

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግዎታል ቀልፎች  
 የህክምና አንክብካቤ እና የጤና ጥሰት - 8

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

AMHARIC

<p>በአራሱም እና በአዕምሮም ውስጥ ስላለ ህመም እና ስቃይ ደክተር ለማየት መፈለግ የተለመደ ነው። የሃዘን እና የጭንቀት ስሜት ሲሰማዎ ለሌላ ሰው ማማከር ከፈልጉ ለማማከር አይፈሩ።</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 feel sad or worried.</p>
<p>ቀድሞ ያሳለፏቸው ችግሮች ከአርሰዎ ጋር ሊቆዩ ይችላሉ፤ በተጨማሪም የአሁኑ ችግሮች እንቅልፍ ሊነሳዎ ፣ መጥፎ ህልም እንዲያልሙ ሊያደርግዎት ወይም ከሌላ ሰው ጋር ያለዎትን ግንኙነት እንዲለይ ሊጥሉ ይችላሉ። እንደነዚህ ዓይነት ስሜቶች ካለዎት የአዕምሮ ጤና ትምህርት ስልጠና ያለው ባለሙያ ማኅጋገር ጥሩ ነው።</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>ከዚህ ቀደም የነበረን ትዝታ ካስታወሱ፣ ተደጋጋሚ ቅጥት ካለዎት፣ ቁጭት ወይም ንዴት፣ ወይም የመተኛት ችግር ካለብዎት፣ በአዕምሮ ጤና ስልጠና የወሰደ ባለሙያ እርዳታ ሊያስፈልግዎ ይችላል። እንደዚህ ያለው አንክብካቤ በአማካሪ፣ በሰነ አዕምሮ ባለሙያ ወይም በማህበራዊ ጉዳይ ሰራተኛ ሊሰጥዎ ይችላል።</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>እርዳታ ማግኘት ጠቃሚ ነው፣ ከዚያም ወደ ስራ መሄድ ይችላሉ። እርዳታ ሳያገኙ ወደ ስራ መሄድ ለአርሰዎም ሆነ ለቤተሰብዎ ከባድ ይሆናል። ስለ አዕምሮ ጤናዎ እርዳታ በመጠየቅዎ ምክንያት ቅጣት አይቀጡም ወይም ከቤተሰብዎ ተነጥለው አይወሰዱም።</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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