

JINGGABAT TU MATJ?

NOMO FILIM SHEIM BA TOKABAT

MENTIL HELTH IM LAIGA TRI

Tu jidan strongbala en helthiwan yu garra maindimbat dadan tri. Dat rutpat langa dadan tri yu gada lukaftumbat so im gin gro talbala en steindap strongwan.



SPIRRIT
LORE KOLTJA LANGWIJ
KANTRI BLEKBALA
SEIKRID DRIMIN
SERRAMONI ELDA
KASTAM PRAUD AIDENTITI

MENTIL EN IMOSHINAL
HELTHI HEDSPAIS
JINGGABAT GUDWEI
STRONGBALA HILIN
JINGGABAT BEKIMAP
FILIM DEDLIWAN
FILINGS SUPOT

FEMILI
FRENDS ANDI EN
ANGGUL MAMI EN
DEDI TRAIB BILONGIN
ROL MODIL SEIF PLAIS
FEMILIMOB
SUPOT

FISIKUL
HELTHI BODI
GUDWAN SILIP
GUD DAGA DENS
HELTI LAIF BIJING
HANTING SPOT
EKSYSIS DEDLIWAN

Adopted from Menzies School of Health research - Aboriginal and Islander Mental Health Initiative.

MAITBI YU NOTISIMBAT TJEINJ

Wen wi jinggabat tu matj im meigim yu fil sedwan, wikwan, taidwan, stris en angrivan. Dismob filing nomo guwei en im jidan la yu bodi longtaim im meigim yu bodi wikwan en bla yu maind nogudwan en yu lusimbat yu spirrit. Wen yu luk dismob thing dei hepining yu jinggabat dis kain jeinj.

- Filimbat sed la yu bodi en nomo wanda duimbat enijing
- Filimbat im hadwan ba duim enijing
- Wanda jinggabat mijelp
- Nomo idimbat gudwan daga
- Nomo habimbat gudwan silip
- Filimbat faniwei la yu bodi
- Filimbat gilti en sheimwan

- Jidanbat brabli sedwanwei en najing gen meigim yu hepiwan
- Krai kraibla najing en nomo sabi wanim bla yu kraib
- Habimbat trabul wen yu jinggabat ebrijing
- Habimbat tu matj grog gunja/yarndi en najamob drugs
- Jinggabat ola bedwan wei yu gen meigim mijelp dai

