

## Stay healthy, get help for your mental health – Dinka script

Line#	English	Dinka
1	Greetings all, today's topic is mental health.	Kudual duön wedhiε, kē buku jaamic nē ye kōölē ee pial de nom ē raan.
2	COVID-19 has affected everyone and it's normal to be feeling overwhelmed or stressed during this outbreak.	COVID-19 acē raan abēn luōi kārac nē pīiric ake kē ye tō bē raan ya tak cē ke nōŋ kē dīit ril cē yen yōk ka rēēc dīit de piōu nē kee thεε ke tuany cē bēn kēnē.
3	In some cultures, some people believe that having mental health issues is shameful or embarrassing	Nē ceenŋ ke kuεεt kōk yiic, anōŋ kōc ye ye gam man nadē ke naŋ tuany de nom ee raan cōk riāk guōp ka bē raan cōk yār guōp (yiēn ayaar)
4	but that is not the case anymore.	Ku kē jēl tō aciē ber yiēn ya nē yee mεεn.
5	In Australia, it's considered positive to seek help if you are struggling with your mental health.	Nē Australia, ke ka ye lööm ke ye kē piεth bē raan thiēc nē kuōony tē yīn buut ke yīn nōŋ tuany de nom.
6	We encourage people who have experienced mental health issues in the past or are experiencing them now for the first time to:	Wuōk (yok) ye kōc wεei kōc cē kan naŋ tuεnytuεny ke nom ku kōc jēl ke yōk nē kē tueenŋ bīkī:
7	<ul style="list-style-type: none"> <li>activate your support network</li> </ul>	<ul style="list-style-type: none"> <li>kuεεr ken ye keek kuōony yōk liep cōk</li> </ul>
8	<ul style="list-style-type: none"> <li>acknowledge feelings of distress; and</li> </ul>	<ul style="list-style-type: none"> <li>tōök dīit ē piōu tō ya gām rōt; ku</li> </ul>

9	<ul style="list-style-type: none"> <li>• seek professional support early.</li> </ul>	<ul style="list-style-type: none"> <li>• kuɔɔny de akēm (diktoor) dac ya kɔɔr.</li> </ul>
10	Social contact and maintaining routines can support our mental health and wellbeing	Nēm ē rōt de kɔc ku bē kā ye raan ke looi wēn thɛɛr ya muɔk thīn alēu be wuɔk (yok) kony nē pial de nom ku lɔyuum de guɔp
11	Interpreters are free and there are confidential services to support people during this difficult time.	Kɔc ye kɔc waar thook aye yaa abac ku ka nɔŋ kā ye keek looi ke ke kuōm benē kɔc ya kuɔny nē kee thɛɛ rilic kē.
12	This includes free services like the Multicultural Alcohol and Drug Partnership (MDAP). Just google the name	Yen anɔŋjiic kā ye Multicultural Alcohol and Drug Partnership (MDAP) ke looi abac ke cīn wēu thīc. Tom rin ken kɔr e google yic aba yōk
13	You can also call the free HeadToHelp mental health service on 1800 595 212 or google HeadToHelp.	Yīn lēu ba HeadToHelp man ye akutnhom de kā ke tuany de nom yuɔp abac ke cīn wēu kɔr ke nē 1800 595 212 ka kɔr HeadToHelp nē google yic.
14	Both MDAP and HeadToHelp are free no matter what your visa status is.	Keek ke yī MDAP ku HeadToHelp aye yaa abac tē nɔŋ raan abēn ku ka cie ye luui nē visa tō keyī.
15	Your GP is another good place to get help.	Lɔ tēnɔŋ akēmdu (GP) ee tē piɛɛth dē wēn lēu bīn yōk ē kuɔɔny
16	Remember we're all in this together!	Ye nyic wuɔk (yok) tō nē tōk wɔdhiɛ ē ye kēnē yic.
17	Stay Healthy, Get Help	Tō ke yī piɛl guɔp, Cɔk rōt ye kuɔny.