

# 10 October



## For no bot kruse sik

### Understanding Mental Illness

**Kruse na de big wod for borku oda sik den way de anbug yu mind or yu brain. Den sik ya na way yu hade de anbug en yu de get poil hart, yu nor de be yusef, yu tuu worry en nor de mit up wit enibodi bicoz of de way yu de behave, old is de anbug de way porsin de memba, fil en de du.**

#### Ow kruse kin kam

Wi stil nor no waytin de korz kruse. Waytin wi no na dat kruse nor to enibodi in fult, wiknes or som kayn tin way nor gud per porsin. Na lek eny kayn sik. Som pan de tin dem way de lid to kruse na:

- Way yu hade de mix up or anbug. Den tin ya kin anbug de way yu brain de woke en kin anbug bak de way yu de fil, memba en de wit oda pipul dem.
- Usai yu de bak. De sai usai porsin day, ow den day, den famili life, waytin don pas den, morles en oda stresful experense na life kin kontribute or tiklis kruse sik.
- Ow God make yu. Kruse kin somtem de na famili en kin de bak wit porsin way den bun yu. Bot bak, porsin kin bun wit de kruse blod, bot nor kin kruse na in life, tay e dye.
- Way porsin de yuse tin way de ton in hade en drog, dat kin anbug de way yu brain de woke en kin put yu na road for kruse.
- Way yu de tink bad tin oltem. If porsin de na kruse road, e kin oltem tink bad bad tin den way de make in kondishon badof.

#### Udat de na kruse road?

Kruse de anbug 20% Australia pipul dem na som stage na den life, en kin de for shot tem or kin mona en tay. Ee kin apun pasmak to yong pipul dem en de anbug 25% of den kayn age ya. Pipul kin get borku stres way den waka go na new kontri. Den wan way komot pan waar en de run for den life kin get pasmak stres way kin make den kruse kwik.

#### Way yu no kwik

Dis wan nor be de same to olman, bot de sayn way fiba to olman na way de porsin bigin du tin way nor fiba ram wantem or smol smol. De tin way nor fiba den kin be way den ri akt to somtin way apun na den life, mor lek pikin way de big, bot kin see in dokta or masta sabi porsin pan wel hade biznes if e fraid.

#### Ow yu de no or de see sayn dem

Na two kayn kruse day en de way yu de take no nor be de same to olman, e lef pan de kayn kruse sik:

- Way de hade don ton oba: usai porsin de na in yone wold en nor de see waytin de apun aroundam.
- Way yu mood nor de fayn: Dat na way porsin in hole life koba wit som kayn sori sori oltem, wori, fraid, nor de ebul slip, nor lek for du waytin den blant enjoi de du, de way e blant it nor stedi.

Den change, kin apun so kwik or kin apun smol smol en hat for notis, de porsin kin fenam hat for woke, lan, day wit oda pipul dem en oda tin den na life.

### **Tritment en way yu de kam to yusef**

Look lek ol krase sik kin get tritment or den kin reduce in trobul wit watan meresin. Wan pan de big tin way de ep porsin for wel na leknes en way olman no bot de sik. Way porsin krase, pipul den kin olways pusham far en nor kin wan de witam, som pipul kin evin embaras dem, nor kin nia dem en kin kos dem if den nor no say dat nor fiba de porsin. Kulture de tel plenti tem pan wel hade biznes en e guud for memba usai de porsin komot way e kam for get tritment.

E guud for memba say wan pan evri faiv (5) big pipul dem go krase ah lek na wan tem na den life, den kin men krase, bot leknes en way pipul den no bot de sik kin ep porsin wel kwik.

### **Dis na for ad pan de informashon**

Multikultural Mental Helt insai Australia (MMHA) na for de hole kontri way de get moni from de kontri govment way de woke wel wel wan wit den masta sabi pipul den pan wel hade biznes, den wan way de yuse wel hade servis en udat de kia for dem, de wan way de tok for pipul dem, en big big book lanin sai dem way de bato wel hade biznes, en den wan way de kampain for tap udat de tri for take in yone life, dat na for Australian porsin way komot sai way get plenti kulture en language, gi waytin for rid en lan bot wel hade.

If yu wan rich MMHA, fone: 02-98403333, yu kin fax: 02-98403388, yu kin sen email to: [admin@mmha.org.au](mailto:admin@mmha.org.au), de sai for go en lan plenti bot dem na [www.mmha.org.au](http://www.mmha.org.au)

De wel hade kounsul na Australia (MHCA) na de papa for ol udat way nor to govment na de kontri en na in kin tinap en tok for wel hade biznes na Australia, e tie in orja for get beteh wel hade for ol udat na Australia porsin. Yu kin rich dem pan 02-62853100, yu kin sen email na: [admin@mhca.org.au](mailto:admin@mhca.org.au), en if yu wan no plenti bot dem, go na [www.mhca.org.au](http://www.mhca.org.au)

