

**Mental Health:**  
**Key Words & Concepts**

<u>English</u>	<u>East Cree/Northern Dialect</u> (Chisasibi Lexicon Workshop May 2006 **)	<u>Southern Cree Dialect</u> (Mistissini Lexicon Workshop July 2006 ++)
<b>General Terms</b>		
Mental health	ΓÇÖä"rrøΔ Ç·Δø / ḌΔnđč	ΓÇÖä"rrøΔ Ç·Δø
Mental illness	ΓÇÖä"rrøΔ Ḍ"př·Δø	ΓÇÖä"rrøΔ Ḍ"př·Δø
Psychological problem	Ḍ▷ä'čλä'č Ḍ·Ḍø ▷ΓÇÖä"rrøσ"u	▽▷ä'č<ä'č Ḍ·▽ø ▷ΓÇÖä"rrøσ"u
Emotional problem	Ḍ▷ä'čλä'č Ḍ·Ḍø Ḍσ' Ḍ	▽▷ä'č<ä'č Ḍ·▽ø Ḍσ' ▽
Memory problems	Ḍ·Δσ"rrøc	▽σ·č▷·Δσ"rrøc
Mood disorder	Ḍb r"b·Ḍn Δ'λä'čn Ḍ ΔnΓr"▷c	▽b r"b·Ḍn Δ'λä'čn ▽ ΔnΓr"▷c
Psychotic	Ḍb σ"Ḍo Δ"nø ▷pø"	
Impulse control	Ḍb ·Ḍs'<ä'čn Ḍ ·Δ"nø	▽b ·Ḍs'<ä'čn ɿ ·Δ"nø
Violent behaviour		
Anger	Ḍ r'·Ḍr'c / r'·Ḍr'·Δø	▽ r'·Ḍr'c / r'·Ḍr'·Δø
Anxiety	Ḍ λä'č"nø / λä'č"nø·Δø / Ḍλä'č"nø·Δø	▽ λä'č"nø / λä'č"nø·Δø
Stress	Ḍ č<ä'č"nø	◁ä'č"nø·Δø
<b>Specific Problems and Symptoms</b>		
Somatization	▷čä'čä"nø·Δø Ḍ Δ"ččd'c Ḍ λ"đr'c ·Δλ"u	▷čä'čä"nø·Δø ▽ Δ"ččd'c ▽ Ḍ"đr'c ·Δλ"u
<b>Anxiety and Anxiety Disorders</b>		
Feeling fearful (often or all the time)	j' Ḍ d'č'čr'c	
Excessive nervousness	Ḍ ·Ḍč' λä'č"nø	
Shakiness inside (butterflies in stomach)	Ḍ ·Ḍ·čλä'čn Ḍ"n ·Δč'λ	
Worry	Ḍ λä'č"nø	▽ λä'č"nø
Irritable	Ḍ r"b"Δd'c Ḍ·břø / Ḍ ·Ḍ·σ·λ·břø"nø	▽ σ·č"o r"b"Δd'c ɿ·bř
Restless	σΓ Ḍ r'λ'č'ø	▽b Ḍ r'λ'č'ø
Anxiety	Ḍ λä'č"nø / λä'č"nø·Δø / Ḍλä'č"nø·Δø	▽ λä'č"nø
<b>Phobia</b>		
Specific Phobia	Ḍ d'č'čr'·Ḍř"nø	▽ d'č'čr'·▽ř"nø
Unreasonable fear	σ·Δ Ḍ Ḍř d'č'čr'·Ḍř"nø	σ·Δø ▽ Ḍř d'č'čr'·nø
Irrational fear	Ḍb λ"λřσ·ř"nø Ḍ·břø Ḍ Ḍř d'č"nø	▽b λ"λřσ·ř"nø Ḍ·břø ▽ d'č"nø

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<b>Social Phobia or Anxiety</b>		
Self-conscious with others	▷ ካትሮ"በግ"እርድር ስ ሰርጪም የበዕለ ▷ አቅራቢ	
Social phobia	▷ ተስፋር"እር" / ስ ተብኩለ" / ስ ዳክርግር" / ስ ፍንግ" ስ ሽነዎ ልርማሪያ-ልር	▽ ዓይነትግር" /
Social anxiety	ነትሮ"በግ"ልር ስ"ም ስ የ ማረጋገጫ-እር ▷ አቅራቢ	▷ ዓይነትግር"ልር ስ"ም ስ የ ማረጋገጫ-እር ▷ አቅራቢ
Avoidance	▷ እው ቅድ"ልር" / ስ እው ዳ" ሰ"በኩለ ▷ እው ቅድ"ልር" / ስ እው ዳ" ሰ"በኩለ	▽ እው ቅድ"ልር" / ስ እው ዳ" ሰ"በኩለ
<b>Agoraphobia</b>		
Agoraphobia	▷ ዓይነትግር" ልስጥር" ስ ገንዘብዎች-ልር ▷ አቅራቢ	▽ ዓይነትግር" ልስጥር" ስ ገንዘብዎች-ልር ▷ አቅራቢ
<b>Panic and Panic Disorder</b>		
Panic	▷ ክሬም	▽ ክሬም
Panic attacks	ሁኔታዎች ስ ክሬም	ሁኔታዎች ▽ ዓይነትግር"
Hyperventilation	▷ ዓይነትግር"በ	▽ ዓይነትግር"በ
Dizzy	▷ የኩላትለ" / ስ የኩላትለ"	▽ የኩላትለ"
Feeling uneasy	▷ እው ማ"ልግም"▷ር	▽ እው ማ"ልግም"▷ር
Sense of unreality	▷ እው ዘመኖች-ለ" / ዘመኖች ስ ምርጥር-ር ▷ እው ዘመኖች-ለ"	▽ እው ዘመኖች-ለ"
Losing control	▷ ተስፋር"ልር" ስ ተስፋር"ም ስ ተስፋር"ልር ▷ ተስፋር"ም ስ ተስፋር"ልር / ስ እው ዳ" ሰ"በኩለ ▷ እው የ ዳ" ሰ"በኩለ / ስ እው የ ዳ" ሰ"በኩለ ▷ እው የ ዳ" ሰ"በኩለ / ስ እው የ ዳ" ሰ"በኩለ	▽ ክፍያ"ልር" ▽ ጥርዓት"ም
Going crazy	▷ የኩላትለ"በ	▽ የኩላትለ"በ
Heart palpitations	▷ የኩላትለ"ስ ስ እው ዳ" ሰ"በኩለ	▽ የኩላትለ"ስ ስ እው ዳ" ሰ"በኩለ
<b>Post-Traumatic Stress Disorder</b>		
Trauma	▷ ተስፋር"ርም"ልር ስ እው ዳ" ሰ"በኩለ ▷ ተስፋር"ርም"ልር ስ እው ዳ" ሰ"በኩለ ▷ ተስፋር"ርም"ልር ስ እው ዳ" ሰ"በኩለ	▽ የኩላትለ"ልር" ስ እው ዳ" ሰ"በኩለ ▷ ተስፋር"ርም"ልር
Flashbacks	▷ የኩላትለ"	▽ የኩላትለ"
Intrusive memories	▷ እው የ ዘመኖች	▽ እው የ ዘመኖች
Hypervigilance	▷ እው የ ምርጥር-ለ"	▷ እው የ ምርጥር-ለ"
Easily startled/jumpy	▷ ዓይነትግር" / ስ ዓይነትግር"	▽ ዓይነትግር" / ስ ዓይነትግር"
Amnesia	▷ ዓይነትግር" / ስ ዓይነትግር" ▷ ተስፋር"ም	▽ ዓይነትግር" / ስ ዓይነትግር" ▷ ተስፋር"ም
<b>Depression and Mood Symptoms</b>		
Depression	የኩላትለ"ልር	የኩላትለ"ልር
"Feeling Blue"	▷ የኩላትለ"በ	▷ የኩላትለ"በ
Sleep disturbance	▷ እው የኩላትለ"	▷ እው የኩላትለ"
Insomnia	▷ እው የ ማ"ር	▷ እው የ ማ"ር

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Problems concentrating	•Δጀ "Δጀ ደበጥቃዎ ሲ·ብሔዎ	ነፌ የ የ"የደረሰለጊያዊ"ር
Worthlessness	ፈጀ የ ሆኖም ደረሰኝ	ነፌ ጉ·ኩ ሆኖም ለዚህን ደረሰኝ
Hopelessness	ፈጀ ልጀ ሆኖም ለትራይልስታ	ነፌ ልጀ ሆኖም ለትራይልስታ
Lack of motivation	ፈጀ ክርክብ ስ ሆኖም ሲ·ብሔዎ / መጀ የተለቀባው ስ ሆኖም / መጀ ክላሽ ሆኖም ሲ·ብሔዎ	ነፌ ክሳብ"ር ጉ·ኩ ገኩ ሆኖም ለትራይልስታ
Helplessness	ፈጀ የ ዘመና ሆኖም	ነፌ የ ዘመና ሆኖም
Low self-esteem	ፈጀ የ ሆኖም	ነፌ የ ሆኖም
Guilt	ፈ ጥና ለፈጀ ሆኖም / መ ለፈጀ ሆኖም / መ ለፈጀ ሆኖም	ፈ ጥና ለፈጀ ሆኖም / መ ለፈጀ ሆኖም
Suicidal thoughts	ፈ ጥና ለፈጀ ሆኖም ስ ለበኩስ ሆኖም	ፈ ጥና ለፈጀ ሆኖም ጉ ለበኩስ ሆኖም ለትራይልስታ
Suicidal plans	ፈ ለፈጀ ሆኖም ስ ለበኩስ ሆኖም	ፈ ዘመና ለፈጀ ሆኖም
Suicidal gesture	ፈ ዘመና ለፈጀ ሆኖም ስ ለበኩስ ሆኖም	ፈ ዘመና ለፈጀ ሆኖም ለትራይልስታ
Suicide attempt	ፈ ለፈጀ ሆኖም ስ ለበኩስ ሆኖም	ፈ ለፈጀ ሆኖም ጉ ለበኩስ ሆኖም ለትራይልስታ
<b>Schizophrenia</b>		
Schizophrenia	ፈጀ ዕድል ሆኖም ለፈጀ ሆኖም / መጀ ማ"ፈ ሆኖም ለፈጀ ሆኖም"	ነፌ ዕድል ሆኖም ለፈጀ ሆኖም
Thought disorder	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም	ነፌ ለፈጀ ሆኖም
Psychotic	ፈ ማ"ፈ ሆኖም ለፈጀ ሆኖም"	ነፌ ማ"ፈ ሆኖም ለፈጀ ሆኖም
Paranoia	ፈ ለፈጀ ሆኖም	ፈ ለፈጀ ሆኖም
Suspicion	ፈ ለፈጀ ሆኖም / መጀ ለፈጀ ሆኖም	ፈ ለፈጀ ሆኖም / መ ለፈጀ ሆኖም
"Being watched or monitored"	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም
"Being controlled"	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም
Delusions	ሙሉ ለፈጀ ሆኖም	ሙሉ ለፈጀ ሆኖም
Visual hallucinations	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም
Auditory hallucinations	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም
Olfactory hallucinations	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም	ፈ ለፈጀ ሆኖም ስ ለፈጀ ሆኖም
Illusion	ፈጀ ዕድል ለፈጀ ሆኖም	ነፌ ዕድል ለፈጀ ሆኖም
Disorganized behaviour	ፈጀ ለፈጀ ሆኖም / መጀ ለፈጀ ሆኖም	ፈጀ ለፈጀ ሆኖም / መ ለፈጀ ሆኖም
Incoherent	ሙሉ ለፈጀ ሆኖም	ሙሉ ለፈጀ ሆኖም
<b>Addiction and Substance Abuse/Dependence</b>		
Addiction	ፈ ለበኩስ ሆኖም ስ ለበኩስ ሆኖም	ፈ ለበኩስ ሆኖም ስ ለበኩስ ሆኖም

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Addict	ບໍ ກົລະຮົມ໌ຈົບກັນ	ນ ລົດປົກສົບ ຜົບກັນ
Drug addict	ກົກສົບ"ດັກສົກ" ບໍ ກົລະຮົມ໌ຈົບ	ລົກສົບ"ດັກສົກ" ບໍ ລົດປົກສົບ
Alcohol abuse	ກອນ".ບໍ.ດູ ດັກ ກົລະຮົມ໌ຈົບສົບດູ	ກອນ".ກໍ.ດູ ດັກ ລົດປົກສົບ
Alcohol dependence	ກອນ".ບໍ.ດູ ດັກ ປົກກົດດູ	ກອນ".ກໍ.ດູ ດັກ ປົກກົດ
Drug abuse	ກົກສົບ"ດັກ" ດັກ ກົລະຮົມ໌ຈົບສົບດັກ	ລົກສົບ"ດັກ" ປົກກົດ ລົດປົກສົບ
Drug dependence	ກົກສົບ"ດັກ" ດັກ ປົກກົດດັກ	ລົກສົບ"ດັກ" ປົກກົດ
Substance abuse	ດັກ ກົລະຮົມ໌ຈົບສົບດັກ ປົກກົດ	ນ ລົດປົກສົບ
Heroin	"ນັກ.ດູ	
Pain Killers (for example Oxycontin, Dilaudid, Demerol, Percoset)	ດັກ ສິນເກີນເສົາ	
Cocaine	ບໍ ພັກເກີນເສົາດູ / ດູ	
Amphetamine	ບໍ ແລ້ວກົກສົບ"ອົງດໍາ.ດັກ" ກົກສົບ"ດັກ"	
Methamphetamine (ice, meth, crystal)	ບໍ ຮົ່ວ.ບໍລັກ"ອົງດໍາ.ດັກ" ກົກສົບ"ດັກ"	
Sniffing (glue, inhalants, gas, etc)	ດັກ ດັກ"ອົງດໍາ.ດັກ" ລົດປົກສົບ	
Marijuana (cannabis (pot, hashish)	ບໍ ຂົກສົບດັກ	
Sedatives (for example, valium, ativan, xanax, rivotril)	ສົກກົດ	

\*\*Note that the **Chisasibi Lexicon Workshop** was attended by Brian Webb (Translator), Daisy Ratt (Mental Health Program, CHB), William Ratt (Elder), Dr. Kathryn Gill (Associate Professor, Psychiatry Department, McGill University) Elsie Duff (Education Consultant, CSB), Joyce Chagnon (Psychologist, Mental Health Program, CHB)