

## Alcohol and drug

## သံးဒီးကသံဉ်မူဘွီး

Victoria has a highly specialised, diverse, and world renowned alcohol and drug treatment sector.

There are over 100 alcohol and other drug treatment service providers, including non-government organisations, community health services, and hospitals across metropolitan, regional, and rural Victoria.

Victoria's alcohol and drug treatment services provide access to a range of different treatment options, including counselling, withdrawal, residential rehabilitation, day programs, outreach, support groups, online and self-directed help, and a range of community-based services, including opioid replacement therapy.

There is also a range of services specifically designed to meet cultural and age specific needs.

"About 40,000 Victorians per year access our drug and alcohol treatment support system. The best way to find out about the system is to call a service called DirectLine, or get in touch through the internet. The other way to access the system is to go through your GP, or other health services that you might be involved with and they can make a referral and hook you up to the right source of support and assistance.

"The first thing to say about if anyone has got a problem with drug and alcohol is that they should feel comfortable to talk to their doctor about that because if we don't know, we can't help. There's nothing to be ashamed of and people will listen to you and support you in a way that you're comfortable with."

"They will focus on the goals from your perspective and it can be supportive in a way that

ဝံးထိရံ့ယါအိဉ်ဒီးတၢ်ကူစါယါဘျါလၢအလီၤဆီခိဉ်နီဉ် မး၊ လၢအကလုာ်အါဝဲဒီးမံၤဟူဉ်သ့ဉ်ဖျါလၢဟီဉ်ခိဉ်ဒီးဘၣ်ညါ ဘၣ်ဃးသံးဒီးက သံဉ်မူဘွီးအသနာဉ်ပူၤန့ဉ်လီၤ.

ပုၤလၢအမၤန့ဉ်တၢ်မၤန့ဉ်ခဲးဘၣ်ဃးဒီးတၢ်ကူစါယါ ဘျါသံး ဒီးကသံဉ်မူဘွီးန့ဉ်အိဉ်ဝဲဒၣ်လၢအကယၤတဖၣ်လၢပာ်ဃုာ် ဒီးတၢ်ကရၢကရီၤလၢတဘၣ်ဃးဒီးပဒိဉ်တဖၣ်ပုၤတဝၢဆူဉ် ချတၢ်မၤန့ဉ်ခဲးတဖၣ်ဒီးတၢ်ဆါဟံဉ်တဖၣ်လၢနူပူၤဂ့ၢ်ပူၤ တၢ်လီၤကဝီၤဒီးခိဉ်ခိဉ်ခုသဝီလၢဝံးထိရံ့ယါပူၤတဖၣ်လီၤ.

ဝံးထိရံ့ယါသံးဒီးကသံဉ်မူဘွီးတၢ်ကူစါယါဘျါတၢ်မၤန့ဉ်ခဲး တဖၣ်ဒုးအိဉ်ထီဉ်တၢ်န့ဉ်ဘၣ်တၢ်ကူစါယါဘျါခွဲးယၢ်တဖၣ် လၢလီၤဆီလိာ်သးတဘျုးမံၤလၢပာ်ဃုာ်ဒီးတၢ်က တီၤ ကူဉ်လိာ်တၢ် တၢ်ပတုဉ်ကွံာ်ဟံဉ်ပူၤဃီပူၤတၢ်မၤဂ့ၢ်တီဉ် က့ၤ မ့ၢ်ဆါကတီၢ်တၢ်ရဲဉ်တၢ်ကျဲၤတဖၣ် တၢ်လဲၤဆူအ ယံၤ တၢ်တိစၢၤမၤစၢၤကရူၤတဖၣ် လၢအထုဉ်န့ဉ်ပူၤဒီး နီဉ်ကစၢ်န့ဉ်လီၤသးတၢ်မၤစၢၤဒီးတၢ်မၤန့ဉ်ခဲးတဘျုးမံၤလၢ အိဉ်သ့ဉ်လီၤအသးလၢ ပုၤတဝၢတဖၣ်လၢအပာ်ဃုာ်ဒီးတၢ်ကူ စါယါဘျါမၤပုၤက့ၤပုၤအလီၤတဖၣ်လီၤ တၢ်မၤန့ဉ်ခဲးအိဉ်တဘျုးမံၤလၢတၢ်ကူဉ်ပာ်လီၤအီၤဒိသိး ကဘၣ်လိာ်သးဒီးတၢ်ဆဲးတၢ်လၢဒီးသးနံဉ်လၢအလီၤဆီလိာ် သးအတၢ်လိာ်တဖၣ်န့ဉ်လီၤ.

တနံဉ်န့ဉ်ပုၤဝံးထိရံ့ယါဖိ ၄၀, ၀၀၀ ဃုာ်ဃုာ်မၤန့ဉ်ပုၤဝဲဒၣ် သံးဒီးကသံဉ်မူဘွီးတၢ်ကူစါယါဘျါတၢ်တိစၢၤမၤစၢၤတၢ် ရဲဉ်တၢ်ကျဲၤန့ဉ်လီၤ. ကျဲအဂ့ၢ်ကတၢ်လၢတၢ်ဃုာ်ထီဉ်တၢ်ရဲဉ် တၢ်ကျဲၤန့ဉ်မ့ၢ်ဝဲတၢ်ကိးတၢ်မၤန့ဉ်ခဲးတခါလၢအမ့ၢ်ဒုဉ်ရးလဲၤ မ့တမ့ၢ်အိဉ်ဆဲးကျိးလိာ်သးခီဖျါအုထုဉ်န့ဉ်တက့ၢ်. ကျဲအ ဂ့ၢ်လၢတၢ်မၤန့ဉ်တၢ်ရဲဉ်တၢ်ကျဲၤအံၤန့ဉ်မ့ၢ်တၢ်လဲၤခီဖျါ အီၤလၢန့ဉ်ဖံဉ်. မ့တမ့ၢ်ဆူဉ်ချတၢ်မၤန့ဉ်ခဲးတဖၣ်လၢအ ဂ့ၢ်လၢန့ဉ်ကဘၣ်ထွဲတုဉ်လိာ်ဒီးအီၤသ့ဉ်သ့ဉ်ဒီးအဝဲသ့ဉ်ဆူဉ် ဂံၢ်ဒီးဘျုးစဲန့ဉ်န့ဉ်လၢတၢ်တိစၢၤမၤစၢၤဒီးတၢ်မၤစၢၤဂံၢ်ခိဉ် ထံးလၢအဘၣ်သ့ဝဲန့ဉ်လီၤ.

တၢ်ဂ့ၢ်လၢတၢ်ကတဲအီၤအဆိကတၢ်ပုၤတဝၢဒီးန့ဉ် ဘၣ်တၢ်ဂ့ၢ်ကီၢ်ဒီးကသံဉ်မူဘွီးဒီးသံးန့ဉ်မ့ၢ်ဝဲ အဝဲသ့ဉ်ကြား တူၢ်ဘၣ်တၢ်လၢအမ့ၢ်လၢတၢ်တဲတၢ်ဒီးအဝဲသ့ဉ်ကသံဉ်သ ရဲဉ်ဘၣ်ဃးဒီးတၢ်ဝဲန့ဉ်မ့ၢ်လၢပမ့ၢ်တသ့ဉ်ညါဘၣ်ဒီးပ မၤ စၢၤတသ့ဘၣ်အယီၤလီၤ. တၢ်တအိဉ်နီၤတမံၤလၢန့ဉ်ကဘၣ် မဲၣ် ဆူးအီၤဒီးပုၤကဒိကန့ဉ်ဒီးကတဲစၢၤမၤစၢၤန့ဉ်လၢ ကျဲလၢန့ဉ်ဘၣ်ဒီးအီၤမ့ၢ်န့ဉ်လီၤ.

အဝဲသ့ဉ်ကပညိဉ်ဒုဉ်လၢန့ဉ်ကွၢ်စိတၢ်ပညိဉ်အဖီတၢ်ဒီးတၢ် န့ဉ်ကတဲတၢ်တိစၢၤမၤစၢၤသ့ဝဲဒၣ်လၢကျဲလၢတၢ်သကွံာ်က

appeal to your resources and really gives you an extra person to just work things out with and just explore what's going on for you. Any type of person can have a drug and alcohol issue. It could be an older person that's living alone that's in fact depressed and actually drinking excessively. It could be a high functioning executive, or a lawyer, or someone having drug problems."

"Some people need a lot of support, a lot of care. Some people need residential programs to go to to have time out. Other people are able to do, undertake that withdrawal, do that detox at home with the support of family and loved ones. There are also services we provide where people can be supported in their own homes."

"My best advice would be to accept and own the problem, and realise that you need to get help, but also that there's plenty of help out there. Starting at your local doctor's, is a good starting place. Otherwise, the community health centres I would recommend, and certainly perhaps investigating online for any relevant services and information as to where you might go for assistance would be the way to go I would think. The earlier you can make a step towards accessing help, the better it will be and the more chance you've got of making a quicker recovery."

For assistance contact DirectLine on 1800-888-236.

For more information visit: [betterhealth.vic.gov.au/alcoholanddrug](http://betterhealth.vic.gov.au/alcoholanddrug)

ညးအီၤဆူနဂံၢ်ခိၣ်ထံးတဖၣ်ဒီးကဟ့ၣ်အါထီၣ်န့ၣ်ပုၤတဂၤသပုၤတၢ် လၢထဲဒၣ်တၢ်ကဘျါဘၣ်လီၤဘၣ်စးန့ၣ်တၢ်ဒီးထဲဒၣ်တၢ်ဃုသ့ၣ်ညါတၢ်မၤအသးဒီးန့ၣ်လၢမန့ၣ်လဲၣ်လၢနဂီၢ်န့ၣ်လီၤ. ပုၤကညီတဂၤလၢလၢန့ၣ်ဒီးန့ၣ်ဘၣ်ကသံၣ်မူဘျီဒီးသံးတၢ်ဂ့ၢ်ကိၣ်သ့န့ၣ်လီၤ. တၢ်န့ၣ်မ့ၢ်ဝဲဒၣ်လၢပုၤအသးပုၤဒိၣ်ထီၣ်လၢအိၣ်ထဲတ ဂၤစီၤ လၢသ့ၣ်ဟးဂီၤသးဟးဂီၤလီၤတၢ်ဒီးနီၢ်နီၢ်တခီအိၣ်သံးအါတလၢအခးန့ၣ်လီၤ. တၢ်န့ၣ်မ့ၢ်ဝဲပုၤအိၣ်ဒီးဂံၢ်ဘါလၢသ့ပၤတၢ်ဒ်တၢ်သိၣ်တၢ်သီအသး, မ့တမ့ၢ်ပီၢ်ရီၤ, မ့တမ့ၢ်ပုၤတဂၤလၢလၢအိၣ်ဒီးကသံၣ်မူဘျီတၢ်ဂ့ၢ်ကိၣ်တဖၣ်သ့န့ၣ်လီၤ.

ပုၤတနီၤနီၤလိၣ်ဘၣ်တၢ်တိၢ်စၢၤမၤစၢၤ, တၢ်ကဟ့ၣ်ကယံၣ်အါအါကလဲၣ်လီၤ. ပုၤတနီၤလိၣ်ဘၣ်တၢ်မၤဂ့ၢ်တိၣ်ကဒါက့ၤလီၤအိၣ်ဆိး လၢကလဲၣ်ဒီးအိၣ်ဘျးအိၣ်သါန့ၣ်လီၤ. ပုၤလၢအဂ့ၤအဂၤမၤတၢ်ပတုၣ်ကွံၣ်တၢ်အဝဲန့ၣ်, မၤတၢ်ကူစါယါဘျါတၢ်ပတုၣ်ကွံၣ်တၢ်မ့တၢ်ဘျီလၢကစၢ်ဟံၣ်ဃီသ့ဝဲဒၣ်ခီဖျိတၢ်တိၢ်စၢၤမၤစၢၤလၢအဂ့ၤဖိထံးဒီးပုၤလၢအအိၣ်အီၤတဖၣ်န့ၣ်လီၤ. တၢ်မၤန့ၢ်ခဲးတဖၣ်အိၣ်စ့ၣ်ကိးလၢပမၤန့ၢ်အီၤဖဲတၢ်တိၢ်စၢၤမၤစၢၤပုၤသ့ၣ်တဖၣ်လၢအဝဲသ့ၣ်အဟံၣ်ဃီဒၣ်ဝဲအပူၤသ့န့ၣ်လီၤ.

ယတၢ်ဟ့ၣ်ကူၣ်လၢအဂ့ၤကတၢ်ကမ့ၢ်ဝဲဒၣ်တၢ်တူၢ်လိၣ်အီၤလၢပအိၣ်ဒီးတၢ်ဂ့ၢ်ကိၣ်ဒီးသ့ၣ်ညါန့ၣ်လိၣ်ဘၣ်လၢကန့ၢ်ဘၣ်တၢ်မၤစၢၤအဂီၢ်, ဘၣ်ဆၣ်တၢ်မၤစၢၤတဖၣ်အိၣ်လၢအိၣ်ပုၤစ့ၣ်ကိးဖဲန့ၣ်လီၤ. တၢ်စးထီၣ်လၢန့ၣ်လီၤကဝီၤကသံၣ်သရၣ်အအိၣ်န့ၣ်, မ့ၢ်တၢ်စးထီၣ်အလီၢ်လၢအဂ့ၤန့ၣ်လီၤ. မ့တမ့ၢ်ဘၣ်ဒီးယတၢ်ဟ့ၣ်ကူၣ်ကမ့ၢ်ဝဲပုၤတဂၤအဂ့ၤချဝဲလီၤတဖၣ်, ဒီးဘၣ်တဘၣ်ကလီၤတၢ်ဝဲဒၣ်လၢတၢ်ဃီထံသ့ၣ်ညါန့ၢ်အီၤလၢအ့ထၢၣ်န့ၣ်ပူၤ လၢတၢ်မၤန့ၢ်ခဲးဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအကြးအဘၣ်သ့ၣ်တဖၣ်ဒ်န့ၣ်ကလဲၣ်န့ၣ်သ့ၣ်သ့ၣ်လၢတၢ်မၤစၢၤအဂီၢ်န့ၣ်ယဆိကမိၣ်ကမ့ၢ်ကျဲလၢန့ၣ်လီၤအီၤန့ၣ်လီၤ.ဒ်န့ၣ်ခါထီၣ်ခီၣ်ခါလၢတၢ်န့ၢ်ဘၣ်တၢ်မၤစၢၤအဂီၢ်သ့ၣ်ခီၣ်ခါဝဲလၢတၢ်န့ၣ်အဂီၢ်, ဒီးတၢ်ခွဲးတၢ်ယၣ်ဒ်အါလၢတၢ်န့ၢ်ဘၣ်တၢ်အိၣ်ဆူၣ်ထီၣ်ကဒါက့ၤလၢအဆိအချန့ၣ်လီၤ.

လၢတၢ်မၤစၢၤအဂီၢ်ဆဲးကျိးဒၣ်ရဲးလဲဖဲ ၁-၈၀၀-၈၈၈-၂၃၆ တက့ၢ်.

လၢတၢ်န့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်လဲၣ်န့ၣ်လီၤကွၢ်ဖဲ [betterhealth.vic.gov.au/alcoholanddrug](http://betterhealth.vic.gov.au/alcoholanddrug) တက့ၢ်.

