ်တဘၣ်ကမၤစၢၤ ကိးဝဲဒၣ်တၢ်မၤက့ၢ်တဖၣ်မ့တမ့ၢ်နနီၢ်ခိအတၢ်မၤက့ၢ်တၢ်ဆူးတၢ်ဆါတခါန့ၣ်လီၤ. တၢ်အံၤကမၤစၢၤလၢတၢ်ကထံၣ်န့ၢ်တၢ်ဂီၢ်တခါလၢလံာ်မ့တမ့ၢ်တၢ်လိာ်ဘၣ်တဖၣ် ဒီးယုန့ၢ်ကျိၤက့ၢ်အဂ့ၢ်ကတၢ်တဖၣ်လၢတၢ်ကယုၣ်လီၤဘျါလီၤအိၣ်န့ၣ်လီၤ. က့ၢ်ဘၣ်စ့ၢ်ကိး "တၢ်သ့ၣ်ညါတၢ်ဆါ" တက့ၢ်.</p>
<p>3. Carer:</p>	<p>3.ပုၤက့ၢ်ထွဲကဟုကယၢ်တၢ်-</p>
<p>A carer is someone who is responsible for looking after another person, for example, a person who has a disability, or is ill or very young.</p>	<p>ပုၤက့ၢ်ထွဲကဟုကယၢ်တၢ်မ့ၢ်ပုၤတဂၤလၢအမုၤအခါအိၣ်ဝဲဒၣ်လၢတၢ်ကက့ၢ်ထွဲ ပုၤအဂၤတဂၤ, အဒိန့ၣ်, ပုၤတဂၤလၢအအိၣ်ဒီးနီၢ်ခိနီၢ်သးက့ၢ်ဂီၢ်တလၢတပျဲတဆူၣ် တချ့, မ့တမ့ၢ်ပုၤဆိးက့ဆါတိမ့တမ့ၢ်ပုၤအသးစၢ်နီၢ်ဆံးဒိၣ်ဒိၣ်ကလဲာ်န့ၣ်လီၤ.</p>
<p>4. Case Manager:</p>	<p>4.တၢ်ဂ့ၢ်အမုၤခါခိၣ်-</p>
<p>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.</p>	<p>ပုၤတဂၤလၢအသမံသမိးဝဲထံနီၢ်ဖးနတၢ်လိာ်ဘၣ်တဖၣ်, ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးန့ၢ်, ဒီး မ့ၢ်ပုၤလၢအကဲခါစးလၢနတၢ်လိာ်ဘၣ်တဖၣ်ဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤ တဖၣ်အဂီၢ်သ့ဝဲဒၣ် (ယုာ်ဒီးနတၢ်ပျဲန့ၣ်လီၤ.) တၢ်ဂ့ၢ်အမုၤခါခိၣ်တဂၤဘၣ်တဘၣ်ကဘျးစဲ န့ၢ်န့ၢ်ဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖၣ်ဒီးတၢ်ဟူးတၢ်ဂၤတဖၣ်လၢမၤစၢၤန့ၣ်လီၤ. အဝဲသ့ၣ်မ့ၢ်တၢ်ဆဲးကျိးအလီၢ်ခါသးလၢနဂီၢ်မ့ၢ်ဒ်သိးနသုတလိာ်ယုတၢ် မၤစၢၤလၢပုၤအဂၤတဖၣ်အအိၣ်တဂ့ၢ်အဂီၢ်န့ၣ်လီၤ.</p>
<p>5. CAT Team:</p>	<p>5.CATအကရၢ်-</p>
<p>The Crisis Assessment and Treatment Team (CATT) is a team of mental health professionals. They provide</p>	<p>တၢ်ဆါနးကတၢ်အကတီၢ်အတၢ်သမံသမိးဒီးတၢ်ကူစါယါဘျါအကရၢ်(CATT, Crisis Assessment and Treatment Team)မ့ၢ်သးအတၢ်ဆိကမိၣ်</p>

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assessment and intensive community treatment to people who are in crisis or experiencing serious mental illness. This is a crisis service only.	တၢ်အိၣ်ဆူၣ်အိၣ်ချူအပုၤစၢ်နီၤတဖၣ်အကရၢ်တကရၢ်န့ၣ်လီၤ.အဝဲသ့ၣ်ဟ့ၣ်ဝဲဒၣ်တၢ်သမံသမိးဒီးပုၤတတၢ်အတၢ်ကူစါယါဘျါလၢအလုၤတုၤလုၤတီၤဆူပုၤလၢအအိၣ်ဝဲဒၣ်လၢတၢ်ဆါနးကတၢ်အကတီၢ်မ့ၢ်တမ့ၢ်လဲၤခိဖျါနီၢ်သးအတၢ်ဆိးက့ၢ်ဆါဘီဒိၣ်ဒိၣ်မ့ၢ်န့ၣ်လီၤ.တၢ်အံၤမ့ၢ်ဝဲလၢတၢ်နးတၢ်ကျဲၤအတၢ်မၤစၢ်အတၢ်ဖံးတၢ်မၤတခါခိးန့ၣ်လီၤ.
6. Clinical:	6.လၢအဘၣ်ယးဒီးတၢ်ကူစါယါဘျါ-
Means the same as 'medical'.	အခိပညီမ့ၢ်တၢ်တမံယိဒ်“ကသံၣ်ဖိၣ်ကသီဖိၣ်ပိညါဂ့ၢ်ဝီ”န့ၣ်လီၤ.
7. Clinician:	7.သရၣ်,သရၣ်မ့ၢ်လၢအကူစါယါဘျါပုၤဆါလီၤလီၤ-
A healthcare professional that has direct contact with patients. For example, nurses, doctors, dentists or psychologists are 'clinicians'.	ကသံၣ်သရၣ်စၢ်နီၤလၢမၤန့ၢ်တၢ်ဆိးကျိးလီၤလီၤဒီးပုၤဆါတဖၣ်န့ၣ်လီၤ.အဒိန့ၣ်,ပုၤက့ၢ်ပုၤဆါတဖၣ်,ကသံၣ်သရၣ်တဖၣ်,ဝဲကသံၣ်သရၣ်တဖၣ်မ့ၢ်တမ့ၢ်သးဂ့ၢ်ဝီပိညါအသရၣ်,သရၣ်မ့ၢ်တဖၣ်န့ၣ်မ့ၢ်“သရၣ်,သရၣ်မ့ၢ်လၢအကူစါယါဘျါပုၤဆါလီၤလီၤန့ၣ်လီၤ.
8. Community Mental Health Services:	8.ပုၤတတၢ်နီၢ်သးတၢ်အိၣ်ဆူၣ်အိၣ်ချူအတၢ်မၤစၢ်အတၢ်ဖံးတၢ်မၤတဖၣ်-
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.	အါဒၣ်တၢ်တက့ၢ်မ့ၢ်ဝဲဒၣ်လၢပုၤလၢအအိၣ်ဒီးသးအတၢ်ဆိကမိၣ်အတၢ်ဆိးက့ၢ်ဆါဘီအက့ၢ်အဂီၢ်လၢအအိၣ်အမ့ၢ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.ညီန့ၢ်ပုၤသ့ၣ်တဖၣ်အံၤအိၣ်ဝဲဒၣ်လၢတၢ်ကူစါယါဘျါတၢ်အလီၢ်တခါဒီးပုၤကမ့ၢ်သ့ၣ်အိၣ်ဒီးတလိၣ်ဟ့ၣ်အပုၤဘၣ်န့ၣ်လီၤ.အဝဲသ့ၣ်အိၣ်ဒီးသးအတၢ်ဆိကမိၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချူဂ့ၢ်ဝီအပုၤစၢ်နီၤအကလုၢ်ကလုၢ်တဖၣ်လၢအဟံၤယုၣ်တၢ်ဂ့ၢ်အမုၢ်ခါခိၣ်တဖၣ်,ကသံၣ်သရၣ်ကူစါယါဘျါသးတၢ်ဆိကမိၣ်တၢ်ဆါတဖၣ်,ပုၤဂ့ၢ်ဝီအပုၤမၤတဖၣ်တဖၣ်,သရၣ်,သရၣ်မ့ၢ်ကူစါယါဘျါနီၢ်ခိတၢ်ဟူးသ့ၣ်ဘၣ်ဂ့ၢ်ဝီတဖၣ်,သးဂ့ၢ်ဝီပိညါအသရၣ်,သရၣ်မ့ၢ်တဖၣ်ဒီးပုၤမၤတဖၣ်လၢကသံၣ်မုၢ်ဘျိးဒီးသးကံၣ်ဂ့ၢ်ဝီတဖၣ်န့ၣ်လီၤ.
9. Confidentiality:	9.တၢ်ဟံၤတၢ်ဂ့ၢ်ဒ်အမ့ၢ်တၢ်ရသ့ၣ်-
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.	တၢ်အံၤအခိပညီမ့ၢ်ဝဲဒၣ်လၢတၢ်ဂ့ၢ်တၢ်ကျိၤလၢနဟ့ၣ်အီၤဆူကသံၣ်သရၣ်စၢ်နီၤတဂၤအအိၣ်အံၤန့ၣ်မ့ၢ်တၢ်လၢအဘၣ်ယးဒီးန့ၣ်တဂၤန့ၣ်လီၤ.ကသံၣ်သရၣ်စၢ်နီၤအံၤကဘၣ်မၤန့ၢ်တၢ်အၢၣ်လီၤလၢနအိၣ်တချုးအနီၤဟ့ၣ်ဝဲတၢ်ဂ့ၢ်တၢ်ကျိၤအံၤဒီးအပုၤအဂၤတဂၤအခါန့ၣ်လီၤ.အဝဲသ့ၣ်လိၣ်ဘၣ်နတၢ်ဟ့ၣ်တၢ်ပျဲ(“တၢ်အၢၣ်လီၤဟ့ၣ်အခါဒီး”)လၢတၢ်ကနီၤဟ့ၣ်နတၢ်ဂ့ၢ်တၢ်ကျိၤန့ၣ်လီၤ.
10. Counselling:	10.တၢ်ဟ့ၣ်ကူၣ်တဲသကိးတၢ်-
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	တၢ်တဲသကိးတၢ်တခါမ့ၢ်တၢ်တဲသကိးတၢ်တဘျုးဘျိလၢနဒီးပုၤဟ့ၣ်ကူၣ်တဲသကိးတၢ်အဘၣ်စၢ်န့ၣ်လီၤ.တၢ်ဟ့ၣ်ကူၣ်တဲသကိးတၢ်ညီန့ၢ်ကွၢ်န့ၣ်လီၤ.တၢ်လီၤ

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<p>deal with a problem or make decisions when you are unsure which one is best.</p>	<p>လိလိဆီဆီတခါဒီးအပတီတဖှ်လတကဟံးထီၣ်ဖိၣ်ထီၣ်မုတမုာ်ယုၣ်လိၣ်ဘျါလိၣ်အိၣ်န့ၣ်လိၣ်. တၢ်အံၤမၤစၢၤန့ၣ်လိၣ်တၢ်ကကွၢ်ဆၢၣ်မဲၣ်တၢ်ကီ တၢ်ခဲတခါသ့ဝဲဒၣ်မုတမုာ်မၤတၢ်ဆၢတဲၣ်တဖှ်ဖဲန့ၣ်တသ့ၣ်ညါလိၣ်တၢ်ဖဲလဲၣ်တခါ မုာ်အကဲအဂ့ၤကတၢ်လၢနဂီၢ်လဲၣ်န့ၣ်လိၣ်.</p>
<p>11. Diagnosis:</p>	<p>11.တၢ်သ့ၣ်ညါတၢ်ဆါ-</p>
<p>The identification of an illness or other problem (see also 'assessment').</p>	<p>တၢ်ဒုးန့ၣ်ဖျါထီၣ်တၢ်ဆုးတၢ်ဆါတခါမုတမုာ်တၢ်ဂ့ၢ်လိၣ်လၢအဂၤ(ကွၢ်ဘၣ်စ့ၢ်ကိး "တၢ်သမံသမိးမၤကွၢ်")တက့ၢ်.</p>
<p>12. Disability Pension:</p>	<p>12.နီၢ်ခိၣ်နီၢ်သးက့ၢ်ဂီၤတလၢတပျဲတဆူၣ်တချ့အပုၣ်စ့ၣ်-</p>
<p>Provides financial support if you have a physical, intellectual or psychiatric condition that stops you from working.</p>	<p>ဟ့ၣ်က့ၢ်စ့တၢ်မၤစၢၤဖဲန့ၣ်ဒီးနီၢ်ခိၣ်,တၢ်က့ၢ်သ့သးဖးမုတမုာ်နီၢ်သးတၢ်ဆိကမိၣ်အတၢ်အိၣ်သးတခါလၢအဟံပတုၣ်န့ၣ်လိၣ်တၢ်မၤတၢ်န့ၣ်လိၣ်.</p>
<p>13. Disability Support Worker:</p>	<p>13.ပုၤမၤတၢ်ဖိလၢအဆိၣ်ထွဲမၤစၢၤပုၤလၢအဆိၣ်ဒီးနီၢ်ခိၣ်နီၢ်သးက့ၢ်ဂီၤတလၢတပျဲတဆူၣ်တချ့-</p>
<p>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.</p>	<p>ဟ့ၣ်န့ၣ်ဒီးနီၢ်တဂၤ,နီၢ်ခိၣ်ဒီးသးတၢ်တူၢ်ဘၣ်ဂ့ၢ်ဝိအတၢ်ဆိၣ်ထွဲမၤစၢၤဖဲန့ၣ်လိၣ်ဘၣ်တၢ်မၤစၢၤယုၣ်ဒီးကိးနံၤဒဲးတၢ်အိၣ်မုအိၣ်ဂဲၤအခါန့ၣ်လိၣ်. ပုၤမၤတၢ်ဖိလၢအဆိၣ်ထွဲမၤစၢၤပုၤလၢအဆိၣ်ဒီးနီၢ်ခိၣ်နီၢ်သးက့ၢ်ဂီၤတလၢတပျဲတဆူၣ်တချ့တဂၤမၤစၢၤန့ၣ်ဒီးတၢ်လုၢ်ထံလုၢ်နီၢ်,ကူထီၣ်သိးထီၣ်ဒီးအိၣ်တၢ်အိၣ်သ့ဝဲဒၣ်ဒီးမၤစၢၤန့ၣ်လိၣ်လဲၣ်ဟးလၢတၢ်ချ့ဒီးပုၤဂ့ၢ်ဝိအတၢ်ဟူးတၢ်ဂဲၤလၢအဂၤတဖှ်န့ၣ်လိၣ်.</p>
<p>14. Episode:</p>	<p>14.တၢ်မၤအသးတကတီၢ်-</p>
<p>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).</p>	<p>လၢတၢ်ဆၢကတီၢ်တကတီၢ်အပူၤဖဲပုၤတဂၤဒီးန့ၣ်ဘၣ်ဒီးတၢ်ဆိးက့ၢ်ဆါဘိလိလိဆီဆီတခါ,အဒိးသးတၢ်ဆိကမိၣ်အတၢ်တဘၣ်လီၢ်ဘၣ်စးဒိၣ်ဒိၣ်မုာ်တခါကဲထီၣ်န့ၣ်လိၣ်. "တၢ်မၤအသးတကတီၢ်" အိၣ်ဒီးအတၢ်စးထီၣ်ဒီးအတၢ်ကတၢ်(လၢအထီၣ်လိၣ်သးဒီးတၢ်ဆါယံၣ်ထၢအတၢ်အိၣ်သးတခါ)န့ၣ်လိၣ်.</p>
<p>15. General Practitioner/GP:</p>	<p>15.ကသံၣ်သရၣ်ထီၣ်ရီၤ, GP</p>
<p>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</p>	<p>လၢအိးစၢၤတြၢလယါအပူၤဟံၣ်ဖိယိဖိအကသံၣ်သရၣ်န့ၣ်တၢ်ကိးစ့ၢ်ကိးအိၣ်ကသံၣ်သရၣ်ထီၣ်ရီၤ(GP, General Practitioner) န့ၣ်လိၣ်.ကသံၣ်သရၣ်တနီၢ်န့ၣ်မၤတၢ်လၢအကစၢ်အရူအတုတဖှ်အပူၤန့ၣ်လိၣ်.ဒီးတၢ်ဆါဟံၣ်တဖှ်အပူၤဒီးတနီၢ်န့ၣ်မၤတၢ်လၢအကစၢ်အရူအတုတဖှ်အပူၤန့ၣ်လိၣ်.ကသံၣ်သရၣ်ထီၣ်ရီၤခဲလၢန့ၣ်အိၣ်ဒီးဖှ်စိမိဒိၣ်ကရံၣ်တဖှ်န့ၣ်လိၣ်.ဖဲန့ၣ်အိၣ်တဆူၣ်မုတမုာ်</p>

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<p>20. Peer Worker:</p> <p>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.</p>	<p>20. ပုမတော်ဖိလအမှ်ပုဒ်သိးနတကလုာ်-</p> <p>ပုတကလုာ်နဟ်နတၢ်လိာ်ဘၣ်တဖၣ်လအဒိးသန့ထီၣ်အသးလအဝဲသ့ၣ်အနီၣ်ကစၢ်အတၢ်လဲၤခိဖျိန့ၣ်လီၤ. အဒိန့ၣ်. ပုမတော်ဖိလအမှ်ပုဒ်သိးနတကလုာ်လအဟ့ၣ်ဝဲဒၣ်တၢ်ဆိၣ်ထွဲမၤစၢ်ဘၣ်ပးနီၣ်သးအတၢ်ဆိၣ်ဆူၣ်အိၣ်ချ့အတၢ်ဂ့ၢ်ကိအံၤအနီၣ်ကစၢ်ဒၣ်ဝဲကလဲၤခိဖျိဘၣ်တၢ်ဂ့ၢ်ကိတဖၣ်အံၤလုာ်ဒိးအဝဲသ့ၣ်အနီၣ်သးတၢ်ဆိၣ်ဆူၣ်အိၣ်ချ့န့ၣ်လီၤ.</p>
<p>21. Psychiatrist:</p> <p>A doctor who has additional qualifications in helping people with mental health problems. As well as therapy, they may prescribe medications.</p>	<p>21. ကသံၣ်သရၣ်ကူစါယါဘျါသးတၢ်ဆိကမိၣ်တၢ်ဆါတဖၣ်-</p> <p>ကသံၣ်သရၣ်တကလုာ်အအိၣ်ဒိးကံၢ်စိတၢ်သ့တၢ်ဘၣ်ဆူၣ်ညါလတၢ်ကမၤစၢ်ပုလအအိၣ်ဒိးသးတၢ်ဆိကမိၣ်အတၢ်ဂ့ၢ်ကိတဖၣ်န့ၣ်လီၤ. လတၢ်ကူစါယါဘျါအမဲာ်ညါ. အဝဲသ့ၣ်ဘၣ်တဘၣ်ကကွဲးန့ၣ်စ့ၢ်ကိးကသံၣ်ကသိအလဲးမးတဖၣ်န့ၣ်လီၤ.</p>
<p>22. Psychologist:</p> <p>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.</p>	<p>22. သးဂ့ၢ်ဝိပိညါအသရၣ်, သရၣ်မုာ်-</p> <p>ပုမဲာ်နီၣ်တကလုာ်အမၤစၢ်နလတၢ်ကမၤစၢ်ထီၣ်တၢ်သ့လဲၤခိဖျိလအဆူၣ်အချ့ဒိးတၢ်သ့တၢ်ဘၣ်တဖၣ်လတၢ်ကယုာ်လီၤဘျါလီၤတၢ်ဂ့ၢ်ကိန့ၣ်လီၤ. ပုလအအိၣ်ဒိးတၢ်သ့ၣ်ကိးသးဂီၤဒိးတၢ်သ့ၣ်ပးဂီၤသးပးဂီၤန့ၣ်ညါနီၣ်တၢ်ကဆူၣ်ယီၤအိၣ်ဆူၣ်သးဂ့ၢ်ဝိပိညါအသရၣ်, သရၣ်မုာ်တကလုာ်အအိၣ်န့ၣ်လီၤ. သးဂ့ၢ်ဝိပိညါအသရၣ်, သရၣ်မုာ်တဖၣ်ယုကျိၤကျဲလတၢ်ကသ့ၣ်ထီၣ်တၢ်ရူလိာ်မုာ်လိာ်တခါလအမှ်တၢ်န့ၣ်တၢ်မှ်ဒ်သိးနကတူၢ်ဘၣ်တၢ်ပုဖျဲးလတၢ်နီၣ်ဟ့ၣ်နတၢ်ဆိကမိၣ်ဆိကမးတဖၣ်ဒိးနသးတၢ်တူၢ်ဘၣ်တဖၣ်န့ၣ်လီၤ. သးဂ့ၢ်ဝိပိညါအသရၣ်, သရၣ်မုာ်န့ၣ်ကွဲးဟ့ၣ်လီၤကသံၣ်ကသိအလဲးမးတဖၣ်တသ့တန့ၢ်ဘၣ်.</p>
<p>23. Psychosocial:</p> <p>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.</p>	<p>23. သးဂ့ၢ်ဝိပုဂံၢ်ဝိ-</p> <p>မ့ၢ်ကျိၤကွၢ်တခါလတၢ်ကကွၢ်ဝဲဒၣ်နလတၢ်အိၣ်သးလအပုဂံၢ်ဝိအိၣ်ယၢတၢ်အိၣ်ဝးတရံးအပူၤန့ၣ်လီၤ. တၢ်န့ၣ်ကွၢ်ဝဲဒၣ်မ့ၢ်နပုဂံၢ်ဝိအတၢ်အိၣ်ဝးတရံးဒိးနသးဂ့ၢ်ဝိအတၢ်ဂ့ၢ်တဖၣ်ဒိးဘၣ်မဟူးနနီၣ်ခိဒိးနနီၣ်သးတၢ်ဆိၣ်ဆူၣ်အိၣ်ချ့လကျဲၤလဲၣ်န့ၣ်လီၤ.</p>
<p>24. Referral:</p> <p>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.</p>	<p>24. တၢ်ဆူၣ်ယီၤ-</p> <p>လံာ်ပရၢလအအိၣ်ဟဲဒၣ်လအနကသံၣ်သရၣ်အအိၣ်ဒိးဆူၣ်ယီၤဆူၣ်ကသံၣ်သရၣ်လီၤဆီလအပူၤန့ၣ်တၢ်သ့ၣ်နံၤဖးသီတခါလအနီၣ်န့ၣ်လီၤ. ဝဲတၢ်ဆူၣ်ယီၤအံၤတၢ်မ့ၢ်ဆူၣ်အိၣ်ဆူၣ်ကသံၣ်သရၣ်လီၤဆီတကလုာ်လအအိၣ်လအမ့ၢ်အတၢ်ဆါဟံၣ်တဖျါအပူၤန့ၣ်, တၢ်ဆါဟံၣ်အံၤကဆဲးကျိးနလတၢ်ကမၤတၢ်သ့ၣ်နံၤဖးသီန့ၣ်လီၤ. မ့ၢ်ဆူၣ်ဝဲဒၣ်ဆူၣ်ကသံၣ်သရၣ်လအမၤတၢ်လအကစၢ်အတၢ်မၤဒၣ်ဝဲအပူၤတခါ, နကလိာ်မၤဝဲဒၣ်တၢ်သ့ၣ်နံၤဖးသီလအနကစၢ်ဒၣ်ဝဲန့ၣ်လီၤ.</p>

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<p>25. Rehabilitation:</p> <p>The action of helping you go back to health or normal life through training and therapy, for instance after an illness or an operation.</p>	<p>25. တာ်ကူစါယါဘျါမဂ္ဂထီၣ်ကွာ်-</p> <p>တာ်ဖံးတာ်မလၢအမၤစၢန့ၣ်လၢတာ်ကမၤန့ၣ်ကွာ်အိၣ်ဆူၣ်အိၣ်ချ့ၣ်န့ၣ်လီၤ.န့ၣ်ကဒါက့ၤန့ၣ်ပတီၢ်မုၢ်အတာ်အိၣ်မူအိၣ်ဂဲၤခိဖျိတာ်မလိမၤဒီးဒီးတာ်ကူစါယါဘျါန့ၣ်လီၤ.အဒိန့ၣ်ဖဲတာ်ဆူးတာ်ဆါမ့တမ့ၢ်တာ်ကွဲးတာ်ကါတခါဝံၤအလီၢ်ခံန့ၣ်လီၤ.</p>
<p>26. Respite:</p> <p>Short-term rest for carers. During respite, you will be looked after by someone else than your usual carer.</p>	<p>26. တာ်အိၣ်ဘျဲးအိၣ်သါတစီၢ်ဖိ-</p> <p>တာ်အိၣ်ဘျဲးအိၣ်သါတစီၢ်ဖိလၢပုၤကွၢ်ထွဲကဟုကယာ်တာ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.ဖဲတာ်အိၣ်ဘျဲးအိၣ်သါတစီၢ်ဖိကတီၢ်န့ၣ်,နကဘၣ်တာ်ကွၢ်ထွဲန့ၣ်လၢပုၤတဂၤလၢတမ့ၢ်ဖဲဒၣ်ပုၤလၢအကွၢ်ထွဲညီၣ်န့ၣ်န့ၣ်လီၤ.</p>
<p>27. Social Worker:</p> <p>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.</p>	<p>27. ပုၤဂ့ၢ်ဝီအပုၤမၤတာ်-</p> <p>ပုၤဂ့ၢ်ဝီအပုၤမၤတာ်ဖိတဖၣ်ဟ့ၣ်န့ၣ်ဒီးတာ်ဆိၣ်ထွဲမၤစၢ.တာ်ဟ့ၣ်ကူၣ်တဲသကိး.တာ်ဂ့ၢ်တာ်ကျိၤဒီးသးတာ်တူၢ်ဘၣ်အတာ်ဆိၣ်ထွဲမၤစၢလၢအဘျးအိၣ်ဒီးတာ်သူအိၣ်သ့န့ၣ်လီၤ.ဟံၣ်ဖိယီဖိတဖၣ်,ဖိသၣ်တဖၣ်,ကိၣ်ဖိတဖၣ်,တာ်ဆါဟံၣ်အပုၤဆါတဖၣ်မ့တမ့ၢ်ပုၤသးပုၤတဖၣ်ဘၣ်တဘၣ်ကထံၣ်ဖဲဒၣ်ပုၤဂ့ၢ်ဝီအပုၤမၤတာ်တဂၤန့ၣ်လီၤ.ပုၤဂ့ၢ်ဝီအပုၤမၤတာ်တဖၣ်မၤစၢဖဲဒၣ်လၢတာ်ဂ့ၢ်ကိတဖၣ်လၢအမ့ၢ်တာ်ဒ်တာ်အိၣ်ဒီးဟံၣ်ယီ,ဟံၣ်ပုၤယီပုၤတာ်စုဆူၣ်ခိၣ်တကး,တာ်ဖဲသံးကံးဒီးကသံၣ်မုၢ်ဘျဲး.မုၢ်ခါကွၢ်ဂီၤအတာ်မၤတရီတပါဒီးတာ်မၤတရီတပါဖိသၣ်တဖၣ်သ့န့ၣ်လီၤ.ပုၤဂ့ၢ်ဝီအပုၤမၤတာ်ဖိတဖၣ်လိၣ်ဘၣ်ဖျၢၣ်စိမိအဒိကရံၤဒ်သိးမၤတာ်အံၤကသ့ဖဲဒၣ်န့ၣ်လီၤ.</p>
<p>28. Symptoms:</p> <p>A sign or indication of something, for instance an illness or other problem with your health.</p>	<p>28. တာ်ဆါအပနီၣ်တဖၣ်-</p> <p>တာ်ဆါအပနီၣ်တခါမ့တမ့ၢ်တာ်ဒုးန့ၣ်ဖျါတာ်တမံၤမံၤ.အဒိန့ၣ်တာ်ဆူးတာ်ဆါတခါမ့တမ့ၢ်တာ်ဂ့ၢ်ကိအဂၤလၢအအိၣ်ဒီးန့ၣ်အိၣ်ဆူၣ်အိၣ်ချ့ၣ်န့ၣ်လီၤ.</p>
<p>29. Treatment:</p> <p>Medical care given for an illness or injury</p>	<p>29. တာ်ကူစါယါဘျါ-</p> <p>တာ်ကူစါယါဘျါတာ်ကွၢ်ထွဲကဟုကယာ်လၢတာ်ဟ့ၣ်အီၤလၢတာ်ဆိးက့ၤဆါတီမ့တမ့ၢ်တာ်ဘၣ်ဒိဘၣ်ထံးတခါအဂီၢ်</p>
<p>30. Triage:</p> <p>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.</p>	<p>30. တာ်ဟံၣ်ပနီၣ်ဆါတဲာ်တာ်ဆါအတာ်အိၣ်သး-</p> <p>တာ်ဖံးတာ်မလၢအမ့ၢ်တာ်ဆါတဲာ်ရဲၣ်လီၤမုၢ်ပုၤဆါဖဲလဲၣ်တဂၤကဒီးန့ၣ်ဘၣ်တာ်ကူစါယါဘျါလၢညါမ့တမ့ၢ်လၢခံလၢအဒိသးန့ၣ်ထီၣ်အသးလၢတာ်ဘၣ်ဒိဘၣ်ထံးမ့တမ့ၢ်တာ်ဆူးတာ်ဆါအဂ့ၢ်ဂီၤအူတာ်အိၣ်သးအဖိခိၣ်န့ၣ်လီၤ.ညီၣ်န့ၣ်,ဂ့ၢ်ဂီၤအူအဲၤကျိၤလၢတာ်ဆါဟံၣ်တဖျၢၣ်အပုၤန့ၣ်အိၣ်ဒီး “သရၣ်သရၣ်မုၢ်ကွၢ်ပုၤဆါလၢအဟံၣ်ပနီၣ်ဆါတဲာ်တာ်ဆါအတာ်အိၣ်သး”လၢအမၤဖဲဒၣ်တာ်ဆါတဲာ်လၢမ့ၢ်မတၤလိၣ်ထံၣ်လိာ်အသးဒီးကသံၣ်သရၣ်အလီၢ်အိၣ်အဒိၣ်ကတၢ်လဲၣ်န့ၣ်လီၤ.</p>