



UC BERKELEY
BHAGAT PURAN SINGH HEALTH INITIATIVE

Resource Packet

BPSHI aims to advocate for and provide immigrant communities with greater access to healthcare services. This packet contains several health resources and is available in both Punjabi and English.

**FOR MORE INFORMATION AND
FREE RESOURCES, PLEASE VISIT
BERKELEYBPSHI.COM**

Cardiovascular Disease

Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a **heart attack (ਦਿਲ ਦਾ ਦੌਰਾ)**, **chest pain (ਛਾਤੀ ਵਿਚ ਦਰਦ)** or **stroke (ਦਿਮਾਗ ਦਾ ਦੌਰਾ)**

ਦਿਲ ਦਾ ਦੌਰਾ

ਕੀ ਤੁਸੀਂ ਹੇਠਾਂ ਦਿੱਤੇ ਕੋਈ ਸੰਕੇਤ ਮਹਿਸੂਸ ਕਰਦੇ ਹੋ?

ਦਰਦ

ਦਬਾਅ

ਭਾਰਾਪਨ

ਘੁੱਟਣ

ਤੁਹਾਡੇ ਇੱਕ ਜਾਂ ਇੱਕ ਤੋਂ ਵੱਧ ਅੰਗਾਂ 'ਚ

ਛਾਤੀ

ਗਰਦਨ

ਜਬਾੜੇ

ਬਾਹ/ਹਾਂ

ਪਿੱਠ

ਮੋਢਾ/ਢੇ

ਤੁਹਾਨੂੰ ਇਹ ਵੀ ਮਹਿਸੂਸ ਹੋ ਸਕਦਾ ਹੈ

ਮਤਲੀ

ਠੰਡੇ ਪਸੀਨੇ

ਚੱਕਰ ਆਉਣੇ

ਸਾਹ ਚੜਨਾ

ਹਾਂ

Call 911

Stroke (ਦਿਮਾਗ ਦਾ ਦੌਰਾ)



Risk factors:

- Family History
- Smoking
- Diet with high fat, sugar, salt, and cholesterol
- High blood pressure
- Diabetes
- Obesity
- Physical Inactivity
- Stress
- Poor hygiene

Prevention:

- Quit smoking
- Control other health conditions, like high blood pressure, cholesterol, and diabetes
- Exercise at least 30 minutes a day on most days of the week
- Eat a diet that is low in salt and saturated fats
- Maintain a healthy weight
- Reduce & maintain stress
- Practice good hygiene

1. Walk briskly for 10 minutes outside.

2. Walk briskly for 20 minutes outside.

3. Walk briskly for 15 minutes outside. Do 10 knee raises.

4. Walk briskly for 30 minutes outside. Do 10-12 calf raises.

5. Walk briskly for 45 minutes outside. Then go up a flight of stairs 1x.

6. Walk briskly for 20 minutes outside. Go up the stairs 2 times.

ਰੋਜ਼ ਦੀ ਸਾਰ

7. Walk briskly for 15 minutes outside. Do 5 yoga poses of your choice.

8. Walk briskly for 25 minutes outside. Do 2 sets of 15 knee raises,

9. Walk briskly for 30 minutes outside. Do 10 minutes of yoga.

10. Walk briskly for 30 minutes. Do 15 minutes of yoga.

11. Walk briskly for 30 minutes. Go up and down 2 flights of stairs.

12. Walk briskly for 30 minutes. Do 10-12 arm circles.

13. Grab a friend! Walk briskly for 25 minutes.

14. Grab a friend! Walk briskly for 45 minutes.

15. Grab a friend! Do yoga together for 30 minutes.

16. Walk briskly for 45 minutes. Don't forget your friend!

17. Grab a friend! Walk briskly for 25 minutes. Do 20 knee raises.

18. Grab a friend! Walk briskly for 15 minutes. Do 20 minutes yoga.

Find an exercise buddy!

19. Walk briskly for 45 minutes. Go up and down the stairs 3x.

20. Go up and down the stairs 5x. Do 25 minutes yoga.

21. Walk briskly for 25 minutes. Then run for 5 min.

22. Run for 5 min, walk for 45 min, run for 5 min again.

23. Walk briskly for 25 min. Then run for 5 min. Do 20 knee raises.

24. Run for 5 min. Go up and down the stairs 5x. Do 25 min yoga.

Time to amp things up!

25. Do 30 knee raises, 10 calf raises, and 10 arm circles. 10 min yoga.

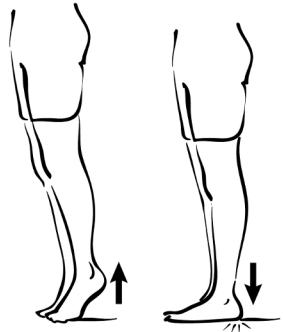
26. Walk briskly for 45 minutes. Do 10 knee raises and arm circles

27. Walk briskly for 60 minutes. Do a yoga pose to stretch.

28. Walk briskly for 45 min, run for 5 min. Go up the stairs 3x.

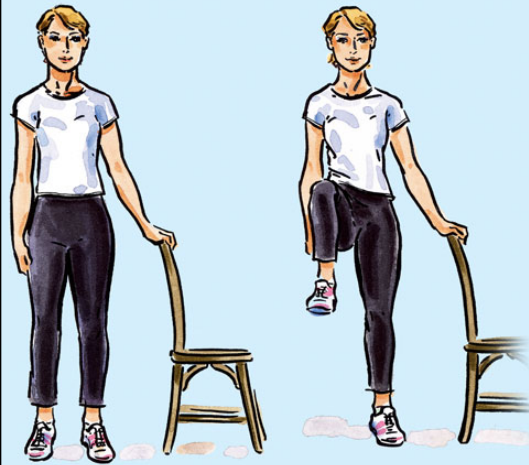
29. Do 30 min of yoga. Touch your toes.

30. Walk for 60 min. Touch your toes.



CALF RAISES

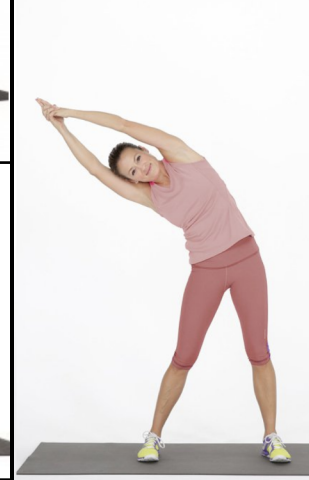
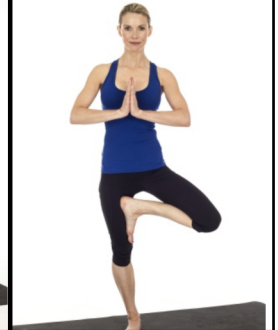
1. Hold the back of a chair or any other stable surface.
2. Keeping your back straight, rise up on your toes, slowly lifting your heels off the ground.
3. Slowly lower back down.
4. Repeat this for 10-12 sets.



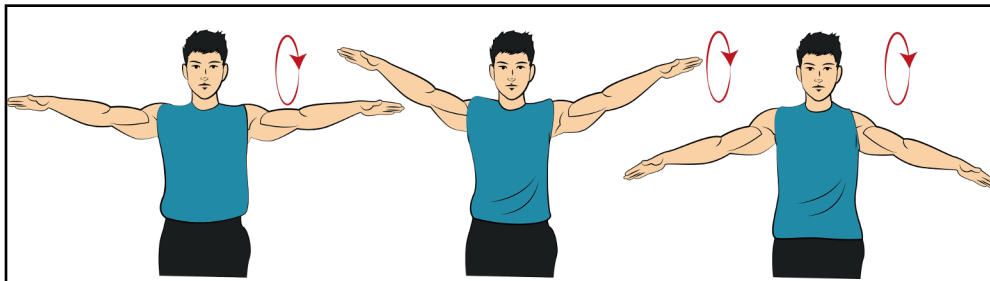
Knee Raises

Take standing position similar to the image to the left. Slowly lift left knee so that you are now holding the other pose. Hold the pose for a moment, then lower your leg. Do the same with the other knee to complete one set of knee raises. Do 10-15 sets at a time.

A Few Yoga Poses



Arm Circle Exercise



Hold your arms straight out to the side. Move them in big circles, always rotating from your shoulder and holding your arm straight. Repeat till you have done 10-15 circles. Then lower arms to your side.

Caution! If you feel sharp or sudden pain when doing these exercises, while walking or while running, stop immediately. If the pain persists, consult a doctor.



Exercise Name: Knee Extension

Purpose: This exercise strengthens knees to improve the ability to stand and balance. It will also improve your available knee range of motion.

Steps:

- 1.) Sit in a chair with feet flat on the floor.
- 2.) Straighten out your right knee and hold for a few seconds
 - a.) Exhale during the upward movement phase
 - b.) Inhale during the downward movement phase.
- 3.) Straighten out your left knee and hold for a few seconds
- 4.) Repeat 10 times on each leg.



***Remember:** Exercise should never cause pain or make it worse. Muscle soreness after a hard workout is normal. But sharp, shooting, or sudden pain in the muscles or joints means you should stop and check with your doctor.



Exercise Name: Straight Leg Raises

Purpose: If your knee is not at its best, start with this simple strengthening exercise for your quadriceps (the muscles in the front of the thigh). This move puts little to no strain on the knee.

Steps:

- 1.) Lie on your back on the floor or another flat surface.
- 2.) Bend one knee and place your foot flat on the floor.
- 3.) Keeping the other leg straight, raise it to the height of the
- 4.) opposite knee.
- 5.) Repeat 10-15 times for three sets.



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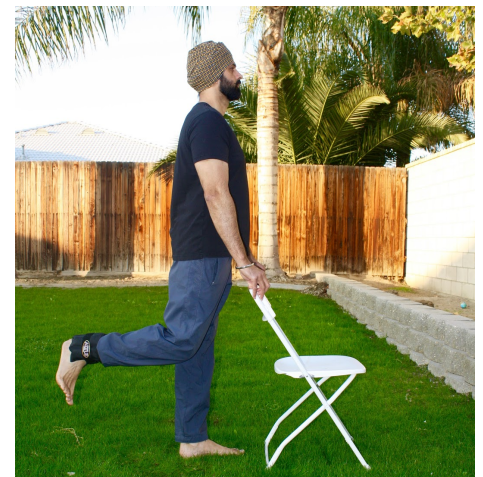


Exercise Name: Hamstring Curl

Purpose: Hamstring muscles are the muscles along the back of your thigh. This exercise strengthens this muscle and takes the pressure off of your knees.

Steps:

- A. Method One: Laying down method (not pictured)
 - 1.) Lie flat on your stomach.
 - 2.) Slowly bring your heels as close to your butt as you can, and hold that position.
 - 3.) Do three sets of 15.
- B. Method 2: Standing method (pictured with ankle weights)
 - 1.) Stand while you hold onto a chair and lift one leg at a time.
 - 2.) If this becomes easy, you can add ankle weights, slowly increasing the weight from 1 to 3 to 5 pounds.



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Exercise Name: Step-Ups

Purpose: This exercise strengthens the calf and hamstring muscles; by strengthening these muscles, you are able to take the pressure off of your knees.

Steps:

- 1.) Place one foot on a step bench, platform, or the lowest step on a staircase.
- 2.) Keeping your pelvis level, bend your knee and slowly lower the opposite foot to the floor.
- 3.) Lightly touch your toe to the floor, then rise back up.
- 4.) Repeat 10-15 times, then switch legs. Too easy? Use a higher step, or touch your heel instead of your toe.



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Exercise Name: Jor-Naal Sat-Sri-Akal

Purpose: To increase arm strength.

Steps:

- 1.) Sit upright with feet flat on the floor
- 2.) Press your hands together in front of your chest as hard as you can
- 3.) Hold at least for a minimum of 10 seconds.

When done correctly, your hands will start to shake by the end of the exercise.



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Exercise Name: Cross Body, Arm stretch

Purpose: This stretch is good for loosening tight arm and shoulder muscles

Steps:

- 1.) Sit upright with your back straight
- 2.) Extend your right arm across your body.
- 3.) With your left arm, grab your right arm and press against your body
- 4.) Hold for 5 seconds. Repeat with opposite arm.



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Exercise Name: Upper Body Twist

Purpose: This exercise will develop and maintain flexibility in the upper back

Steps:

- 1.) Sit upright with feet flat on the floor, cross your arms and reach for your shoulders
- 2.) Without moving your hips, turn your upper body to the left as far as is comfortable
- 3.) Hold for 5 seconds. Repeat going right. Do five of each.



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Exercise Name: Sit to Stand

Purpose: This is good for leg strength

Steps:

- 1.) Sit on the edge of the chair, feet hip-width apart
- 2.) Stand up slowly, using your legs, not arms.
- 3.) Keep looking forward, not down.
- 4.) Stand upright before slowly sitting down, bottom-first
- 5.) Aim for 5 repetitions - the slower, the better



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Exercise Name: Standing up calf Raises (straight, in, and out)

Purpose: For flexibility in legs

Steps:

- 1.) Stand upright and place hands on the back of your chair
 - 2.) Slowly raises your heels from the floor
 - 3.) Do 3 sets: feet facing straight, feet facing inward, and feet facing outward
- Hold for about 10 seconds each set and repeat 5 times



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Exercise Name: Leg Extensions

Purpose: For flexibility in legs

Steps:

- 1.) Rest your hands on the back of a chair for stability.
- 2.) Standing upright, raise your left leg backwards, keeping it straight.
 - a.) Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with the other leg.
- 3.) Hold the lift for up to five seconds and repeat 5 times with each leg.



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Exercise Name: Two-Knee Twist

Purpose: To reduce lower back pain

Steps:

- 1.) Lie on your back, on a comfortable surface.
- 2.) Bend your knees into your chest and bring your arms out at a T.
- 3.) As you exhale, lower your knees to the ground on the right.
 - a.) Keep both shoulders pressing down firmly.
 - b.) If the left shoulder lifts, lower your knees further away from the right arm.
- 4.) Hold for 1-2 minutes each side and repeat 2 times on each side.



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Exercise Name: Sphinx

Purpose: To reduce lower back pain.

Steps:

- 1.) Lie on your stomach, on a comfortable surface.
- 2.) Slowly prop yourself up on your forearms.
- 3.) Align your elbows directly under your shoulders.
- 4.) Press firmly through your palms and the tops of your feet.
- 5.) Press your pubic bone forward.
 - a.) You will feel sensations in your lower back, but breathe through it. You are allowing blood flow into the lower back for healing.
- 6.) Hold for 1-3 minutes.



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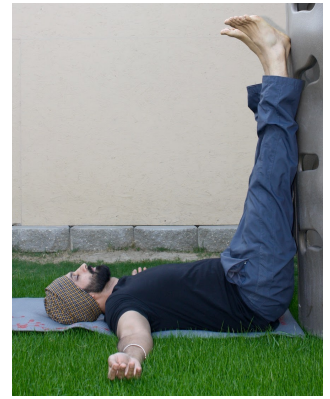


Exercise Name: Legs up the Wall

Purpose: This pose is excellent for relaxing the muscles of the lower back and drains stagnant (non-moving) fluid from the feet and ankles.

Steps:

- 1.) Scoot your bottom all the way into the wall and swing your feet up the wall.
- 2.) Do this pose after exercising and always after traveling by plane.
- 3.) Hold for 5-10 minutes.



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Exercise Name: Chin Tuck

Purpose: Strengthen neck muscles and reduce neck pain.

Steps:

- 1.) Stand against a wall and keep your spine straight
- 2.) Pull upper back and head back until the back of the head touches the wall.
- 3.) Keep chin down so head is not looking up
- 4.) Hold position for 10 seconds



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Exercise name: Neck Stretch

Purpose: This stretch is good for loosening tight neck muscles

Steps:

- 1.) Sit upright, look straight ahead, and hold your left shoulder down with your right hand
- 2.) Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.
- 3.) Hold each stretch for five seconds and repeat three times on each side.



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Exercise name: Prone Cobra

Purpose: For correcting posture and strengthening neck muscles

Steps:

- 1.) *Figure 1* - Lay down facing ground with something for comfort under forehead. Place arms at the side, palms down on floor. Place tongue on the roof of the mouth.
- 2.) *Figure 2* - Pinch shoulder blades together and lift hands off of the floor. Roll the elbows in, palms out, and thumb up
- 3.) *Figure 3* - Gently lift the forehead about an inch off the towel keeping eyes looking straight at the floor. Hold 10 seconds.



Figure 1

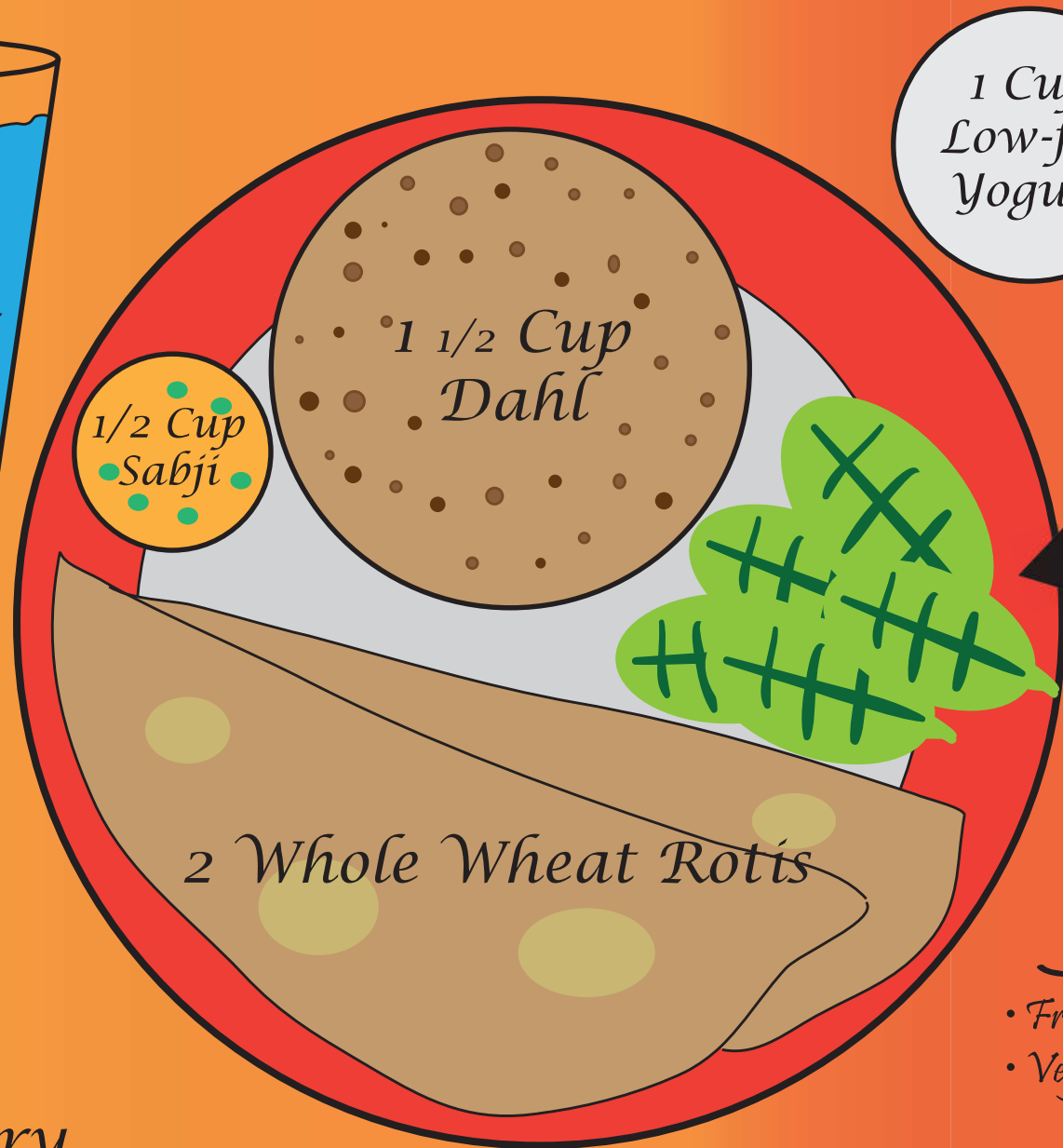


Figure 2



Figure 3

***Remember:** Exercise should never cause pain or make it worse. Muscle soreness after a hard workout is normal. But sharp, shooting, or sudden pain in the muscles or joints means you should stop and check with your doctor.



1 Cup
Low-fat
Yogurt

1/2 Cup
Sabji

1 1/2 Cup
Dahl

1 Handful
Salad

2 Whole Wheat Rotis

Tips

- Use whole-grain atta
- Use low-fat or non-fat milk & yogurt
- Use olive oil in tarka
- Use less butter
- Use less salt (to prevent cardiovascular disease)

If still hungry...

- Eat more salad & veggies
- Eat more protein foods:
 - Eat more dahl
 - Eat more yogurt

Snacks

- Fruits (with LOW sugar)
- Veggies
 - Carrots
 - Cucumbers
- Whole-wheat rusk
- Roasted channa
- Any low-sugar/low-fat options

How to help family members dealing with mental health illnesses:

Many family members do not believe that their family member is dealing with mental health illnesses and worry about what other people will say,

Offer family members support.

Suggest that they seek treatment.

Resources

Punjabi Speaking:

- Hume Center (Fremont)
 - 510-745-9151
- Kaiser Permanente Fremont Child and Family Services
 - 510-248-3060

Hindi Speaking:

- Kaiser Permanente Oakland Child and Family Services
 - 510-752-1075
- Community Health for Asian Americans (Alameda)
 - 510-835-2777
- City of Fremont Youth and Family Services
 - 510-574-2100



MENTAL HEALTH



What is a mental health illness?

disorders that affect your mood, thinking, and behavior

Statistics:

- About 450 million people around the world suffer with mental disorders
- 1/4 of the world will at some time develop a mental/behavioral issue at some point in their lives
- In the US, about 22% of the US adult population has one or more mental health disorders in a year
- The 10th leading cause of death in the US is suicide

Factors That Can Influence Mental Health:

- Environment, such as
 - Death in the family
 - Loss of job
- Physical illness
- Medications
- Psychological factors
- Family history
- Alcohol, opium, and other drugs

COMMON TYPES OF MENTAL HEALTH ILLNESSES

Depression:

Symptoms include

- Depressed mood
- Apathy/loss of interest
- Weight/appetite change
- Trouble sleeping
- Fatigue
- Loss of concentration
- Feeling worthless/guilty
- Thoughts of suicide



Bipolar Disorder:

Causes unusual shifts in moods, ranging from mania to depressive episodes

Symptoms of mania include:

- Abnormally elevated mood
- Inflated self esteem
- Decreased need for sleep
- More talkative than usual
- Racing thoughts

Anxiety disorders:

Symptoms include

- Excessive worry
- Being easily fatigued
- Difficulties concentrating
- Having sleep problems

WAYS TO IMPROVE MENTAL HEALTH

Seek treatment in serious cases:

Types of treatment include:

- Psychotherapy
- Psychiatric consultations
- Medications
- Support groups
- Hospitalization

Exercise more

Get enough sleep

Spend time with others

Limit alcohol and drug consumption

Meditate

THE DAILY THAALI: PORTION SIZES FOR THE PUNJABI DIET

2 Whole wheat rotis with No or limited butter.
Or substitute with ½ cup brown rice.

Drink an 8 oz. glass of water 30 minutes before meal.
[Drink at least 8 8oz cups of water / day]

One handful of salad with plenty of nutritious greens [spinach, kale] and fresh veggies.



1.5 cups of daal made without heavily oiled tarka and limited salt. Serve without butter.

½ cup sabji. Avoid overcooking to keep nutritional value.
Cook with limited oil and salt.

One cup dahi made with low fat or non fat milk. Avoid putting excessive salt in raita.

Snacks + Cha

Use non fat milk in cha and add no / limited sugar in cha
Enjoy whole wheat rusk / whole wheat biscuits with cha
Eat fresh fruits low in sugar: banana, blueberries, kiwi, fresh cranberries, raspberries [Avoid mangoes, lychees, cherries]
Eat a handful of roasted + unsalted channa
Eat raw veggies for snacking: carrots, cucumber slices

Meal tips + portions

Eat more salads, veggies, dahi, and low sugar fruits
Eat less roti and rice and reduce added sugar intake
Eat a heavy breakfast and light dinner
Eat dinner at least 2 hours prior to sleeping
Do not eat while watching TV: it can cause overeating
Eat smaller meals, and eat more often, rather than overeating

Benefits of walking:

1. Helps maintain a healthy weight
2. Reduces risk of various conditions:
 - Heart disease
 - High blood pressure
 - Type 2 diabetes
3. Strengthens bones and muscles
4. Improves your balance and coordination
5. Improves sleep
6. Improves mood
7. Improves blood circulation
8. Helps digestion

How to walk the most efficiently:

1. Rigorous walking
 - a. Duration: 30-45 minutes
 - b. Intensity: High (You should be breathing hard towards end)
 - c. Repetition: 4-5 times / week [150 minutes / week total]
2. Light walk (for digestion)
 - a. Duration: 20 minutes
 - b. Intensity: Low
 - c. Repetition: Daily (try after every meal, but definitely after dinner)

Helpful points:

1. If you have knee problems:
 - a. Get a brace / knee band (available at Rite-Aid, CVS, Target)
 - b. Ice your knee: Ice the painful area in intervals of 20 minutes (off and on). Tie an ice bag against leg with a cloth. If an ice pack is not accessible, put a few small cubes of ice in a Ziploc bag.
 - c. Soak area of inflammation in Epsom salt (available at Rite-Aid, CVS, Target) and hot water
2. Preventative tips:
 - a. Consider supportive shoes (that are not completely flat)
 - b. Walk on dirt and grass for less impact (uphill and stairs are bad for knees)
3. If rapid breathing is a problem:
 - a. Remember, walking is a preventative care measure, so know when to stop, start slow the first day and build up
 - b. Briskly/ Actively Walk: move your arms, try to regulate breathing, monitor the time and distance walked
 - c. Right way to breathe: breathe in through your nose, breathe out through your mouth
4. Stretching
 - a. Flamingo stretch (for quads): pull left leg up to your bottom and hold for 10 seconds by holding your ankle against your bottom with your left hand. Repeat for right side.
 - b. Sitting toe touch (for hamstrings): sit down, extend your legs flat (do not bend knees) in front of you and reach for your toes as much as your body allows

Depression

Depression means different things in different cultures. The symptoms of depression and the treatments provided are not all the same. In this document, depression is defined as a mental health issue that causes people to experience feelings of sadness, being miserable most of the time, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration.

There is no one type or cause of depression. Everybody's circumstances, history and culture will be different. The causes, duration, symptoms and treatment will all be different for each person.

The World Health Organisation estimates that depression will be the number one health concern in both developed and developing nations by 2030¹.

Symptoms:

Depression signs and symptoms may vary among people but generally encompass a feeling of sadness or hopelessness. The signs and symptoms will be different for every person and include a range of behaviours, feelings, thoughts and physical feelings.

Behaviour

- not going out anymore
- not getting things done at work/school
- withdrawing from close family and friends
- relying on alcohol and sedatives
- not doing usual enjoyable activities
- difficulty concentrating

Thoughts

- 'I'm a failure.'
- 'It's my fault.'
- 'Nothing good ever happens to me.'
- 'I'm worthless.'
- 'Life's not worth living.'
- 'People would be better off without me.'

Feelings

- overwhelmed
- guilty
- irritable
- frustrated
- lacking in confidence
- unhappy
- indecisive
- disappointed
- miserable
- sad

Physical feelings

- tired all the time
- no energy
- sick and run down
- headaches and muscle pains
- churning gut
- sleep problems
- loss or change of appetite
- significant weight loss or gain

Everyone experiences some of these symptoms from time to time and not everyone who is experiencing depression will have all these symptoms. Depression symptoms can vary from very mild to severe depression. If you experience symptoms of depression for most of the day – every day – for more than two weeks, or if you are concerned about any of the feelings you are having, you should seek help from your doctor.



Causes:

Depression is a complex condition and its causes are not fully understood. However, various contributing factors can lead to depression. These can include biological factors (for example, genetics or experience of physical illness or injury) and psychological or social factors (experiences dating back to childhood, unemployment, bereavement, or life-changing events such as pregnancy, migrations, family dislocation, and isolation). Having a long-standing or life-threatening illness, such as heart disease, back pain or cancer, has been associated with an increased risk of depression.

Getting support:

Everyone is different and there is no one proven way to treat depression. Treatment needs to be tailored to your condition, circumstances, needs and preferences. Most people with anxiety or depression benefit from one or a combination of the following:

- lifestyle changes and social support
- psychological or 'talking' therapies
- medical therapies

Common treatment approaches for depression include talking therapies and medication.

Talking therapies

Talking therapies involve speaking in confidence to a trained professional about problems or issues that may be causing concern. Types of talking therapies include counselling and psychotherapy, and your doctor can advise you about which approach you may find most helpful.

Medication

Another treatment option for depression is to take antidepressants. These can be taken on their own or in conjunction with talking therapies.

There are various types of antidepressants available and you can speak with your doctor about what might suit you best. If one medication does not work, you may be prescribed something else. It is important that you take the medicine for the length of time recommended by your doctor.

There may be side effects for taking antidepressants. When seeking support, you can ask questions about the treatments, the side effects and when you can expect to feel better.

If you think you have depression, it is important to speak with your doctor or care provider for more detail and to discuss which treatment may be most appropriate for you.

If you need help now

If you think someone could hurt themselves or others, get urgent help.

Call emergency services

Dial triple zero (000)

Call Lifeline

Dial 13 11 14

About this factsheet:

This factsheet has been adapted from a similar document published on the website of health UK. The original can be viewed at

<https://www.mentalhealth.org.uk/a-to-z/d/depression>.

Other sources include:

<https://www.beyondblue.org.au/get-support/who-can-assist>

This fact sheet has been informed by members of the Embrace Multicultural Mental Health's CALD Mental Health Consumer and Carer group.

Factsheet produced by:

Embrace Multicultural Mental Health
Mental Health Australia

¹ World Health Organisation. (2008). The global burden of disease: 2004 update.



KNOW THE SIGNS

Every day, there are friends and family around you who may be struggling with emotional pain. And, for some, it may become difficult to tolerate. Although the warning signs of emotional pain may be subtle, it is very important to be aware of them.

The signs of depression and suicide are not always clear. One should pay close attention to the following signs especially if they are not typical:

- Talking about wanting to die or suicide
- Feeling hopeless, overwhelmed by stress, trapped
- Seeking methods for self-harm
- Giving away possessions
- No longer doing the things he or she usually enjoys
- Increased drug or alcohol use
- Increased anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose
- Reckless behavior
- Saying goodbye to family and friends

If you sense something is wrong, trust your instincts and reach out to provide help in time.

Pain Isn't Always Obvious

KNOW THE SIGNS

Suicide Is Preventable

TAKE THE FIRST STEP AND OPEN UP



ਉਦਾਸੀ (ਚਿੰਤਾ) ਹਮੇਸ਼ਾ ਸ਼ੱਪੱਸਟ ਨਹੀਂ ਹੁੰਦੀ। ਆਤਮ-ਹੱਤਿਆਵਾਂ ਰੋਕੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ।

ਖ਼ਤਰੇ ਦੇ ਚਿੰਨ੍ਹ

ਰੋਜ਼ਾਨਾ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਪਰਿਵਾਰ ਦੇ ਜੀਅ, ਦੋਸਤ-ਮਿੱਤਰ ਉਦਾਸੀ ਅਤੇ ਤਣਾਅ ਦਾ ਸ਼ਿਕਾਰ ਹੁੰਦੇ ਹਨ। ਬਹੁਤੇ ਲੋਕਾਂ ਲਈ ਇਹ ਦਰਦ ਬਰਦਾਸ਼ਤ ਕਰਨੇ ਐਂਥੇ ਹੋ ਜਾਂਦੇ ਹਨ। ਭਾਵੇਂ ਕਿ ਖ਼ਤਰੇ ਦੇ ਚਿੰਨ੍ਹ ਸੂਖਮ ਹੁੰਦੇ ਹਨ ਪਰ ਉਹਨਾਂ ਵਲ ਧਿਆਨ ਦੇਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਖ਼ਤਰੇ ਦੇ ਚਿੰਨ੍ਹ ਦੀ ਪਹਿਚਾਣ ਕਰਕੇ ਅਤੇ ਸਹੀ ਢੰਗ ਨਾਲ ਸਹਿਯੋਗ ਦੇ ਕੇ ਤੁਸੀਂ ਕਿਸੇ ਦੀ ਜਾਨ ਬਚਾ ਸਕਦੇ ਹੋ।

ਡਿਪ੍ਰੈਸ਼ਨ ਅਤੇ ਆਤਮ-ਹੱਤਿਆ ਦੇ ਲੱਛਣ ਸਦਾ ਸਪਸ਼ਟ ਨਹੀਂ ਹੁੰਦੇ ਖਾਸ ਤੌਰ 'ਤੇ ਉਦੋਂ ਜਦੋਂ ਇਹ ਵਿਲੱਖਣ ਨਹੀਂ ਹੁੰਦੇ। ਪਰ ਹੇਠ ਦਿੱਤੇ ਲੱਛਣਾਂ ਵੱਲ ਧਿਆਨ ਦੇਣ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ:

- ਆਤਮ-ਹੱਤਿਆ ਕਰਨ ਬਾਰੇ ਗੱਲ ਕਰਨਾ ਜਾਂ ਮਜ਼ਾਕ ਕਰਨਾ
- ਜੀਵਨ ਦੀ ਆਸ ਛੱਡ ਦੇਣੀ ਅਤੇ ਭਵਿੱਖ ਬਾਰੇ ਕੋਈ ਉਮੀਦ ਨਾ ਜਾਹਰ ਕਰਨੀ (ਲਾਭ)
- ਜਾਣ ਬੁੱਝ ਕੇ ਆਪਣੇ ਸਰੀਰ ਨੂੰ ਨੁਕਸਾਨ ਪਹੁੰਚਾਉਣਾ ਜਾਂ ਕਸ਼ਟ ਦੇਣਾ
- ਆਪਣੇ ਆਪ ਨੂੰ ਨੁਕਸਾਨ ਪਹੁੰਚਾਉਣ ਜਾਂ ਕਸ਼ਟ ਦੇਣ ਲਈ ਸਾਧਨ ਜੁਟਾਉਣਾ
- ਬਹੁਮੁੱਲੀਆਂ ਨਿਸ਼ਾਨੀਆਂ ਅਚਾਨਕ ਵੰਡ ਦੇਣੀਆਂ (ਵਸੀਅਤ ਬਨਾਉਣੀ)
- ਆਮ ਕੰਮਾਂ ਵਿੱਚ ਲਾਪਰਵਾਹੀ ਕਰਨੀ
- ਗੁੱਸੇ ਵਿੱਚ ਰਹਿਣਾ
- ਨਸ਼ੀਲੇ ਪਦਾਰਥਾਂ ਦੀ ਵਰਤੋਂ ਵਿੱਚ ਵਾਧਾ
- ਜਜ਼ਬਾਤੀ ਹੋ ਕੇ ਚਿੰਤਾ ਕਰਨੀ
- ਨੀਂਦ ਵਿੱਚ ਬਦਲਾਓ
- ਅਚਾਨਕ ਵਿਵਹਾਰ ਵਿੱਚ ਤਬਦੀਲੀ
- ਆਪਣੀ ਸਮਰੱਥਾ 'ਤੇ ਭਰੋਸਾ ਨਾ ਕਰਨਾ
- ਲਾਪਰਵਾਹ ਵਰਤਾਵ ਕਰਨਾ
- ਦੋਸਤ-ਮਿੱਤਰਾਂ ਅਤੇ ਪਰਿਵਾਰਕ ਜੀਆਂ ਨੂੰ ਅਲਵਿਦਾ ਆਖਣਾ

ਇਹਨਾਂ ਚਿੰਨ੍ਹਾਂ ਦੀ ਪਹਿਚਾਣ ਕਰਕੇ, ਪਰਿਵਾਰਕ ਜੀਆਂ ਅਤੇ ਦੋਸਤਾਂ-ਮਿੱਤਰਾਂ ਨੂੰ ਸਹਿਯੋਗ ਦੇਣਾ ਪਹਿਲਾ ਕਦਮ ਹੈ। ਜੇ ਤੁਹਾਨੂੰ ਕੁਝ ਗਲਤ ਮਹਿਸੂਸ ਹੁੰਦਾ ਹੈ ਤਾਂ ਆਪਣੀ ਕਾਬਲੀਅਤ ਤੇ ਭਰੋਸਾ ਕਰਕੇ ਹੋਰ ਸਹਿਯੋਗ ਦੇ ਸਕਦੇ ਹੋ।



ਕੀ ਤੁਸੀਂ ਆਤਮ-ਹੱਤਿਆ ਕਰਨ ਬਾਰੇ ਸੋਚਦੇ ਹੋ?

ਮੱਦਦ ਲਈ ਪਹੁੰਚ ਕਰੋ

REACH OUT

FIND THE WORDS

“Are you thinking about ending your life?”

ਆਤਮ-ਹੱਤਿਆ ਦੇ ਵਿਸ਼ੇ ਤੇ ਗੱਲ ਕਰਨਾ ਬਹੁਤ ਮੁਸ਼ਕਲ ਕੰਮ ਹੈ ਪਰ ਇਹ ਵਿਸ਼ਾ ਸਭ ਤੋਂ ਜ਼ਰੂਰੀ ਹੈ। ਜੇ ਤੁਹਾਨੂੰ ਕਿਸੇ ਪ੍ਰਤੀ ਚਿੰਤਾ ਹੈ ਤਾਂ ਜਾਣਕਾਰੀ ਲੈਣ ਲਈ ਜ਼ਰਾ ਵੀ ਸੰਕੋਚ ਨਾ ਕਰੋ।

ਸੋਚੋ, ਕੀ ਤੁਹਾਡਾ ਕੋਈ ਜਾਣ-ਪਹਿਚਾਣ ਵਾਲਾ ਸੰਕਟ ਵਿੱਚ ਹੈ?

Think, do you know anyone that might be in crisis?

Talking to someone about suicide can be difficult, but when it comes to suicide prevention it is important that you speak with the person right away. If you are worried about someone, don't hesitate to start the conversation.

ਤੁਸੀਂ “ਰਾਸ਼ਟਰੀ ਆਤਮ-ਹੱਤਿਆ ਜੀਵਨ ਰੋਕਾ” ਦੇ ਮਾਹਰਾਂ ਨੂੰ

Call:

1.800.273.8255

Trained counselors are available 24/7 to offer support at the National Suicide Prevention Lifeline.

Visit:

www.suicideispreventable.org

for more information and local resources.

START THE CONVERSATION

Mention the warning signs you are noticing.

ASK ABOUT SUICIDE

“Are you thinking about suicide?”

LISTEN

Express concern and reassure.

ਆਤਮ-ਹੱਤਿਆ ਦੇ ਵਿਸ਼ੇ ਬਾਰੇ ਗੱਲ ਬਾਤ ਸ਼ੁਰੂ ਕਰੋ।

ਖ਼ਤਰੇ ਦੇ ਚਿੰਨ੍ਹਾਂ ਦਾ ਜ਼ਿਕਰ ਕਰੋ।

ਆਤਮ-ਹੱਤਿਆ ਬਾਰੇ ਪੁੱਛੋ।

ਕੀ ਤੁਸੀਂ ਆਤਮ-ਹੱਤਿਆ ਕਰਨ ਬਾਰੇ ਸੋਚਦੇ ਹੋ?

ਬੋਲਣ ਦਾ ਮੌਕਾ ਦੇਵੋ।

ਚਿੰਤਾ ਦਾ ਪ੍ਰਗਟਾਵਾ ਕਰੋ ਅਤੇ ਭਰੋਸਾ ਦੇਵੋ।

1.800.273.8255

ਤੇ ਕਾਲ ਕਰੋ। ਤੁਸੀਂ ਇਹਨਾਂ ਨੂੰ ਚੌਢੀ ਘੰਟੇ, ਸੱਤੇ ਦਿਨ ਮੁਫਤ ਗੱਲ ਕਰਕੇ ਮੱਦਦ ਲੈ ਸਕਦੇ ਹੋ।

..ਤੁਸੀਂ ਪੰਜਾਬੀ ਵਿੱਚ ਗੱਲ ਕਰ ਸਕਦੇ ਹੋ।

ਮਦਦ ਕਰਨ ਦੇ ਅਤੇ ਸਹਿਯੋਗ ਦੇਣ ਦੇ ਤਰੀਕੇ:

- ਉਹਨਾਂ ਦਾ ਸਾਥ ਦੇਵੋ ਅਤੇ ਦਿਖਾਓ ਕਿ ਤੁਸੀਂ ਉਹਨਾਂ ਦੀ ਮਦਦ ਲਈ ਹਾਜ਼ਰ ਹੋ।
- ਉਹਨਾਂ ਨੂੰ ਭਰੋਸਾ ਦੇਵੋ ਮੱਦਦ ਲੈਣਾ ਕੋਈ ਸ਼ਰਮ ਵਾਲੀ ਗੱਲ ਨਹੀਂ।
- ਲੋੜਵੰਦ ਨੂੰ ਮਾਨਸਿਕ ਸਿਹਤ ਦੇ ਡਾਕਟਰ, ਭਾਈਚਾਰਕ ਆਗੂ, ਜਾਂ ਪਰਿਵਾਰਕ ਜੀਅ ਨਾਲ ਗੱਲ ਕਰਨ ਦੀ ਸਲਾਹ ਦੇਵੋ।



Here are ways to show support:

- Stay with them and show that you are there to help them.
- Reassure them that there is no shame in getting help.
- Talk to and discuss next steps with a mental health clinician or doctor, a community leader or family members.

KNOW THE SIGNS



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).