

Raan nong PTSD aleu be rot yaa thiaan tenong meethke ku koc baai, keek aaleu bik piooth ya thok ne ka e ke yiki ke looi ku ye yic rier bik ke ya yok ne ke gup, katheten ka wen thany kene nhieer. Be ran rot yaa yok keci wuoc areet ee rot looi eya. Ne ka thi kok, raan aleu be rot ya tiit, aleu be cieng ne yuul diaak a gut nin juic, tewen ye kek rot yok ke kor bik pial, ku jol ki rot yok cike ke ber rot looi. Abang de diak de aram ee be nin rot waar ku ber ran yic aadiu. Reec e nin nyin te nong raan ee rot dac looi ku koc kok nong PTSD aye rier bik kang ping ku bik ka loi ki ke yaa thol. Be raan piou tuoc aleu bi rot looi eya.

Tueny kok aleu bik Tang de Kereec ci rot Looi ruac

Koc tuaany ne Tang de Kereec ci Rot Looi aa leu bik nang ke yekek rot gei e wal ku miaau. Keek aleu bik yaa nang tangdit. Aciliu tenang kok bik ya dieer ka ye PTSD. Eyada, ayuiec e nhom, aram de piou, guel e aram de yac ku kereec juic ke guop aleu bik rek kene PTSD.

Keek ayeke took keke ye tueny ke guop ne luoot, rek den kene PTSD aleu be lek teciene ran wel ke lek bic ne rot ne karec ci rot luoi e, ka teciene akem e loopic kenong ke rek kene reec de nhom.

Ye Tang de Kereec ci Rot Looi took yade?

Wal de akem aleu be kony tenong tak ku adieer yekoc col ke yoki koc nong Tang de Kereec ci Rot Looi, ku kony keek bik ya nin ne nin theer den.

Jieem ci matic ku jieem de akut ke ka yeke yok keke ye took wen yekoc toou nhiim tenong PTSD. Ke ka ye looi ne luot ne mejieem tenong long tong de kereec ci rot looi, ciman de mejieem ke diaar ci peec. Nyooth de duek, wen yene raan tuaany ba piir ke tak ketheer ke gel ne yen be nom maar ne reec, aleu be kony eya.

Koor de ka ye PTSD ku took de acath. Yok wen bene yok ye took ku ye lui kene tuaany akuen cok e mane.

The material in this brochure has been adapted from documents produced by Canadian Mental Health Association.
This brochure can be reproduced as required.

Canadian Mental Health Association-Edmonton Region Phone : (780) 414-6300 www.cmha-edmonton.ab.ca
Edmonton Mennonite Centre for Newcomers Phone : (780) 424-7709 www.emcn.ab.ca
Multicultural Health Brokers Co-op Phone (780) 423-1973

Tang de Reec ce rot Looi Theer

Haalat ririic aye long tong de piir. Wook wodhia wo dhil yaa heet wone akol ngony, ka cit ka ye roth teem ka ka ye teer kene gup kuo ku alaagat ke luoi ku pioc ku buk lo tueng. Lekin ne akolkok koc aye kang yok ka ye roth looi ke ke cie ka wen ngath ke ku cuki yaa ka loweerer ayeki lotueng abik nang took diit gok tenong keek, naa la ace ke reec wen ce rot looi ne guop yic nom jal lo. Koc nong ka cike yok cit e ka ka naatak e ka leu bik gum ne tak ku pek wei wakou, leu bik kek baa piir ne haala wen leu be ke yien riooc dit kuadieer gok. Tak deng keek aleu bik gup alo biliny. Naa yee piir kene cieng thin ne peei, aye cak ke ye tang de reec ce rot looi.

Tang de reec ce rot looi ee tong de ka juic nyic keek ke ye adieer rac. Yen cine de akeme ee rot luoi ke cit raan 1 ne koc kee thieer yiic. Keek a to ne kajuic dhal koc ke tueny ke nhom yiic. Mith ku kocdit aleu bik tuaany ne PTSD. Yen tuanye aleu be ben abe rac areet alo abii raan ya yok ke riric be piir e haadi ngoor kepiathde, took ato wen leu be koc kuony koc nong PTSD bii piir den dhuok cieren ke thoong rot.

Yengo e ye bei?

Tang de reec ci rot looi aye ka rec rir nhomic bei ka wen ci roth looi ka e ke cipiir duon duor nyaai ka ke wen ci raan roor ka koc kok. Ka ci rot looi cit e ka ka aye col “alaany” aaleu beke yok ne raan e rot ka ne akutdit.

Tong de raan ne guopde nang yic teeng ka cit pec ku yuin de nya adeth de riei ku tier, tong de jec, awaadith ye roth looi baai ku riek wen e roth looi piiny cit yi aluekluek ku yomdit, aye taktak ci koc cok mam ne PTSD. Ne theek kok, ba raan da ting ke dui ka nak, la ba ping na naada ke math thiok ka raan de paanduon ato ne reec diit gok aleu be tak bei. Ne theek kok, ba raan da ting ke dui ka nak, ka ba ping nanaada ke math thiok ka raan de paanduon ato ne reec diit gok aleu be tak be.

Ye kango ye ya han took?

Took de tang de kereec ci rot looi e rot gol e pei yiic keediak teciene riak nhom lo. Telueele ye, akolkok aye roth looi ne run juic ce lo ala. Ne nong koc kok, pial aleu be yok ne pei keedhetem yiic, tenong koc kok, tak deng aleu be run bar jot.

Anong biak keediak ke took. Bang tueng anongic be ran katheer hon atak. Yene kee cielic de aram de PTSD ku aleu be rot looi ne dhol kuotiic. Kediit e yene rot looi areet raan e nong rieer, tang de katheer ci roth looi, ka dhuk cieren de pekwei wakou ka nyuoth wen leu bik kek baapiir ne raanic ke katheer rec hon ci roth looi. Be kang baa thoong katheer rec hon, ka haalat e ye baa cok tak ye, aleu be raan cak be guop cok loyum. Riec e nhom ku be raan guop aalo ting aye biak derou de aram. Ketueng e rot looi te yene koc PTSD kang riic nhiim ka ye ke tak reec hon ci rot looi. Loting de guop eben ee rot gol ne akol ci mec te cene kedeng rot looi.