

LANGUAGE ACCESS FOR MENTAL HEALTH

Alcohol use	Siv dej cawv. Haus dej cawv
Allergy	Fab; tsis haum lub cev
Anger outburst	Npau taws ceev ceev
Angry, resentful	Npau taws, tsiv siab
Annoys others	Ua rau lwm tus xeeb txob/meem txom
Anxiety	Txhawj/ntshai
Argues with adults	Sib cav nrog cov laus/hlob
Attitude	Cwj pwm; yam ntxwv
Avoid mental task	Tsis yeem ua tej yam yuav siv hlwb
Balance	Nyob tus; nyob nruab nrab, hnyav ib yam
Betrayed	Dag ntxias; ntxeev siab
Binge-eating	Noj ib zaug ntau dua
Bipolar	Tej tsam zoo tej tsam phem
Blames others	Liam lwm tus
Blaming yourself for things	Pheej kham hais tias tim yug.
Body language	Yeeb yam ntawm lub cev
Borderline personality	Coj yam ntxwv tsis tus. Tus neeg coj tsis tus.
Breaking and entering	Tsoo thiab nkag mus.
Breathing problems	Ua tsis tau pa.
Careless mistakes	Ua yuam kev vim tsis xyuam xim.
Change in friends	Hloov phoojywg.
Chest pain	Mob lub hauv siab.
Chills or hot flashes	No ntxaig los yog kub tsheej zag.
Cognitive functioning	Paub xav/paub tab.
Comfortable	Khab seeb.
Concentration	Siab npuab; kev tswj txoj kev xav.
Conduct disorder	Coj tsis tus.
Confidence	Muaj peevxwm; khab seeb.
Consequences	Kev rau txim; qhov tshwm sim los.
Coping	Tswj sib; coj li cas, pab tus kheej li cas.
Cruelty to people	Ua phem rau ;wm tus neeg.
Crying spells	Pheej quaj nthawv nthav.
Crying spells	Pheej quaj nthawv nthi.
Dangerous	Txaus tshai.
Defiant	Tsis mloog lus; tawv ncauj, tsis ua raws li hais.
Deliberate destruction of property	Txhob txawm tsoo khoom.
Delusion	Ntseeq tej yam muaj tseeb.
Depression	Nyuaj siab; tu siab; ntxhov siab lossis si.
Describe	Piav ghia.
Developmentally disabled	Hlwb khiav qeeb.
Difficulty breathing	Ua pa nyuaj/ua tsis zoo.
Difficulty making decisions	Txiav txim siab tsis tau.

Difficulty playing	Ua si nyuaj.
Difficulty remaining seated	Nyob tsis tswm.
Difficulty sleeping	Tsis tuaj dab ntub.
Difficulty sustaining attention task or play	Tswj tsis tau yus tus kheej rau txoj haujlwm los yog kev Ua si.
Disability	Sem cev.
Disassociative identity	Coj ntau tus yam ntxwv.
Discipline	Qhuab ntuas, kev qhuab qhia, kev tswj.
Disorganized	Tsis tijlim cia pawg pes lug li xwb.
Drug use	Siv yeeb siv tshuaj.
Easily distracted	Ras yoojyim.
Emotion	Kev xav hauv lub siab.
Emotionally Exhausted	Qaug zog rau kev xav.
Empowerment	Kev txhawb siab, txhawb zog, txhawb peevxwm.
Energy	Kev nquag, kev tuaj zog.
Excessive exercising	Ua exercise heev dhau; uasi heev dahau.
Excessive spending	Siv nyiaj luam thuam.
Face your fear	Ua siab khov kho txhob ntshai; lees koj t xo j kev ntshai, tiv koj tej kev ntshai.
Facial expression	Moj yam ntawm ntsej muag.
Failure	Poob; us tsis tau.
Fatigue	Nkees ib ce; tsaug ib ce; qaug.
Fear driven or on the go	Nyob tsis taus yuav tsum tau ua.
Fear of having a heat attack or dying	Ntshai tsam plawv nres los yog tuag.
Fear of loss of control or going crazy	Ntshai tsam tswj tsis tau los yog vwm.
Fearful and worry	Ntshai thiab txhawj.
Feel trapped	Xav tsis muaj lwm t xo j kev.
Feeling anxious	Nyob tsis tswm; siab tsis tus.
Feeling fearful	Muaj lub siab pheej ntshai.
Feeling fearful	Muaj lub siab pheej ntshai.
Feeling optimistic	Xav tau qhov zoo; muaj siab, cia siab, xav tias yeej ua tau xwb.
Feeling rejected	Xav tias lwm tus tsis nyiam lossis lees paub.
Feeling tense or keyed up	Zoo li ib ce nruj nruj.
Fidget a lot	Nyob tsis tswm.
Financial problems	Tsis maus nyiaj.
Focus	Xav ntsoov, xav rawv.
Forced sexual activity	Yuam nrog pw.
Forgetful	Pheej tsis tshua nco qab.
Frequent pain	Pheej mob tas li.
Frequent truancy	Pheej tsis tshua mus kawm ntawv.

Friendship problems	Muaj teebmeem txog txog kev cog phoojywg.
Gambling to escape problems	Tvv txiaj yuam pov kom tsis txhob nco qab teebmeem.
Grief	Kev quaj ntsuag; kev tshua.
Guilt	Txhaum, txaj muag.
Hallucination	Hnov suab, hnov tsw, los yog pom tej yam muaj tshwm sim
Headache	Dias taubhua, mob taubhau.
Heart pounding or racing	Lub siab diha ceev.
Heartburn	Kub lub hauv siab.
History of suicidal attempts	Muaj keebkwu tau sim t xo txojsia.
Homicidal thoughts	Xav txog tua lwm tus.
Identify	Qhia txog tus kheej.
Impulsive	Tsis xav cia li ua lawm.
Inattentive	Tsis cuab pohtseg, tsis mloog.
Inattentive of details	Tsis cuab ntsej rau cov lus piav.
Intent	Txhob txwm; tab meeg us.
Interrupts	Pheej cuam tshuam.
Irritability	Xeeb txob, chiam taus.
Lack of interest or motivation	Siab tsis xib; tsis muaj siab ua, tsis xav ua.
Lies, cons	Dag
Loneliness	Kho siab.
Loses temper	Tswj tsis tau siab ntev; npau taus.
Loss of enjoyment in usual activities	Tsis muaj kev txaus siab rau tej yam niaj zaus ua.
Loss of interest in sex	Tsis muaj siab nrog txij nkawm pw.
Low self-esteem	Muab tus kheej saib qis.
Manipulative	Haub dag ntxias.
Memory	Kev nco qab; nco tau.
Mental health	Kev kaj siab ntawm kev xav kev noj qab nyob zoo ntawm kev xav.
Mental health professional	Kws kho kev puas siab puas ntsws.
Mental illness	Kev puas siab puas ntsws.
Mood	Kev xav haus nruab siab.
Mood affect	Yeeb yam coj li siab xav.
Moody	Pliag zoog pliag phem; coj tsis tus.
Motor activity	Kev siv tes taw us.
Muscle tension	Tej leeg nruj.
Nervousness or shakiness inside	Siab thawj nyo los yog siab tsheeg.
Nightmare	Npau suav phem.
Nightmares relate to past trauma	Muaj npau suav phem txog yav tag.
Numbness or tingling sensations	Loog los yog causyaum.

Obsessive Compulsive Disorder	Kev xav nrug nraim yuav ua thiaj tsis ntshai/txhawj.
Often angry	Nquag npau taws.
Often bullies, threatens	Pheej zes, hem lwm tus.
Often interrupts people	Nquag cuam tshuam lwm tus
Often loses things	Nquag ua khoom poob; hnov qauj.
Often starts fights	Pheej thab sib ntaus.
Oppositional defiant disorder	Neeg tawv ncauj tsis yuav cai.
Over eating and weight gain	Noj ntau thiab rog zuj zus.
Pain	Mob
Panic attack	Ntshai, yoob.
Parental curfew	Pheej mus dhau caij nyooq niam txiv tso cai.
Personality disorder	Coj yeeb yam tsis tau
Physically aggressive towards others	Siv dag zog ua phem rau lwm tus/nyiam sib thab, sib ntaus nrog lwm tus.
Physically exhausted	Ib ce tsaug tsis muaj zog.
Poor appetite and weight loss	Tsis qab los thiab yuag.
Poor communication	Tsis tshua txawj sib coj sib hais.
Poor memory	Cimseeb tsis zoo.
Poor motivation	Tsis muaj siab; tsis mod siab ua.
Poor self-care	Tsis xav tu lub cev; tsis nyiam huv.
Post-traumatic stress	Ceeb, ntshai txog tej yam tshwmsim yav tag los.
Prevention	Kev npaj kho; kev tiv thaiv.
Privacy	Tej yam tseem ceeb ntawm koj tus kheej uas koj tsis pub neeg paub.
Protect your family	Pov hwm koj tsev neeg.
Psychotic disorder	Neeg vwm.
Racing heart beat	Plawv kхиav ceev.
Racing thoughts	Xav ntau ntau.
Recurrent and distressful thoughts of past trauma	Pheej tshwm sim thiab rov nco txog kev ntshai yav tag los.
Regret	Khuv xim, xav txog lig.
Regular use of laxative	Nquag siv tshuaj zawv plab.
Relax	Txo siab ntsws; xoob ib ce, tso siab.
Rest	So
Restless and edgy	Nyob tsis tus.
Restlessness or feeling keyed up	Nyob tsis tswm.
Run, climbs excessively	Khiav, nce ub nce no tas li.
Runaway	Muaj tus cwjpwm khiav tsis los tsev.
Sacrifice	Xum muab tso tseg, xum xiam.
Sadness	Mluas; tus siab.
Secretive	Zais siab.
Self-induced vomiting	Ua kom ntauav.

Self-mutilation	Txhob txwm tsim txom/hlais tus kheej.
Serious fire setting	Nyiam zes taws.
Severe illness	Mob heev.
Shoplifting or stealing	Ua tub sab lossis nyiag khoom.
Side effects	Txawj ua rau tejyam tshwmsim tawm tuaj ntxiv. Tej qhovsi, txhaws qhov ntswg.
Sleeping too much	Pw heev dhau.
Soul	Tus ntsujplig.
Special	Tshwjxeeb; muaj nqis; txawv tshaj.
Speech	Hais lus/piav.
Spells of terror or panic	Poob siab loj los yog ntshai heev
Spirit	Ntsujplig, xyw.
Spiteful, vindictive	Txaus chim, xav pauj kua zaub ntsuab.
Startled very easily	Ceeb yoojyim.
Stolen with victim present	Nyiag kiag ntawm tus tswv qhov muag.
Stolen without victim present	Nyiag thaum tus tswv tsis nyob.
Stress	Nyuaj siab.
Struggle	Nyuaj; Ua tsis tau li siab xav.
Suicidal plan	Muaj homphiaj los txo yus txojsia.
Suicidal thoughts	Xav txog t xo j kev t xo yus t xojsia.
Suicide	Rov tua tus kheej.
Surgery	Phais neeg
Survivor	Tus dim kev tsim txom; ploj tuag.
Swear or name calling during argument	Cem lus phem thaum sib cav.
Talk excessively	Tham heev. Tham ntau ntau.
Talk too fast	Hais lus nravm/ceev.
Thought content	Qhov yus xav txog.
Tightness in chest	Hnov lub hauv siab ceev ceev.
Tire easily	Nkees sai heev; zog ntaug yoojyim.
Tobacco use	Haus luam yeeb.
Touch, easily annoyed	Kov, hnyav saib yoojyim.
Traumatized	Raug ntshai.
Trembling	Ib ce tsheeg nyo.
Trouble concentrating	Siab tsis npuab.
Trouble listening	Teebmeem tsis mloog; mloog tsis tau zoo.
Under-achievement	Kawm tsis tshua tau zoo; poob qab.
Unique	Nyias zoo nyias; tsis sib xws.
Unstable	Ywj fab ywj fwj.