

# TUENY Ë NHOM

| MENTAL ILLNESS | DINKA - ENGLISH



Australian Government  
Department of Health



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# **MENTAL ILLNESS**

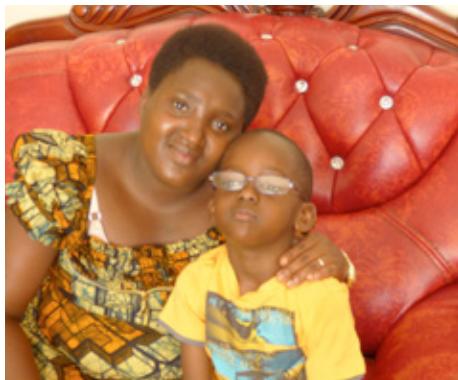
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**BILINGUAL BOOKLET ON COMORBIDITY**

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## TUENY Ë Nhom YE KË YİNDÄ?

Tuəny ë Nhom ee tëktëk ë raan rac yic apey, ku rec yuööm deen puöu ku rec dhël deen yen cəŋ ke koç kök ku gël raan bë ciën riël yen luui wälä ku cïn riël ben yen kë kë dëd kuɔny nhial. Kä ye looi piir ë raan aa kä tém.

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## WHAT IS MENTAL ILLNESS?

Mental illness significantly affects a person's thinking, emotional state and behaviour, and disrupt a person's ability to work or carry out other activities. The effects on a person's life can be severe.



## KË KÖK YE TAKİC

Koc juëc, alanden tënë koc kuï wënë ba cök bei ka päaköök, tak koc wën keek kuc käänj tedët ka guo muöl alëu bë aye njic ka noñ tuany ë muöl ye nhom. Eya, na cü raan jok bë luoi cü njiec looi tënë den ye luoi, kuën në thukuulic, koc ë maanydu thokic ku ka kök ye koc röm thïn, ke moc/tik tedët ka alëu bë ya kë tuany ë muöl ye nhom.

Tueñtuøy ë muöl ye koc nhïim aye kék njic ku aluöi yëlaac ë pan akïm në akim njic luoiden.

## SOME THOUGHTS

Many people, especially those from refugee backgrounds, think that only people who are foolish or crazy are experiencing mental illness. However, if a person starts to not perform well at work, study, family and other social relationships, he/she may be experiencing a mental illness.

Mental illnesses are diagnosed and treated by health care professionals.



## KÄ BA DEET ALON TUENY Ë NHOM

- Baai Yothralia, raan 1 käm koc ka 5 a bï Tueny ë Nhom dóm.
- Raan tuany ye nhom aa ye tueny ë nhom mät dhöl juääc piér de yic.
- Raan tuany ye nhom a lëu bï tueny ë nhom mät dhöl juääc kaam tökic.
- Koc koc aa ye tueny ë nhom mät kën yic tök ku teem ebën.
- Tën koc koc, tueny ë nhom a lëu bë ya dhuk ku dhuk kuat kaam cë loc ë püür raan yic.

## FACTS ABOUT MENTAL ILLNESS

- In Australia, 1 in 5 people will experience a mental illness
- A person can experience more than one episode of a mental illness in his/her lifetime
- A person can experience more than one mental illness at the same time
- Some people experience mental illness only once and fully recover
- For other people, mental illness may come back from time to time throughout their lives.



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## KÄK TUENY ŋ NHOM CÖL A JUAK YE NHIN AA KÄ CİT KÄKÄ

- Thër ye raan rot theer koc yiic, ካኝኝ ይ ወዕሃ, liu luoy ku di eer a loŋ lon panpiöök.
- Pan cë nhom yar, kec puöu ku ተን.
- Dhiëeu tē leŋ yen raan cë riäák, riëŋ ይ cieeŋ.
- Tueny cë ካኝኝ raan guöp cëmën tueny cukar, ፻፻፻, HIV, tëtök puöu.
- Teet ye raan tēet cök wei rin kín dël de wälä cieeŋ de.
- Kä cë rëët raan nhom püür deen apakat yic.
- Dëkdëk ይ määu wälä cëmcëm ይ wal rec.

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## FACTORS WHICH CAN IMPACT ON THE WAY A MENTAL ILLNESS IS EXPERIENCED

- Isolation, financial problems, work or school stress
- Family/relationship break down, stress or violence
- Grief due to loss of loved one, loss of culture
- Long-term physical illness such as diabetes, asthma, HIV, heart disease
- Racial or cultural discrimination
- Refugee life experiences
- Use of alcohol or other drugs.



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## TUΞNY Ë NHOM KOC LAC DCM AA

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### 1. DHIËN PUÖU

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Yok aa gup näär wälä riëækku puöth kuat kaam cë rot teem – ee yen tën püür ë raan. Riëŋ ë puöu ee bën rin kë cë rot looi, cëmën të cï raan cop luøy yic. Dhiën puöu ee bën të muk raan riëŋ ë puöu cït kën kaam bäríc, ku yeen ee kä juääc rac püür ë raan yic ku pëen raan bë kä keen theer nhieer keek cï ye bëen nhiaar.

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## TWO MOST COMMON MENTAL ILLNESSES

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### 1. DEPRESSION

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We all feel down or sad from time to time - it's part of being a human being. Sadness is a reaction to something in particular e.g. loss of job. Depression means that feeling of sadness lasts longer than normal, affects most parts of a person's life and stops people enjoying things they used to.



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## KÄK DHIËN PUÖU LAC NYUCÖTH AA LENJ YIIC

- Rëël ye raan rëël ka këc puöu yuööm, ku thuuc ku ye la njäny.
- Män ye raan kä keen theer ye looi maan diët ke cï ben wïc.
- Cool miëth wälä liu ye miëth liu raan puöu ku njueet raan.
- Kök ye nïn kök raan nyin wälä nuëek ye raan nuëek nïn ku ye rëér diët cë rot jot agerem yic.
- Rëér ye raan rëér dieer ku rith rot.
- Män ye raan man, ku yön rot ciët cïn kë path tën yeen ku gëk rot.
- Tëkték ye raan tak kä rec, gut tëkték thuocou ku diët näk rot.
- Ayaarnhom ku arem ë acueek.
- Liu ye raan puöu liu jam yic ke kooc ruääi ke yeen ku pamäth.
- Juëkjuek ye raan dëkdék määu wälä wal rec kôk juak nyin.
- Biön ye raan rot buoön rin cï ye thany nhom piny, ku ye rëér ka ce wët lac yar yic ku ye puöu njeer.

## TYPICAL SYMPTOMS OF DEPRESSION INCLUDE

- Feeling of unhappiness, moodiness or irritability
- Losing interest and pleasure in activities that you enjoyed
- Increase or loss of appetite and weight
- Trouble sleeping or over-sleeping and staying in bed most of the day
- Feeling worried or tense
- Feeling bad, worthless or guilty
- Having dark and gloomy thoughts, including thoughts of death or suicide
- Headaches, muscle pains
- Withdrawing from close family and friends
- Increased use of alcohol or other drugs
- Lack of confidence, indecisiveness, frustration.



## 2. DIĘER

Kuat raan ebën ee laj kaam yen laj kë dir yeen, bëyakédäj dięer a lëu bë rëëc të ye yen dięer ce bëen jäl raan nhom, bë raan ya lath, ku ye rëér këc rot päl piny ku ye dięer kă looi raan piér de yic rac yiic.

### KÄK DIĘER LAC NYUOOTH AA KÄ CİT

- Rëér ye raan rëér ciët len kë wääc.
- Riääk puöü, liääp nhom.
- Kök ye nïn kök raan nyin.
- Tëkték ye raan rëér tük kä dir yeen ku aa cï ye lac nyaai ye nhom.
- Tëkték ye raan tak diët loi awuöc.
- Juëkjuëk ye raan dëkdék määu wälä wal rec kök juak nyin.
- Arëëcrëëc ye raan la rëëcrëëc të rëér yen koc yiic.
- Kä kök röt looi raan guöp cëmën gut puöü, arem ë guësëj, dec, aŋjöök ku awiëëc.

## 2. ANXIETY

Everyone experiences anxiety at some time, however anxiety can become a problem when it is a long term feeling of worry, nervousness, or unease and it interferes with a person's life.

### TYPICAL SYMPTOMS OF ANXIETY INCLUDE

- Feeling on edge, panicky
- Anger, confusion
- Sleeping poorly
- Having worrying thoughts that are hard to control
- Trouble making decisions
- Increased use of alcohol or other drugs
- Distress in social situations
- A range of physical symptoms such as pounding heart, chest pain, choking, nausea and dizziness.



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## TUENY ŋ NHOM KU DËKDËK ŋ MÄÄU

Kooc kök aa dek määu rin bïk dhiën puöu nyaai ku mëärkä nhïim diëer ku yekä röt yök ke ye koc. Määu ku wal rec kök aa raan col a mit puöu ku mëär nhom kâk ye diir ku këc puöu kaam cek yic, ku na cë kaam bär wan, ka määu ku wal rec kök aa:

- Dhiën puöu ku diëer juak yic rin dëkdëk määu a lëu bë raan gäm diëer ku dhiën puöu.
- Döc rac yic.
- Kä kök rac piïr raan yic cëmën luoy, cieeñ baai ku pial guöp.
- Raan gäm kä rec kök alonj määu ku wal rec.

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## MENTAL ILLNESS AND ALCOHOL USE

Some people use alcohol to cope with the symptoms of depression and anxiety and to make themselves feel better. While alcohol and other drug use may provide short term relief from worry and sadness, in the long term, alcohol and other drugs can:

- Make the symptoms of depression and anxiety worse as alcohol use can cause anxiety and depression
- Complicate treatment
- Negatively impact on other areas of life such as work, family and overall health
- Cause a person to develop problems with alcohol or other drugs.



## DÖC

Tueenytueeny ë nhom juääc aa lëu bë ke döc. Apath ba rot col a loc gäm döc rin na loc raan gäm döc ka raan a ñic pial.

Tueenytueeny ë nhom aa ye akïim yok ku dockä keek. Döc path a lëu bë yic lan ciëeth bï akïim ë nhom raan caath, ku wëët raan, ku ye raan kony abak ku gëm raan wal alon bëëy ë pial guöp töu wut yiic. Döc ye raan gäm döc aa ce luëel tën thëy.

## TREATMENT

Most mental illnesses can be effectively healed. It is important to get treatment early as the earlier treatment starts the better the outcome.

Mental illnesses are diagnosed and treated by health care professionals. Effective treatment can include psychiatric assessment, counselling, ongoing support and medication through community health centres. Treatment is confidential.



# TE BİN LA WİC KUCCONY THİN

AkİM duun macthok

Wun Burundi: **8070706711/0469 803 827**

Kuccony ë Wut Baai SA, Baai alonj Athol Park: **(08) 8447 8821**

Pan Kooc Tuany ke Nhiiim Cuëec Gen Adelaide, Salisbury: **(08) 7485 4300**

Pan Ye Kooc Diëer ku Dhiëeukä Ke Puöth Gäm Döc Thïn, Thebarton: **(08) 8222 8100**

Aguir ë Beyond Blue: <http://www.beyondblue.org.au>, **1300 22 4636**

Pial ë Nhom Tën Kooc Cieenkuötic Australia: [www.mmha.org.au](http://www.mmha.org.au)

Kuccony ë Lék Alonj Määu ku Wal Rac: **1300 131340**

## WHERE TO GO FOR HELP

Your family doctor

Burundian Community: **8070706711 / 0469 803 827**

Community Access and Services SA, Athol Park: **(08) 8447 8821**

Northern Community Mental Health Centre, Salisbury: **(08) 7485 4300**

Centre for Treatment of Anxiety and Depression, Thebarton: **(08) 8222 8100**

Beyond Blue: <http://www.beyondblue.org.au>, **1300 22 4636**

Multicultural Mental Health Australia: [www.mmha.org.au](http://www.mmha.org.au)

Alcohol and Drug Information Service: **1300 131340**



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#### **Disclaimer**

People appearing in these photos are volunteers from community. There is no suggestion, real or implied that the people taking part in this booklet have mental health problems.



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