



Thluak hmanlo mi zohkhennak?

Thluak hmanlomi cu zeidah asi?

Thluak hmanlomi cu an holh ning, an ruah ning, an umtu ning siseh chambau nak an ngei. An holh ning, an ruah ning, an umtu ning kha aa-cawh dih tawn. Mah ban tut hnanih a zawtu, a zohkhen tu le inn chungkhar dih lak kan nunnak ah harnak a kan pek tawn. Thluak hmanlomi a mah sual nak zong asi lo, ningzah awk zong asi lo.

Zohkhenhtu cu hodah ansi?

A zohkhenhtu timi cu ho asi zong-ah mizaw inn chungkhar, a siloah hawikom rualchan nih thinlung he taksa pumhe bawmhnak pe tu kha asi. Thluak hmanlomi le hawikom rualchan zohkhenh hi a biapi ngai ko. Hih bantuk i a tuah tukha zohkhenhtu kan ti. Zohkhenhtu hi kum zeizatna si zongah tuan khawh asi ko.

Respite (Cantawite chung i dinhnak) cu zeidah asi?

Thluak hmanlomi na zohkhen lio can ah hin kngan damnak le herhmi kha philh a si tawn. Nangmah damnak hi a biapi tukmi asi. Cantawi te na adinh le na a nuamhnak ding na tuah ah atha, mah tik lawngah na mi zawkha tha deuh in na zohkhenh khawh lai. Mah kha respite (cantawite chung i dinhnak) asi.

Thluak lei damnak program

Thluaklei damnak team nih mizaw zohkhenhtu kha an bawmh hna i thluak hmanlomi he a umti mi inn chungkhar le a zohkhenhtu herhnak kawngkha community sinah thawng tharh nak an ngei. An thih deng can zong-ah, nifa tin an herhmi le hmaileica an khuakhan nak ah bawmhnak an peh khawh. Thluak hmanlomi zawtnak, zohkhennak leikong le thluak lei damnak zohkhenhnak kongnih kan theih thiam piak hna.

A zohkhenhtu vialte ca-ah hi bantak in kan bawmh:

- Zohkhenhtu bawmh ding in pumpak bawmhnak kan pe hna
- Thawngthanhnak, bawmhnak le a dang bawmhnak pe kho tu he peh tleihnak kan pek hna
- Halnak a um ah cun respite (cantawite chung i dinhnak) zungnih khuakhannak kan ngeih piak hna
- Zohkhenhtu bawmh le herhmi vial bawmh group
- Zohkhenhtu damnak le thatnak ding bawmh nak khuakhan piaknak program

Carers Victoria Respite Connections

Local cozah area chung asimi, Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham and Hume (Sunbury lawng) chung i a ummi thluak hmanlomi a zohkhenhtu inn chungkhar le a zohkhenhtu kha kan bawmh hna.

Kan ngeihmi specialist program hna cu: kum upami, Mitlinglomi (kutke cawlcang kholo mi), Thluaklei zohkhennak, Zohkhenhtu rian le mino zohkhenh nak hi asi.

Thawngtam deuh theih na duh ah cun (03) 9396 9550 auh khawh asi.

Holh lettu na herh asi ah cun 131 450 ah auh khawh asi.

Chin Hakha

Caring for someone with a mental illness?

What is mental illness?

People with a mental illness can have problems in the way they speak, think, feel or behave. Their speech, thinking, feeling and behaviour can be all mixed up. This can make life very hard for the person with the illness, the carer and the whole family. Mental illness is no one's fault and is not something to be ashamed of.

Who is a 'carer'?

A carer is a person who provides physical and/or emotional support to a family member or close friend. Looking after a family member or close friend with a mental illness is very important. A person who does this is called a 'carer'. Carers can be anyone of any age.

What is 'respite'?

Often when you care for someone with a mental illness your own health and wellbeing gets forgotten. Your health and wellbeing is also very important. Taking some time for yourself to relax or do something you enjoy can help you to stay well and be better able to look after the person you care for. This is often called 'respite'.

The Mental Health Program

The mental health team helps carers and informs the community about the needs of carers and families of people living with a mental illness. We can offer support in times of crisis, everyday needs and when planning for the future. We understand mental illness, carer issues and mental health services.

We can assist carers by:

- Providing a personal service to help carers
- Providing information, advocacy and linking to other services
- Organising respite services when requested
- Supporting and resourcing carer support groups
- Organising programs to support carers health and wellbeing

Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham and Hume (Sunbury only).

Our range of specialist programs includes: Aged, Disability, Mental Health, Carers@Work and Young Carers.

To find out more please call (03) 9396 9550

If you need an interpreter call 131 450