

Wetin na da sik wae de mek yu frayd ɔltɛm?

(What is an anxiety disorder?)



Wetin na da sik wae de mek yu frayd oltem?

Frayd sik na aw porsin fil wae yu de insai trɔɔl ɔr get pwel hart. Wae porsin nɔr de fayn, den kin tɔrment, bet bet en frayd Dis wae fɔ fil kin apun to porsin lek wae woke lef yu, den wan wae yu de nɔr skin wit skata pan yu, yu sik bad bad wan, wae yu get byg byg aksident ɔr porsin wae ina tu kloze dye. Dis kayn wae fɔ fil fayn en nɔr kin tay.

Bicoz dis frayd sik de anbɔɔg pipul dem ɔltem, e fayn fɔr no de difrens wae de bitwin wae de bet bet en wae yu de frayd ɔltem na yu lyfe.

Dis frayd frayd sik nɔr jis bi wan kayn sik, bɔt na bɔrku ɔda sik dem wae kin ɔltem mek porsin frayd pas mak, de tɔrment pasmak en kɔnfuze.

Den kin fen dis sik pan pipul den wae de frayd frayd pasmak en dat de anbɔɔg aw den de liv den lyfe en tap den fɔ du wetin den go lek fɔ du.

Dis frayd frayd sik na wan pan den sik wae de ɔltem mek pipul krɛse, en de anbɔɔg wan porsin usai evri twɛnti(20) porsin dae. E kin bigin wae yu de tɔn big man, but kin bigin bak wae yu na pikin ɔr sɔmtem na yu lyfe.Uman den kin get dis frayd frayd sik pas man dem.

Dis frayd frayd sik kin jis kam pan porsin wae yu nor dae no. De sik kin kam wit som kayn tin wae de mek yu nɔr de blo fayn en yu hart de bit kwik kwik. ɔda sayn na dat yu kin swet pasmak, yu bɔɔdi kin shayk ɔnda yu, yu de choke, yu de fil lek yu wan vɔkmit, yu bɛleh de anbɔɔg, yu hade de tɔn, yu bɔɔdi de chuk chuk, yu nɔr de no wetin de apun to yu ɔr yu kin fil sae yu dɔn halaki.

Dis frayd frayd sik de anbɔɔg aw yu de mɛmba, fil, bihayv en if yu nɔr tritam, e kin kam wit pasmak pwel hart en go anbɔɔg yu. De gud nyus na dat, de tritment kin woke fayn fayn wan.

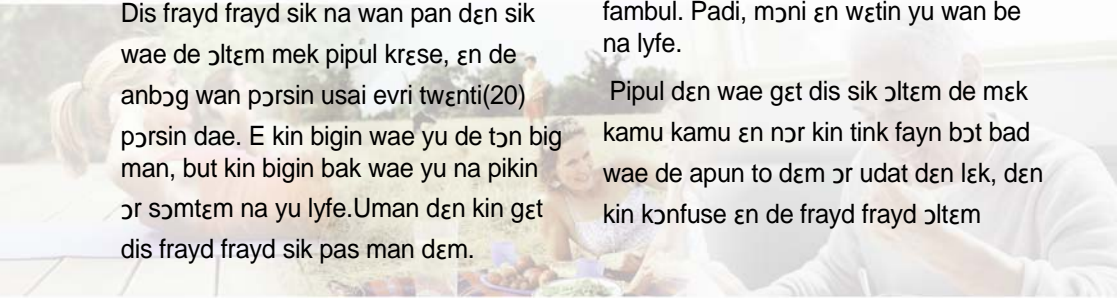
wetin na di difren kayn frayd frayd sik dem?

Bɔrku ɔda kayn frayd frayd sik den dae.

De frayd frayd sik fɔ ɔlman

Dis wan wae de kam fɔ ɔlman kin kam wit pasmak kamu kamu wae yu nɔr ebul kɔntrol. Yu kin wɔri bɔt wɛl bɔɔdi, yu fambul. Padi, mɔni en wetin yu wan be na lyfe.

Pipul den wae get dis sik ɔltem de mek kamu kamu en nɔr kin tink fayn bɔt bad wae de apun to dem ɔr udat den lek, den kin kɔnfuse en de frayd frayd ɔltem



Da kwik frayd wae dae apun אלתם ען kin kam כר נכר kin kam wit wae yu נכר לֶק כֹּכ frayd usai yu נכר go ebul נכר כֹּכ yu lyfe (agoraphobia)

Pipul den wae get dis sik kin frayd tin wae נכר du כֹּכ frayd ען yu kin si אן pan דעם so. E kin tan לֶק דען de get hart atak. דען kin frayd bak sae דען go קרעסע , de sik go kil דעם כר נכר kin no וועטין כֹּכ du.

Den frayd kin מעק סאָם man tap כֹּכ קאָמֹט, kin si inset pan סאָם kayn lyfe wae אַט ען נכר kin ebul exkape pam. דען kin frayd bak sae פּאָרסין נכר go day כֹּכ עָפּ דעם wae דען nid אן.

Pipul דען wae de fil dis kayn wae kin frayd כֹּכ de na krowd לֶק דען big big shap, sai wae tyte, פּאָבליק מַטּוֹקאַ, lyft ען דען big road.

דען wan wae get dis sik kin fil fayn wit udat דען תּרַס כֹּכ וועטין de nia דעם. Dis kin bi yu וועָפּ, padi, puse כר דאָג wae yu de מען כר מערעסין כֹּכ דען sik.

Wan patikula frayd (specific phobia)

אלמן get סאָם kayn frayd wae kin jis אָפּוּן, בֹּתֵי frayd kin bi sae na wan patikula tin כר סאָמטין wae bin דאָן אָפּוּן de אַנבאָג yu. Dis kin bi wae yu de frayd

כֹּכ tinap sai wae hi, wata, דאָג, sai wae smאָל, snayk כר bra spyda.

פּאָרסין wae get סאָם kayn frayd kin du fayn wae de tin wae e kin frayd נכר de bifo ram.

דאָן bak, wae דען si כר מעמבאַ dat tin wae דען kin frayd, דען kin bet bet pas mak wan ען kin get som kayn blak owt.

דען wan wae get dis sik kin trai נכר כֹּכ kam nia tin כר draw draw wae go מעק דען frayd.

Wae yu de frayd כֹּכ de wit אָדאַ פּאָרסין (social phobia)

Dis kayn frayd tranga n kin fasyn pan פּאָרסין. De פּאָרסין kin frayd sae אָדאַ pipul דען de wach אן ען go תּאָכ bad בֹּתֵי דעם.

Dis frayd כֹּכ de wit pipul דען kin אַנבאָג פּאָרסין in lyfe bad bad wan, דען kin fil beteh wae דען קאָמֹט nia אלמן ען kin bia wit דען פּוועָל hart. דען kin no וועטין כֹּכ du bifo אָדאַ pipul דעם, lek wae דען de it, תּאָכ, drynk, ryte כר לֶף כֹּכ mix wit אלמן.

Wae de sik de wit yu pasmak (obsessive compulsive disorder)

Dis sik kin אלתם מעק yu de מעמבאַ tin wae yu נכר לֶק, ען kin מעק yu put אן pan

ɔl kayn tin fɔ tap dis kayn wae fɔ mɛmba.

Dɛn sarah ya kin teik pɔrsin in tɛm ɛn kin anbcɔg wɛtin yu blant du. Lɛk so, yu kin ɔltɛm lɛk fɔ wɔsh yu an, wach if de domɔt lɔk, de ovin de uf ɔr kin lɛk fɔ du trayt.

Pɔrsin wae get dis kayn sik pasmak kin shaym ɔltɛm nɔr kin lɛk fɔ tɔk bɔt de sarah wae dɛn kin de pan ah lɛk na dɛn fambul

De pwɛl hart wae kin kam wae sɔm kayn trobul pas yu (Post traumatic stress disorder)

Dɛn wan wae kin dɔn pas tru pasmak trobul lɛk fɛt, bad tritment, mɔtoka aksident, faya ɔr du dɛn sɛf bad, kin get dis pwɛl hart ɛn frayd evin wae de trobul go dɔn pas lɔn lɔn tɛm. Nɔr to ɔlman wae dɔn pas tru trobul kin fil dis wae.

Dɛn wan wae kin get dis prɔblɛm ɔltɛm de mɛmba dis na dɛn hade, lɛk so, de trobul kin kam to dɛm wae dɛn de slip ɔr wae dɛn kin mɛmba. Dis mɛmba wae dɛn kin mɛmba de trobul kin kam lɛk wae dɛn si tin wae fiba wɛtin mit dɛm, dɛn kin trai fɔ avoyd dɛn kayn sai. Dis kayn tin kin mɛk sɔm man nɔr de fil natin agayn na den lyfe, dɛn nɔr kin kry ɔr get sɔry hart agayn.

Aw dis sik de bryng kam ɔda krɛse hade sik

Den wan wae get pan dɛn frayd frayd sik kin get ɔda wan bak ɛn dɛn kin get pwɛl hart bak. If yu wan no mɔr bɔt pwɛl hart, na fɔ rid de paypa wae tɔk bɔt wɛtin na pwɛl hart sik?

Dɛn nɔm ɛn dɛn bad bad chɔp wae kin anbcɔg pɔrsin kin ɔltɛm kam wit dis frayd frayd. Dis kin mɛk am at fɔ gi tritment , ɛn wae yu tap fɔ it den kayn bad chɔp ya go fayn.

Wɛtin kin kam wit dis frayd frayd sik?

Bɔrku ɔda tin de wae de kam wit dis sik ɛn dɛn ɔl joyn joyn. Dɛn ɔl get wɛtin kin bryng dɛm ɛn kin at fɔ no sɔmtɛm.

Aw yu de get am to yu mama ɛn papa

Wi dɔn no sae yu kin get dis sik na famili. Dis fiba ɔda kayn sik dɛm lɛk wae yu get bɔrku shuga na yu blɔd ɛn hart kɔmplayn.

Pɔrsin kin teik wɔri wɔri sik bak to yu mama, papa ɔr pɔrsin insai yu famili.

Aw de yam yam na yu bɔdi de woke

Sɔm pan de frayd frayd sik kin kam pan pɔrsin wae dɛn yam yam na yu bɔdi kin dɔn mixup na yu hade. Da tin wae de kɔntrol aw yu de fil ɛn ri akt to sɔmtin kin gɛt fɔ du wit dis.

Wam hat

Dɛn wan wae gɛt wam hat kin gɛt dis frayd frayd sik pas ɔlman. Dɛn wan wae sɔmtin kin mɔna kwik ɛn vɛx, kin lɛk fɔ no bɔt ɔltin wae de apun ɛn de panik kin dis frayd frayd sik pas ɔlman bak.

Pɔrsin wae nɔr bin de du wɛtin e wan fɔ du ɛn dae shaym wae e smɔl, kin gɛt sɔm kayn frayd frayd sik, lɛk wae dɛn frayd fɔ de wit pipul dɛm. Wae yu de lan fɔ fet bak

Sɔm man kin de sɔm sai, pɔrsin, tin wae de mɛk dɛn vɛx ɔr frayd kam pan dɛm. Dis kin apun wae de tin wae apun fiba wɛtin bin dɔn mit dɛm bifo.

Pwɛl hat

Pwɛl hart pan pɔrsin kin gɛt fɔ du wit frayd frayd sik, mɔr lɛk wae de kin mɛmba trɔbul wae bin dɔn pas.

Uskayn tritment dae?

Dɛn kin mɛn dis frayd frayd sik fayn fayn wan. Wi no sae ɔl mix up get in yone

wae, bɔrku kin mɛn wae de pɔrsin gɛt tritment bɔt in hade ɔr teik mɛrɛsin

Tritment wae dae fɔ mɛn de hade ɛn gi mɛrɛsin bak kin ɔltɛm kɔmot fayn.

Fayn tritment fɔ frayd frayd sik na dɛn wan ya:

- da tritment wae de fɔ mɛn aw yu mynd de woke kin ɛp for chayng aw yu de mɛmba, bihayv ɛn tin dɛn wae yu fil sae de mɛk yu frayd. De tritment fɔ mɛk de pɔrsin yuse to wɛtin de mɛk e frayd ɔltɛm.
- Aw yu de kɔntrol frayd ɛn aw yu fɔ de kip yu tɛm.
- Dɛn tin wae nɔr de mɛk yu gɛt pwɛl hat fayn fɔ dɛm frayd frayd sik ɛn de ɔda tin dɛm wae kin kam wit pwɛl hat.
- Yuse mɛrɛsin wae de fɔ tap frayd frayd na yu mynd ɛn dɛn kin ɛp. Mɛrɛsin nɔr de fɔ mɛn frayd frayd sik, dɛn kin jis trai fɔ kɔntrol de sik in sayn dɛm wae de pɔrsin de teik tritment fɔ in hade.

Fambul ɛn padi dɛn wae gɛt pɔrsin wit dis sik kin ɔltɛm kɔnfuze ɛn gɛt pwɛl hart. Wae yu gi dɛm ɛp, lan bɔt de sik, dɔn bak wae ɔlman na dɛn kɔminiti no bɔt de sik, kin fayn fɔ mɛn de sik.

Usai fɔ go wae yu nid ɛp?

- Yu dɔkta (dat na yu GP)
- Yu kɔminiti helt senta
- Usai den kin mɛn krɛse na yu kɔminiti

Fɔ mɛk yu no mɔr bɔt de sai den wae de fɔ go, chɛk usai den kɔl kɔminiti ɛp ɛn de ɔda sai wae de kia bɔt wi, yu kin gɛt dɛm ɔltɛm ɛn den nɔmba de usai wi kin wach fɔ tɛlifone 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 den fɔ kɔl ɛn den go tɛl yu bɔrku ɔda tin fɔ no ɛn ɛp yu.

Bɔrku ɔda tin de fɔ no na:

- www.mmha.org.au
- www.beyondblue.org.au
- www.betterhealth.vic.gov.au
- www.adavic.org.au
- www.crufad.org
- www.ranzcp.org
- www.sane.org
- www.understandinganxiety.org.au



For more information
call WayAhead's
Anxiety Disorders Information Line
1300 794 992

Wɛtin fɔ no bɔt dis paypa

Dis paypa ya de wit bɔrku ɔda paypa den wae den ryte bɔt krɛse sik ɛn na Australia gɔvment gi de kɔpor wae den de tri fɔ fɛt krɛse biznɛs na de ole kɔntri.

ɔda paypa wae den dɔn ryte bɔt den saym kayn tin na den wan ya so:

- *Wɛtin na krɛse sik?*
- *Wɛtin e min wae yu mood nɔr stɛdi?*
- *Wɛtin e min wae yu hart pwɛl ɔltɛm?*
- *Wɛtin na kraibɛlɛh ɔr angribɛlɛh?*
- *Wɛtin e min wae yu nɔr de du tin wae fiba yu?*
- *Wɛtin na Haflahun?*

Yu kin get den paypa ya fɔ natin na Wel hade ɛn woke man biznɛs Wae na sai fɔ di Australia gɔvment Dipatmɛnt fɔ wɛl bɔdi ɛn ole pipul biznɛs

GPO Box 9848
CANBERRA ACT 2601
Tel 1800 020 103

www.health.gov.au/mentalhealth

fɔ get ɔda kɔpi insai ɔda pipul den langwayg, kɔl Mɔltikɔltchoral Mental Hɛlt na ɔstraylia (Multicultural Mental Health

Australia) ya so pan dis nɔmba:
(02) 9840 3333
www.mmha.org.au

