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embrace
multicultural mental health

ܣܘܠܡܬܐ ܕܫܘܬܐ ܡܠܒܘܫܐ ܕܒܝܬܐ

World Health Organisation – "ܟܐܦ ܣܘܠܡܬܐ ܕܠܐ ܣܘܠܡܬܐ ܕܫܘܬܐ"

ܐܦܠܐ ܢܐܦ ܕܝܬܐ ܢܦܫܐܝܬܐ ܠܩܕܡܝܢܢܐ ܣܘܠܡܬܐ ܕܫܘܬܐ ܡܠܒܘܫܐ ܕܒܝܬܐ.

ܟܠܬܢܐ، ܢܒܝ ܕܝܬܝܬܐ ܥܡܘܡܝܐ ܡܬܐ ܕܐܝ ܣܘܠܡܬܐ ܕܫܘܬܐ ܡܠܒܘܫܐ ܕܒܝܬܐ، ܐܢܐ ܥܡܘܡܝܐ ܡܬܐ ܕܐܝ ܕܝܢܝܒ ܐܣܥܘܝܐ ܐܦܐ، ܐܕܝܢܝܒ ܕܝܬܝܬܐ ܐܦܐ ܡܥܡܐܝܐ ܐܦܐ ܟܝܬ ܝܬܝܬܐ ܬܝܣܝܐ ܡܥܡܐܝܐ ܐܦܐ ܡܥܡܐܝܐ ܐܦܐ ܟܐܢ ܒܝܬܐ.

ܕܥܫܝܟܐ ܕܒܝܬܐܕܐ، ܒܐܦܐ ܕܝ ܡܢܥܐܦܐ ܡܢܥܝܬܐ ܡܢܩܠܝܬܐ ܡܝܕ ܐܐܡܐܦܐ ܕܥܡܐܝܬܐ ܕܒܝܬܐ. ܒܬܐ ܕܝܬܝܬܐ ܕܥܡܐ ܕܝܬܝ ܡܠܐ ܕܝܢܝܬܐ ܡܠܐ ܕܝܢܝܬܐ ܕܒܝܬܐ، ܡܢܝܢܐ ܕܥܕܝܬܐ ܡܥܝܕܝܬܐ، ܐܦܠ ܕܥܝܠܬ ܕܒܝܬܐ ܕܝܢܝܬܐ ܕܝ ܕܝܢܝܬܐ ܠܒܝܒܝ.

ܢܝܬ ܒܝܕܥܐ ܟܕܝ ܐܣܥܝܬܝܬܐ ܡܕܝܢܝܬܐ ܒܥܝܢ ܝܐ ܥܝܕܝܬ ܩܐ ܒܝ ܕܝܬ ܒܝܕܝܬ. ܐܦ ܕܥܝܠܬ ܢܐ ܟܐ ܥܝܒ ܕܝܬܒ ܕܝܬܝܬ ܟܐܕ ܒܝܬ ܒܝܬܐ، ܐܦܝܬܝܬ ܒܥܐ، ܐܝܬܝܬ ܕܝ ܕܝܬܝܬ ܒܥܐ ܕܝ ܟܝܬ ܕܝ ܕܝ ܕܝ ܕ.

ܒܝܬ ܕܝܬܒܐ ܩܝܡܝ ܕܝܡܣܟܝ ܕܝܐܝ ܡܢ ܟܐ ܢܐܕܝ ܕܝ ܐܣܥܝܒܐ ܐܕܝܬܐ ܐܦܠܣܐ ܟܝܬ ܝܬܝܬ ܕܝܢܝܬ، ܡܐ ܕܝ ܡܢܥܐ ܒܝܩܝ ܕܝ ܡܣܟܝ ܟܐ ܢܐܕܝ ܕܥܕܝܬܐ ܕܝ ܕܝܢܝܬܐ ܕܝ ܕܝ ܕ.

ܟܝܬ ܢܒܝ ܕܝܬܝܬܐ ܕܝ ܕܝ ܕ ܕ ܕ

- ܣܘܟܐ ܕܙܗܘܬܐ ܕܒܝܬܐ ܐܝܕܝܬܐ ܕܣܘܟܢܘܬܐ
  - ܙܗܝܬܐ ܟܐܢܐ ܡܢ ܟܦܘܦܐ ܕܥܦܥܦܟܐ ܕܪܟܝܟܐ ܠܣܘܟܢܘܬܐ ܘܠܣܘܟܢܘܬܐ ܕܦܝܚܘܟܐ، ܘܠܢܢ ܝܣܬܢܐ ܡܟܝ ܣܘܟܢܘܬܐ ܕܫܘܬܦܐ ܕܒܝܬܐ.
  - ܕܝܚ ܙܗܘܟܐ ܕܙܗܘܬܐ ܡܟܝ ܣܟܐ ܒܦܐ ܕܒܝܬܐ ܡܢ ܒܝܬܐ ܕܥܝܚܘܟܐ ܕܒܝܬܐ ܐܝ ܒܣܘܟܐ، ܐܝ ܒܝܬ ܒܝܬܬܘܬܐ ܘܡܢܗܝܢ ܟܐܢ ܡܝܟܐ ܕܣܘܟܢܘܬܐ ܕܫܘܬܦܐ ܘܡܝܟܢܘܬܐ ܕܒܝܬܐ.
  - ܙܗܘܬܐ ܕܒܝ ܦܝܬܡܝܣ ܡܢܕܒ ܕܦܡܘܡܐ ܡܝܣ ܒܟܘܬܐ، ܘܡܘܕܒ ܥܝܢ ܕܦܝܕܘܬܐ. ܥܝܢܐ ܕܦܚܕܒܐ، ܕܒܝܬ ܙܗܘܬܐ ܕܐ ܙܗܘܬܐ، ܐܝ ܒܝ ܟܝ ܟܐ، ܒܝܟܝܬ ܕܐ ܙܟܝܒ ܡܢܕܒ ܡܦܣܘܬܐ ܟܐ، ܕܦܚܕܒܐ. ܙܟ ܥܝܢܐ ܕܦܟܒܐ، ܒܟܥܘܬܐ، ܒܝܕ ܦܝܚܘܬܐ ܐܝܕ ܙܝܕܬܐ، ܡܢ ܟܘܦܐ ܒܝܕ ܦܝܚܘܬܐ ܕܦܝܚܘܬܐ، ܟܝܬܘܬܐ.
  - ܙܗܘܬܐ ܒܟܬܐ ܕܦܕܝܐ ܕܫܘܒܐ ܐܝܕ ܒܝܕܬܐ ܕܣܘܟܢܘܬܐ ܐܝܕܝܬܐ ܟܦܡܕܘܬܐ ܒܝܕܬܐ ܕܦܝܬܐ، ܒܝܕ ܙܗܘܬ ܕܙܘܬ، ܒܝܕ ܩܝܟܬ ܒܘܩܬܐ، ܒܝܕ ܣܘܕܬ ܡܘܒܝܣܬܐ ܒ ܐܝܕܝܬܐ. ܒܕܒܟܘ ܡܢ ܙܗܘܬܐ ܕܦܝܚܘܬܐ ܐܝ ܦܝܚܘܬܐ ܕܦܝܚܘܬܐ ܕܦܝܚܘܬܐ ܕܙܘܬ ܒ ܒܝ ܦܝܚܘܬܐ ܕܦܝܚܘܬܐ ܐܘܡܝܟܝܣ ܟܬܘܬܐ، ܒ ܒܝܕ ܦܝܚܘܬܐ ܕܙܘܬ ܒܝ ܣܟܐ ܝܡܟܐ. ܙܟ ܥܝܢܐ ܕܟܟܝܒܐ ܐܝܕܝܬܐ ܕܦܝܚܘܬܐ ܕܦܝܚ (ܟܦܕܝܢ)، ܒ ܗܢܝܢ ܡܐ ܟܙܐ ܟܝܟܐ ܕܦܝܕܐ
  - ܢܝܦܐ ܕܦܕܝܘܢ ܡܐ ܒܝܕ ܦܝܚܐ ܟܐ ܙܗܘܬܐ ܒ ܟܐ ܒܝܕ ܒܝܬܐ ܕܣܘܟܢܘܬܐ ܐܝܕܝܬܐ، ܕܒܦܕܐ ܕܟܟܝܒܐ ܒܝܕ ܐܕܝܚܘܬܐ ܒ ܗܢܝܢ ܡܐ، ܠܒܝ — ܙܝܬ ܕܝ ܟܒܕܐ ܟܐ ܕܒܝ ܫܩܝܬܒ ܩܢ ܐܕܦܘܬܐ ܕܦܕܡܒܐ، ܒܝܕ ܩܢ ܕܦܐ ܐܝܕܝܬܐ ܡܕܦܕܝܘܒܐ، ܡܕܦܒ ܩܗܡܝܬܐ ܐܝܕܝܬܐ ܠܝܩܬܐ
- ܟܐ ܒܟܐ ܡܟܐ ܕܝܡܬܐ
  - ܟܐܢ ܙܟ ܢܒ ܕܟܐ ܡܢܒܝܬܐ ܕܥܝܚܘܬܐ ܕܟܟܝܒܐ ܠܡܐ، ܟܐ ܒܟܐ ܡܟܐ ܕܝܡܬܐ ܕܢܒܬܐ ܠܝܩܕܝܡ ܣܘܟܢܘܬܐ ܕܫܘܬܦܐ ܕܫܘܬ ܕܒܝ ܟܦܝ، ܡܝܬܕܝܡ ܢܒܒ ܕܒܝܬܐ ܕܒܟܬܐ ܫܘܒܐ ܡܢܗܘܢܒ.