

Wujal Wujal Guidelines: English Version (Wujal Wujal dialect on second page below)




WUJAL WUJAL GUIDELINES FOR SUPPORTING PEOPLE WHO ARE AT RISK

WHO IS AT RISK?	MAYBE A "CLEAR" THREAT	MAYBE A "HIDDEN" THREAT (Hints and Signs)	WHAT CAN I DO TO HELP SOMEONE WITH THEIR PROBLEMS?	GET HELP FROM:																																						
<ul style="list-style-type: none"> • MAYBE young/old • MAYBE man or woman • MAYBE shame • MAYBE think they are nothing! • MAYBE not feeling like you belong • MAYBE nothing to do! • MAYBE no future • MAYBE no job • MAYBE no fulltime work • MAYBE gambling • MAYBE lack of education or training • MAYBE money problems • MAYBE family breakdown and conflict • MAYBE frustrated • MAYBE no one to talk to • MAYBE no Family or Community activities • MAYBE no Cultural learning • MAYBE Bulliman problems • MAYBE drugs and alcohol problems • MAYBE violence • MAYBE not thinking straight or other health problems 	<ul style="list-style-type: none"> • Does this person have a <u>plan</u> to hurt themselves? ➢ Gun ➢ Knife ➢ Rope ➢ Razor blades ➢ Tablets • How? What? Where? When? Why? • Have they tried to kill themselves before? • Are they drinking and smoking a lot? • Has someone in their family killed themselves? • Have there been big worries/problems? 	<ul style="list-style-type: none"> • Giving away valuable things • Acting different • Sleeping too much • Not sleeping at all • Not sleeping enough • Trying to get noticed • Doing dangerous things – for example: <ul style="list-style-type: none"> ➢ Driving dangerously ➢ Fighting ➢ Playing with weapons ➢ Drinking a lot and taking lots of drugs ➢ Lighting fires ➢ Sniffing petrol 	<ul style="list-style-type: none"> • Listen to worries/problems • Offer to help • Take away what they are using to hurt themselves with • Stay with the person • Talk what helps • Check the person the next day • Get help from other people • Immediately contact: <ul style="list-style-type: none"> ➢ Neighbours ➢ Council ➢ Police ➢ Clinic ➢ Family ➢ Life Promotion Officers ➢ Friends ➢ Elders ➢ Pastor ➢ Health Workers ➢ Teachers ➢ Murri Doctor ➢ Mookai 	<p>LOCAL</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Clinic (24 hours)</td> <td style="text-align: right;">40608239</td> </tr> <tr> <td>Life Promotion Officers</td> <td style="text-align: right;">40608024</td> </tr> <tr> <td>Community Police</td> <td style="text-align: right;">40608292</td> </tr> <tr> <td>Youth Committee</td> <td style="text-align: right;">40608024</td> </tr> <tr> <td>Sport and Rec Officer</td> <td style="text-align: right;">40608155</td> </tr> <tr> <td>School</td> <td style="text-align: right;">40608134</td> </tr> </table> <p>DISTRICT</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Gungarde</td> <td style="text-align: right;">40695412</td> </tr> <tr> <td>Hospital (24 hours)</td> <td style="text-align: right;">40695433</td> </tr> <tr> <td>Social Worker</td> <td style="text-align: right;">40695270</td> </tr> <tr> <td>Mental Health Nurse</td> <td style="text-align: right;">40695270</td> </tr> <tr> <td>Health Workers</td> <td style="text-align: right;">40695270</td> </tr> <tr> <td>Family Resource Centre</td> <td style="text-align: right;">40695859</td> </tr> <tr> <td>Police</td> <td style="text-align: right;">40695320</td> </tr> <tr> <td>Lotus Glen</td> <td style="text-align: right;">40933911</td> </tr> </table> <p>CAIRNS</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Mental Health</td> <td style="text-align: right;">40503100</td> </tr> <tr> <td>-Child and Youth Social Worker</td> <td></td> </tr> <tr> <td>-Psychiatrist</td> <td></td> </tr> <tr> <td>Lifeline</td> <td style="text-align: right;">131114</td> </tr> <tr> <td>Kids Helpline</td> <td style="text-align: right;">1800551800</td> </tr> </table>	Clinic (24 hours)	40608239	Life Promotion Officers	40608024	Community Police	40608292	Youth Committee	40608024	Sport and Rec Officer	40608155	School	40608134	Gungarde	40695412	Hospital (24 hours)	40695433	Social Worker	40695270	Mental Health Nurse	40695270	Health Workers	40695270	Family Resource Centre	40695859	Police	40695320	Lotus Glen	40933911	Mental Health	40503100	-Child and Youth Social Worker		-Psychiatrist		Lifeline	131114	Kids Helpline	1800551800
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OR SOMEONE THEY RESPECT, TRUST AND FEEL COMFORTABLE WITH

Wujal Wujal Guidelines: Wujal Wujal Dialect

WUJAL WUJAL WARRANGA NGULKURR-MANGKA DUKURR

BAMA YANYA/YANGJU?	NGUBA-NYULU- JURRIL	Nguba-Dukurr-Buyun (Nguba-nyulu-dungay- ngubakari)	Ngana-Wangjarr- Janangan?	WANGANDAMUN MANIL:																																				
<ul style="list-style-type: none"> • Yala warru-wurru/bingabinga • Dingkar yala jalbu • Murru kaday • Nguba Jana Yamba kari • Bangkarr nyajiji • Yambakari balkalba • Yamba Kari • Work Yambakari • Wuljajiku work • Ngurma Kinkan-kinkay • Kari dukul ngulkurmal • Kulji money problems • Jawun Karranga Wawu kadabal • Banbbarr buyunmai • Jawun Kari balkawanka • Junjuy-junjuy bamanga yamba kari • Binal-kari ngadimunkuku • Bulima yamba kari • Jikan kamu-kamu jirray bajaku • Nguba Kuniwanya • Kari ngunyarramal junkayku 	<ul style="list-style-type: none"> • Nyulu-Binal-Nyuluku-Kunijinka ➢ <i>Marrkin</i> ➢ <i>Naybu</i> ➢ <i>Karra</i> ➢ <i>Razor blades</i> ➢ <i>Diburr</i> • Wangja-Wangja • Jana kunijinka • Wuljajiku nukan-nukaji • Bama Kunijin Yinya mun-jawun karradmun • Have there been big worries/problems? 	<ul style="list-style-type: none"> • Dajil-dajil junjuy junjuy • Waliyindu buyunmaimal • Warngku Baka • Warngku Kar • Warngku Bubar • Wawu Kuku nyajinkangarr • Junjuy-Junjuy-Buyundamanji ➢ <i>Wundil-murraka-yaykarr-yaykarr</i> ➢ <i>Kunin-kuniway</i> ➢ <i>Kinkan-Kinkay junjuy Junjuyngji</i> ➢ <i>Kamu – Kamu jikan yalbay bajaku wajul-wajul nukal nukal</i> ➢ <i>Baya wajul wajul</i> ➢ <i>Petrol nyumal – nyumal</i> 	<ul style="list-style-type: none"> • Milka janay/Kukuku • Mara dajinka • Junjuy Junjuy ngakinka janangdamun • Bunday bamanjiku • Balkawaka helpmunku • Ngaka warngku yindu • Bamandamun yinduy yindumun help mana • Jinbalkudaku contactymbunga ➢ <i>Jawunkarra</i> ➢ <i>Maja-maja</i> ➢ <i>Buliman</i> ➢ <i>Clinic</i> ➢ <i>Jawun-karra</i> ➢ <i>Life Promotion Officers</i> ➢ <i>Jawun – karra</i> ➢ <i>Marri-marri</i> ➢ <i>Miyil nanday-nanday</i> ➢ <i>Health Workers</i> ➢ <i>Teachers</i> ➢ <i>Murri Doctor</i> ➢ <i>Mookai</i> 	<p>YALAMUN</p> <table border="0"> <tr> <td>Clinic (24 hours)</td> <td>40608239</td> </tr> <tr> <td>Life Promotion Officers</td> <td>40608024</td> </tr> <tr> <td>Buliman</td> <td>40608292</td> </tr> <tr> <td>Warru Warrungu Maral Maralnga Maja-Kunbukul</td> <td>40608024 40608155</td> </tr> <tr> <td>Kay Kay-Binalmanka</td> <td>40608134</td> </tr> </table> <p>DISTRICT</p> <table border="0"> <tr> <td>Gungarde</td> <td>40695412</td> </tr> <tr> <td>Hospital (24 hours)</td> <td>40695433</td> </tr> <tr> <td>Social Worker</td> <td>40695270</td> </tr> <tr> <td>Mental Health Nurse</td> <td>40695270</td> </tr> <tr> <td>Health Workers</td> <td>40695270</td> </tr> <tr> <td>Family Resource Centre</td> <td>40695859</td> </tr> <tr> <td>Ngalmbu</td> <td>40695320</td> </tr> <tr> <td>Lotus Glen</td> <td>40933911</td> </tr> </table> <p>CAIRNS</p> <table border="0"> <tr> <td>Mental Health</td> <td>40503100</td> </tr> <tr> <td>-Child and Youth Social Worker</td> <td></td> </tr> <tr> <td>-Psychiatrist</td> <td></td> </tr> <tr> <td>Lifeline</td> <td>131114</td> </tr> <tr> <td>Kids Helpline</td> <td>1800551800</td> </tr> </table>	Clinic (24 hours)	40608239	Life Promotion Officers	40608024	Buliman	40608292	Warru Warrungu Maral Maralnga Maja-Kunbukul	40608024 40608155	Kay Kay-Binalmanka	40608134	Gungarde	40695412	Hospital (24 hours)	40695433	Social Worker	40695270	Mental Health Nurse	40695270	Health Workers	40695270	Family Resource Centre	40695859	Ngalmbu	40695320	Lotus Glen	40933911	Mental Health	40503100	-Child and Youth Social Worker		-Psychiatrist		Lifeline	131114	Kids Helpline	1800551800
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