

Wetin na dipresiv disɔda?

(What is a depressive disorder?)



Wetin na dipresiv disoda?

Dis wod dipreshon de tok bot da pwel hart wae olman kin get na lyfe. Na wod bak wae den kin yuse fo tok bot borku oda kayn pwel hat sik.

Wae e bi sae dis pwel hat sik borku en plenti, e fayn fo no wetin na de difren bitwin gladi gladi en pwel hat na lyfe en de sayn dem.

Wae yu wori, lek udat yu lek dye, yu padi biznes pwel or yu get tranga frostrashon, borku pipul nor kin gladi. Dis na aw pipul den kin riakt to den kayn tin, bot e nor kin tay. Wi nor kin kol den kayn tin pwel hart, bot na tin dem wae dae na wi lyfe.

Pwel hat sik na borku sik dem wae get plenti or long long biznes en porsin kin los intrast pan plenti tin wae yu bin lek fo du. Dae sayn dem kin anbog pipul den lyfe pasmak.

Den pwel hat sik ya borku en wan porsin usai evri fyve (five) pipul dae go get am na den lyfe.

Den pwel hat sik na soba en wori hat sik dem wae get de pawa fo anbog porsin lyfe en wel bodi. Fo mek masta sabi pipul dem wach yu en trit yu go fayn. Wae de sik pasmak somtem dae, fo tap na ospitul go fayn. De guud nyus na dat, pwel hat tritment kin woke fayn wan.

Wetin na de mayn difren difren pwel hat sik dem?

Borku borku kres sik kin kam wit pwel hart.

De alagba den pan dis pwel hat sik

Dat na de pwel hat wae den ki si pan borku pipul dem. Porsin wae get pasmak pwel hat kin kol en nor kin aybul enjoi lyfe. Den nor kin aybul konsentrayt, get treng, it en slip lek fostem.

Den kin oltem fil bad bot den sef. Den nor kin abop pan enytin na lyfe en kin don givop. Dis kin mek den bigin memba fo teik den yone lyfe.

Som ebi pwel hat sik kin kam pan porsin wae yu nor no aw e kam en kin grap pan pipul dem wae evin get wel bodi, wae na masta sabi porsin, get api famili en padi dem. Tin wae de mek yu hart Wori en yu nor aybul kope wit, kin bryng dis sik kam.

Wae dae sayn dem fo dis pwel hat nor plenti en pasmak, bot dae tay (lek pas tu yia), den kol am distamik disoda (dat na wae yu nor aybul enjoi or gladi, bot nor to de saym lek pwel hart (dipreshon) en dae tay pan porsin (*dysthymic disorder*).

Aw yu dae ajust yu lyfe wit de pwel hat

Porsin wae get dis sik kin dae pan soso wari wari na lyfe, lek wae kloze padi biznes pwel or woke lef yu, bot e nor kin apun so normo.

Dis dipreshon filin kin pasmak somtem en kin kam wit frayd wan wan tem, nor de slip en it beteh. De sik in sayn kin teik lek wik to yia. Pipul dem wae get dis kayn pwel hat sik, fayn fo de teik tritment oltem fo ep den fen wae fo bia wit wetin de apun en bia de sayn dem.

Pwel hart wae yu kin don bon pikin

Wae uman kin bon pikin, den kin get wetin wi kol 'bayby blues' (dat na wae den kin kry kwik en den muud bak nor kin stedi) Den kin get smol smol pwel hart, mago mago, nor kin fil wel en kin fenam at fo slip ah lek sef den taya. Dis kayn pwel hart kin teik lek awa or som dae, den e los.

Wae yu teik lek ten pasent kombra, dis pwel hat kin ton to soba disoda wae den kin don bon, den kolam pwel hart afta bon pikin (Post-natal dipreshon). Kombra dem wae get dis sik kin fenam at fo bia wit de yagba wae lyfe get.

Den kin de frayd frayd, los konfidens, nor kin gladi en taya pasmak. Som kombra de get panic atak or kin vex

kwik. Somtem den nor kin aybul it en slip beteh.

De pasmak wan dae, bot nor kin kaych kombra den so normo en kin mek yu lek udat wan kres. Som kombra nor kin aybul bia wit lyfe en dat kin anbog aw e de memba en du bak.

E go fayn fo mek kombra en pikin get tritment fo dis sik en guud guud tritment dae fo de sik.

Bipola Muud Disorda

Porsin wae get dis sik kin expirans pasmak pwel hat en kin kam somtem wit som kayn medikal kondishon wae kin kam wit hi hi filin, treng en dae memba foni foni tin dem, yu hat de wam, dae tok kwik kwik wan en nor kin soba.

Wae yu wan no mor bot dis pwel hat sik, yu fo rid dis paypa: wetin na dipresiv disoda? (dat na wae yu hat pwel oltem)?

Aw di difren difren krays den kin waka fut-fut

Porsin wae get dis pwel hat sik kin oltem get sayn fo sho sae e de frayd. Fo kno mor bot dis frayd sik, rid de paypa wetin na da pasmak frayd sik?

Wae yu dae teik den bad rom en drog kin ep fo bryng pwel hat. Dis kin mek tritment at fo woke, so wae yu no aw fo teik rom en drog go fayn banba.

Pipul dæn wae get dis sik kin lek fo teik dæn yone lyfe.

Wetin kin bryng dis pwel hart sik?

Plenti tem, borku oda tin kin get fo du wit pwel hat sik.

Aw yu dae get am from yu fambul

Borku stordi don sho sae dis pwel hat sik kin dae na famili usai porsin dae get am. Dis fiba oda kayn sik dæn wae porsin dae get na in famili lek da shuga sik en hat komplayn.

Aw yu bodi yam yam kin bryng de sik

Somtëm dae dis pwel hart kin kam wae de yam yam na yu hade nor korekt. Da Merësin wae kin woke pan pwel hat kin trit dis kayn sik.

Wori hart sik (Stres)

Dis wori hat sik sef get somtin fo du wit dis pwel hat sik, mor lek wae porsin get som kayn wahala na in lyfe.

Dis pwel hart sik kin kam pan pipul dem wae dae go tru som kayn soba tin na dæn lyfe, lek wae uman bon, uman tap fo si in piriod en wae yu porsin dye.

Wae dis kin don bi, de sik kin plenti pan porsin wae kin jis don macho, uman dem, ole pipul dem en pipul dem wae get lek hat fuut, kot an, blen, en leprosi.

Wam Hat

Porsin wae get wam hat kin get dis pwel hat sik sayn kwik. Dis pwel hat sik kam pan pipul dem wae mago mago, de wach enytin wae porsin de du, de respond to somtin kwik, en kin teik smol tin sef big en kin torment kwi pan wetin de apun na dæn lyfe.

Pipul dæn wae lek fo du tin fayn en kin si dæn sef som kayn wae, en kin lek fo si dæn sef en oda pipul dem dae du big big tin dem, kin get pwel hat oltem.

Dæn wan wae kin oltem luuk to oda pipul dem fo ep go get dis sik wae dæn ton dæn don. oda wae bak, pipul dem wae kin memba guud tin na lyfe nor kin get dis sik normo.

Rom en drog yuse

Dæn bard bard rom en drog yuse kin mek porsin get dis pwel hat sik kwik. Dis kin ad bak to wae dæn kin tri fo teik dæn yone lyfe.

Uskayn Tritment dae fo men dis sik?

Dæn kin trit dis pwel hat fayn fayn wan.

Pipul dæn wae nor kin gladi fo long tem en de anbog dæn lyfe pasmak, fo si dæn famili dokta or go na kominiti helt senta.

Dën kin gi tritment bi aw de sik in sayn dën dae, bõt tritment kin tan læk dën wan ya.

- Fõ du sòm tin bõt de hade, læk da tritment bõt aw yu hade kin du (CBT) kin tri fõ chayng aw yu kin mamba en biliv pan tin dëm wae gët fõ du wit pwel hat.
- Wae una de trit una sef kin ep pipul dën fõ no wetin dis kayn tin kin do to aw pipul dën de fil Fõ mitõp de pwel hat tẽm fõ dis sik, mæresin dae wae de woke pan de pwel hat fõ drøv da filin, mæk yu slip en it fayn, en pul pan aw yu de frayd.
- Læk òda mæresin fõ mæk pørsin kol, dis mæresin wae de mæk yu drøv pwel hat nør fõ yuse pørsin. dën kin bryng kam de tin dëm wae de pas pas mæsag na yu ed saful saful, e kin teik læk wan(1) to fõr (4) wik fõ mæk e woke fayn.
- Speshal mæresin dën dae fõ kõtroll yu muud in stedi wan, læk fõ da bipola muud disòda.
- Tin wae yu blant du de chayng, læk fõ exacize, teik smøl røm en drøg, kin ep pipul dëm fõ mæn dis pwel hat sik.

- Fõ sòm bard bard pwel hat sik dëm, da shøk tritment kin fayn en de woke guud guud wan. E kin sayv sòm man wae kin wan teik dën yone lyfe or pipul dën wae døn tap fõ it en drynk kin dye biköz of dis kayn tin.

De fambul en padi dëm fõ udat gët dis pwel hat sik kin òltẽm kånfuze en wõri.

Fõ put an ònda dëm en lan bõt de sik, døn bak fõ òndastand dis sik bõtẽh na de kãminiti, na guud guud sayn fõ mæn de sik.



Usai for go way yu nid ep

- Yu dokta (dat na yu GP)
- Yu kominiti helt senta
- Usai den kin men kruse na yu kominut.

For mek yu no mor bot de sai den way de for go, chek usai den kol kominiti ep en de oda sai way de kia bot wi, yu kin get dem oltem en den numba de usai wi kin wach for telephone numba nay a so.

If yu go lek posin fo intaprit fo yu, kol (TIS) pan dis numba 13 14 50

If yu wan kwik sai for tok to porsin bot yu trobul, go or kol da sai way name (Lifeline) pan 13 11 14. Lifeline kin gi oda sai den for kol en den go tel yu borku oda tin for no en ep yu.

Borku oda tin de for no na:

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

Insert your local details here

Wetin for no bot dis paypa

Dis paypa ya de teik wit borku oda paypa den wey den rite bot kruse sik en na Australia govment gi de kopor as den de tri fo fet kruse biznes na de ole kontri.

Oda paypa wey den don rite bot de sam kayn tin na den de ya so.

- *Waytin na kruse sik?*
- *Waytin e min for de wit fraid oltem?*
- *Waytin e min way ow yu de fil de go up n don r?*
- *Waytin e min way yu hart poil oltem?*
- *Waytin na krai-beleh or angri behleh?*
- *Waytin na Haflahun?*

Yu kin get den paypa ya for natin na Wel hade en woke man biznes Way na sai for di Australian govment Dipatment for wel bodi en ole pipul biznes:

GPO Box 9848
CANBERRA ACT 2601
Tel 1800 066 247
Fax 1800 634 400
www.health.gov.au/mentalhealth

Fo get oda kopi insai oda pipul den langwayg, kol Moltikoltchoral Mental Helt na ostraylia (Australia) ya so pan dis numba (Multicultural Mental Health Asutralia): (02)98403333
www.mmha.org.au

