

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အသီ

တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အုၣ်ကီၤသး - 8  
**Safe, Smart and Healthy – Keys to Success in Your New Home**  
 Medical Care and Health Insurance - 8

**KAREN**

<p>တၢ်ဘၣ်ထံၣ်လိာ်နသးဒီးကသံၣ်သရၣ်ဘၣ်ယးတၢ်ဆူးတၢ်ဆါဒီးတၢ်တူၢ်ဘၣ်တၢ်လၢနခိၣ်ဒီးနခိၣ်န့ၣ်အပူၤတဖၣ်န့ၣ်မ့ၢ်တၢ်ညါန့ၢ်မၤအသးလီၤ.တဘၣ်မဲၣ်ဆူးလၢနကတဲတၢ်ဒီးပှၤတဂၤဂၤခီဖျိနသ့ၣ်အူးသးအူးဒီးဘၣ်ကိာ်ဘၣ်ဂီၤအယိတဂ့ၤ.</p>	<p>It is common to need to see a doctor about pain and suffering you have in your head and your mind. Do not be embarrassed if you need to talk to someone because you are feeling sad or worried.</p>
<p>နတၢ်ကီၤတၢ်ခဲလၢညါတဖၣ်ကအိၣ်ဟံၣ်စၢၤဒီးနၤ, ဒီးတၢ်ကိာ်တၢ်ဂီၤလၢမ့ၢ်မဆါတနံၤအံၤတဖၣ်အယိနမံတန့ၢ်,ဟ့ၣ်နၤတၢ်မံမိာ်ပျီၤသီအၢၤ, မ့တမ့ၢ်ဒီးအိၣ်ထီၣ်တၢ်ကိာ်ခဲလၢတၢ်ရူၣ်လိာ်သးအပူၤလီၤ.နမ့ၢ်အိၣ်ဒီးတၢ်တူၢ် အံၤတဖၣ်ဂ့ၤလၢနကတဲသကိးတၢ်ဒီးပှၤလၢအစဲၣ်နီၤလၢခိၣ်န့ၣ်ဒီးသးဂ့ၢ်ဝီတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တဖၣ်လီၤ.</p>	<p>Your previous difficulties can stay with you, and current problems can make it hard to sleep, give you bad dreams, or cause trouble in your relationships. If you have some of these feelings, it is good to talk to someone who is an expert in mental health</p>
<p>နမ့ၢ်သ့ၣ်နီၣ်က့ၤတၢ်လၢနလီၤခံ,မံမိာ်ပျီၤသီအၢၤတၢ်ထီၣ်တဘိယုၢ်ယီ,တူၢ်ဘၣ်လၢအိၣ်ဒီးတၢ်ကမၣ်မ့တမ့ၢ်အသ့ၣ်ၣ်သးဖျိး,မ့တမ့ၢ်မံတန့ၢ်ဘၣ်အခါနကလိာ်ဘၣ်ပှၤစဲၣ်နီၤလၢခိၣ်န့ၣ်ဒီးသ့ၣ်ဂ့ၢ်သးကျိၤတဖၣ်အတၢ်မၤစၢၤန့ၣ်လီၤ.တၢ်မၤစၢၤတဖၣ်အံၤကဘၣ်တၢ်ဟ့ၣ်အီၤလၢပှၤဟ့ၣ်ကူၣ်မၤသကိးတၢ်,ပှၤစဲၣ်နီၤလၢသ့ၣ်သးဂ့ၢ်ဝီတကပၤဒီးပှၤဂ့ၢ်ဝီပှၤမၤတၢ်ဖိတဖၣ်န့ၣ်လီၤ.</p>	<p>If you flash back to memories of the past, have regular nightmares, guilt or anger, or difficulty sleeping, you may need the help of a mental health expert. This kind of care might be provided by a counselor, psychiatrist or social worker.</p>
<p>အရူၣ်လၢနကမၤန့ၢ်တၢ်မၤစၢၤထဲန့ၣ်မးနကလဲၤမၤဘၣ်တၢ်န့ၣ်လီၤ.နမ့ၢ်တန့ၢ်တၢ်မၤစၢၤဘၣ်န့ၣ်ကကီၤဝဲလၢနဂီၢ်ဒီးနပှၤဟံၣ်ဖိအဂီၢ်န့ၣ်လီၤ.မ့ၢ်လၢနယုတၢ်မၤစၢၤလၢခိၣ်န့ၣ်,နီၢ်သးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အယိတၢ်တစံၣ်ညါန့ၢ်မ့ၢ်ဂ့ၤ,ထူးပးယံၤကွံာ်နၤဒီးနဟံၣ်ဖိယိဖိမ့ၢ်ဂ့ၤန့ၣ်ဘၣ်.</p>	<p>It is important to get help so that you can go to work. Going without help can be hard for you and also your family. You will <i>not</i> be punished or taken away from your family because of asking for help with your mental health.</p>

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