

Mental Health Terms

Term	English Definition	Hmong Translation/Description
Aggressive	Tending toward unprovoked offensives, attacks or invasions	Nyaum heev/Ua heev: Zoo li ua heev heev mus rau leej twg, yuav mus muab ntau los yog mus thab plaub
Anxiety	A state of apprehension and psychic tension; distress or uneasiness of mind caused by fear of danger or misfortune	Anxiety (<i>Txhawj/Ntshai</i>): Ib yam los ntawm kev xav uas nyob tsis taus/tsis tu uas yog los ntawm kev ntshai tias yuav muaj dabtsi phem tshwm sim los yog hmoov tsis zoo
Attitude	Manner, disposition, feeling, position with regard to person or thing; tendency of the mind	Cwj pwm (<i>Attitude</i>): Kev coj, saib, ua ntawm tus kheej mus rau lwm tus neeg los yog ib yam khoom; qhov xav ua los ntawm txoj kev xav
Balance	Mental steadiness or emotional stability; habit of calm behavior, judgment	Nyob tus; nyob nruab nrab; sib npaug: Txoj kev xav los yog kev mloog tus kheej nyob tus; cwj pwm coj tu, xav tau zoo
Bipolar	Major affective disorder that is characterized by episodes of mania and depression	Mob Npai-phauv-lawm (<i>Bipolar</i>): Yog ib tug mob los ntawm neeg kev xav uas nws muaj qee chim zoo siab heev thiab si heev.
Blame	To hold responsible find fault with; to place the responsibility for	Rau txim: Ceev lub txim rov rau yus; ceev lub txim rau lwm tus.
Borderline Personality	A personality disorder characterized by instability in many areas, as mood, identity, self-image, and behavior, and often manifested by impulsive actions, suicide attempts, inappropriate anger, or depression	Mob Xeeb Ceem Coj Npua-Dawm-Lais (<i>Borderline Personality</i>): Yog ib tug mob los ntawm kev xeeb ceem coj uas nws muaj ntau yam uas nyob tsis tus xws li kev mloog tus kheej (mood), tus kheej yog leej twg (identity), kev pom tus kheej zoo li cas (self-image), thiab kev coj tus kheej (behavior), es tau rau nws coj kub heev, muaj kev ua phem rov rau nws tus kheej, chim tsis raws cai, los yog pheej si
Coping	To deal successfully with or handle a situation; manage	Tswj: Los mus tswj tau los yog yoog tau ib yam teeb meem; khoo tau
Crying	To sob or shed tears because of grief, sorrow, or pain; weep	Quaj: Ncia los yog los kua muag vim muaj tus ploj, tu siab rau lwm tus, los yog mloog tau ib qhov mob; quaj twj ywm
Cultural shock	A condition of confusion and anxiety affecting a person suddenly exposed to an alien culture	Kev ceeb los ntawm qhov nrog lwm pawg neeg nyob ua ke (<i>Cultural shock</i>): Ib qho kev mob los ntawm qhov tsis paub ua dabtsi thiab muaj anxiety (<i>txhawj/ntshai</i>) raug rau tus neeg uas niam qhuav mus nrog rau ib pawg neeg tshiab nyob

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Delusion	A false belief or opinion	Vwm (Delusion): Kev ntseeg rau tej yam tsis muaj tseeb los yog kev ntseeg hais tawm los ntawm tus kheej uas tsis muaj tseeb
Depression	The condition of feeling sad or despondent; A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death.	Si (Depression): Ib qho kev mloog tu siab los yog mloog tsis muaj siab; ib qho kev mob uas muaj kev pw tsis tsaug zog, noj tsis qab, mloog tu siab heev, mloog txhaum, mloog tsis muaj kev pab thiab kev cia siab, thiab muaj kev xav txog qhov kev tuag.
Insomnia	Chronic inability to fall asleep or remain asleep for an adequate length of time	Pw Nyuaj (Insomnia): Qhov mus pw tsis tsaug zog los yog thaum pw lawm tsaug tsis tau zog ntev txau
Dissociative Identity	A condition in which a person displays multiple distinct identities or personalities	Kev Mob ntawm Coj Ntau Tus Yam Ntxwv (Dissociative Identity): Ib qho kev mob uas ib tug neeg nws ua tau ntau tus neeg los yog coj ntau tus yam ntxwv
Emotion	Any strong feeling, as of joy, sorrow, or fear	Kev xav hauv nruab siab (Emotion): Ib txoj kev mloog ruaj tseg hauv tus kheej, xws li kev kaj siab, kev tu siab rau lwm tus neeg, los yog kev ntshai
Emotional Exhaustion	Chronic state of physical and emotional depletion that results from excessive job demands and continuous stress	Qaug zog rau kev xav hauv nruab siab (Emotion exhaustion): Ib qho kev uas mloog tsis muaj nyob rau lub cev thiab kev mloog hauv tus kheej li lawm vim yog sib zog ua txoj haujlwm thiab muaj kev nyuaj/ntxhov siab nyob mus tsis tseg
Empowerment	Increasing the spiritual, political, social, or economic strength of individuals and communities	Kev txhawb zog (Empowerment): Kom lub zog ntawm ib cov tib neeg thiab zej zog cov plig, kev kas moos, kev sib pab hauv zos, los yog kev nrhiav noj haus muaj ntxiv tuaj
Energy	The capacity for work or vigorous activity	Kev nquag, kev tuaj zog (Energy): Lub peev xwm los mus ua tau haujlwm los yog los mus khiav dejnum tsis so
Failure	The state or condition of not meeting a desirable or intended objective, and may be viewed as the opposite of success	Poob/Plam/Tsis Tau (Failure): Qhov uas los mus ua tsis tau li lub siab xav los yog teev tseg, thiab tej zaum kuj saib tias yog li sab phem ntawm qhov kev vam meej
Fatigue	Weariness from bodily or mental exertion; physical or mental exhaustion due to exertion	Qaug zog/Nkees ib ce: Lub zog qaug/plam zuj zus los ntawm kev siv lub cev thiab txoj kev xav tsis so li; lub cev los yog txoj kev xav tsis muaj zog los ntawm qhov siv tsis so.
Fear driven	Something that causes feelings of dread or apprehension; something a person is afraid of	Lub siab nyob nrog nraim txoj kev ntshai (fear driven): Ib yam uas pheem ua tus neeg mloog yuav muaj dabtsi phem tshwm sim; ib qho ib tug neeg nws muaj kev ntshai rau

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Fearful and worry	A cause of uneasiness or anxiety	Ntshai heev thiab txhawj: Ib qhov ua pheej txob txob siab nyob tsis tus los yog anxiety.
Rejection	The act of rejecting or the state of being rejected	Tsis yuav/Tsis Txais: qhov tsis yuav los tshem tawm tsis txais
Feeling tense	In a state of mental nervous strain; strain upon the nerves or feelings	Mloog ib ce nruj nruj: mloog zoo li xav tsis tawm; mloog tej leeg nruj nruj
Flashback	Survivors of traumatic experiences are revisited by elements of the traumatic experience	Pom ua npau suav toog/Xav tsis tseg (flashback): Cov neeg dim los ntawm cov kev raug ceeb pheem muaj kev xav rov mus pom cov kev ceeb no dua tsis tseg
Grief	Keen mental suffering or distress over affliction or loss; sharp sorrow; painful regret	"Grief" (Ib qhov kev mloog tau los ntawm kev tu siab vim hnov tias muaj ib tug mob dabtsi los yog tau muaj kev ploj tuag): Kev tu siab thaum ib tug tau ib tug mob los tag sim neeg; tu siab heev rau lwm tus neeg; tso tsis tau tej yam kev mob heev
Guilt	Remorse or self-reproach caused by feeling that one is responsible for a wrong or offence; the fact or state of having done wrong or committed an offence	"Guilt" (Ib qhov kev mloog tau los ntawm kev ua txhaum/phem yav tag; uas nws xav txog lig): Xav rov tu siab los yog rov mloog chim tias tim yus ua phem los yog ib yam tsis yog; qhov tseeb los yog kev mloog tias tau ua ib qho tsis yog los yog tau ua ib yam dabtsi phem.
Hallucination	False or distorted perception of object or events with compelling sense of their reality, usually resulting from a mental disorder or drug	Pom "Dab" (Hallucination): Tej yam pom, mloog, hnov, los yog hnia tau hais tias muaj tseeb los ntawm ib tug neeg tabsis qhov tseeb tiag tsis muaj, feem ntau tshwm los ntawm ib txoj kev mob ntawm neeg txoj kev xav los yog kev siv yeeb siv tshuaj
Harmony (in family)	Agreement in action, opinion, feeling; order or congruity of parts to their whole or to one another	Haum xeeb (nyob hauv tsev neeg): Muaj kev haum rau ntawm txoj kev ua dejnum, kev xav, kev mloog; txhua yam nyob tau sib haum los mus ua ib qho los yog ib leeg nyob tau nrog ib leeg.
Headache	A pain located in the head, as over the eyes, at the temples, or at the base of the skull	Dias/Mob Taub Hau: Ib qho mob mloog nyob rau saum lub tau hau, li saum ob lub ntsag qhov muag, ob lub ntsos ntawm sab taub hau, los yog hauv lub hauv paus qab hlwb pob txha
Hope	To believe, desire, or trust; to feel that something desired may happen	Cia Siab: Kom ntseeg tau, muaj kev ntshaw; kom mloog tias dabtsi ntshaw los yuav muaj tshwm sim tau
Hopelessness	A feeling of futility and passive abandonment of oneself to fate	Tag Kev Cia Siab: Ib txoj kev mloog tias tsis muaj thiab tsis tshuav dab tsi ntawm tu kheej lawm nyob rau ntawm txoj hmoo lawm xwb
Karma	Fate; destiny	Koob Hmoo (Karma): Daim ntawv noj haus; txoj Hmoo

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Happy	Delighted, pleased, or glad, as over a particular thing; Feeling, showing or expressing joy	Zoo siab: Txaus siab, mloog tau kev kaj siab
Loneliness	Resulting from the state of being alone; isolated, unfrequented, or desolate	Dai/Kho siab: Tshwm sim los ntawm qhov kev mloog uas thaum nyob ib leej kheej; tsis muaj lwm tus
Meditation	Continued or extended thought; reflection; contemplation; devout religious contemplation or spiritual introspection	Nyob mloog tus kheej (Meditation): Ib qho nyob rau ntawm txoj kev xav, rov xav txog tus kheej, mus mloog tus kheej nyob rau ntawm phaj ntsuj plig
Memory	A mental impression retained; a recollection	Kev nco qab: Qhov txoj kev xav ceev tau
Mental health	Psychological well-being and satisfactory adjustment to society and to the ordinary demands of life	Kev nyab xeeb ntawm Kev Xav: nyab xeeb rau ntawm txoj kev xav thiab kev hloov tau zoo sai nrog rau tib neeg sawv daws thiab rau tej kev muaj tshwm sim los ntawm kev ua neeg nyob
Mental health professional	A health care practitioner who offers services for the purpose of improving an individual's mental health or to treat mental illness.	Tus neeg muaj ntaub ntawv ua haujlwm pab tib neeg rau ntawm Txoj Kev Xav: Yog ib tug neeg uas muab cov kev pab los mus kom ib tug tib neeg nws tus mob nrau ntawm txoj kev xav muaj zoo los yog muab tshuaj los mus kho cov kev mob los ntawm neeg kev xav.
Mental illness	Any of various disorders in which a person's thoughts, emotions, or behavior are so abnormal as to cause suffering to himself, herself, or other people	Kev mob ntawm kev xav: Txhua yam mob uas yog los ntawm ib tug tib neeg nws txoj kev xav, kev mloog, los yog coj tus kheej uas yog ib qhov txawv dua es yuav ua ib qhov kev tsim rau tus neeg ntawd los yog rau lwm cov tib neeg
Nervousness	Highly excitable; unnaturally or acutely uneasy or apprehensive	Txhawj: Ib qho kev mloog zoo siab heev uas yuav tshwm sim uas tos ntsoov los tos tsis taus li.
Nightmare	A terrifying dream in which the dreamer experiences feelings of helplessness, extreme anxiety, sorrow, etc.	Npau Suav Phem- Ib qhov npau suav uas ib tug neeg mloog tau kev tag cia siab, thiab qhov anxiety loj heev, tu siab rau lwm tus, li tej ntawd.
Obsessive Compulsive Disorder	A disorder in which individuals are plagued by persistent, recurring thoughts or obsessions that reflect exaggerated anxiety or fears.	Kev mob "Obsessive Compulsive:" Ib tug mob uas ib tug tib neeg nws txoj kev xav pheej kom nws rov mus saib los yog ua dua tsis tseg vim tej no ua rau nws muaj kev ntshai and anxiety (txhawj) loj heev li
Optimism	The belief that good ultimately predominates over evil in the world	Pom txhua yam zoo (optimism): Qhov kev ntseeg tias txoj kev ua zoo yeej yuav tsum muaj yeej kev phem hauv ntiaj teb no
Over eating and weight gain	To eat more than is good for oneself	Noj tshaj qhov noj taus thiab nce phaus: Qhov uas noj ntau tshaj qhov yuav zoo rau yus tus kheej

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Pain	A physical suffering or distress, as due to injury, illness, etc.	Mob: Ib qhov kev tsim los yog nyuaj tuaj rau lub cev, los ntawm kev raug mob, muaj mob, li tej no.
Panic attack	An intense attack of anxiety characterized by feelings of impending doom and trembling, sweating, pounding heart, and other physical symptoms	Ib qho kev huaj cheej ntawm kev ntshai/txhawj (Panic Attack): Ib qhov huaj cheej ntawm qhov anxiety uas mloog zoo li yuav tuag li, ib cev tshee, tawm hws lug, plawv dhia tsis tseg, thiab lwm yam mob
Personality disorder	Any of a group of mental disorders characterized by deeply ingrained maladaptive patterns of behavior and personality style, which are usually recognizable as early as adolescence and are often lifelong duration	“Personality Disorder” (Kev Mob ntawm Tus Neeg Coj Tus Yeeb Yam Tsis Tus): Txhua tus mob los ntawm kev xav uas tus neeg muaj ib tug qauv coj thiab cwj pwm nrog nraim nws tsis zoo, uas muaj pom thaum pib ua hluas thiab kuj yuav muaj mus tag lub neej
Post-traumatic stress	Caused by the experience of a wide range of traumatic events and, particularly if the trauma is extreme, can occur in persons with no predisposing conditions	“Post-Traumatic Stress” (Mob ntawm Kev Ceeb Ntshai Loj): Tshwm sim los ntawm qhov tau pom ntau yam kev uas ua tau rau neeg ceeb, xws li tej qhov ceeb loj heev, kuj yuav tshwm sim tau rau tej tus tib neeg uas tsis tau muaj kev ceeb dua thiab
Prevention	The act of prevention; a hindrance, obstacle or impediment	Kev tiv thaiv: Thiv thaiv kom txhob tshwm sim tau, txwv los txiav kom txhob muaj tuaj
Psychiatrist	A physician who specializes in the diagnosis and treatment of mental disorders	“Psychiatrist” (Tus Kws Kho Mob rau seem neeg kev xav): Ib tug kws kho mob uas kuaj thiab kho cov kev mob los ntawm txoj kev xav
Relax	To release or bring relief from the effects of tension, anxiety, etc.	So lub cev (Relax): So kom tso tawm los yog mloog kev loog los ntawm lub cev nruj nruj
Rest	A period or interval of inactivity, repose, solitude, or tranquility; mental or spiritual calm	So kev xav (Rest): Ib lub sijhawm uas tsis ua dabtsi, nyob twj ywm los mus mloog ib ncig kom huv si
Sadness	Causing sorrow; affected by unhappiness or grief; sorrowful or mournful	Kev tu siab -ua tu siab rau lwm tus; ua rau tsis zoo siab los yog tu siab rau lwm tus neeg los nrog tus neeg tu siab rau qhov nws muaj neeg xiam
Shame	A fact or circumstance bringing disgrace or regret	Rhuav tsej muag: ib qhov kev ua txaj muag los yog xav txog lig
Side effects	Any effect of a drug, chemical, or other medicine that is in addition to its intended effect, especially an effect that is harmful or unpleasant	Txhaum tshuaj/“Phiv:” Ib qhov kev raug los ntawm yeej tshuaj, tshuaj sib tov, los yog lwm cov tshuaj kho mob, uas tsis yog raws li qhov cov tshuaj ntawd txoj kev los mus kho, xws qhov kev pab ntawd tseem ua phem ntiv los yog tsis zoo ntiv rau.
Spirit	The principle of conscious life; the vital principle in humans, animating the body or mediating between body and soul	Plig (Spirit): Qho kev ntseeg tseem ntawm txoj kev ua tib neeg, qhov muaj cia sia ntawm lub cev thiab tus ntsuj.

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Stigma	A mark of disgrace of infamy; a stain or reproach, as to one's reputation	"Stigma:" Ib lo lus rhuav los yog lus thum txog rau ib tug neeg nws kev coj kom tsis muaj zoo.
Stress	Mental, emotional, or physical strain or tension	Nyuaj/Ntxhov siab: Kev ntxhov los ntawm kev xav, kev mloog los yog lub cev
Struggle	To contend with an adversary or opposing force	Peem tiag/Nyuaj heev: Kev xub mus rau ib yam dabtsi ua tuaj mus xub yus
Suicide	The intentional taking of one's own life	Tua tus kheej: Ib qho uas ib tug nws txo nws txoj sia
Survivor	A person who continues to function or prosper in spite of opposition, hardship, or setbacks	Tus dim los ntawm kev tsim txom(Survivor)- ib tug neeg uas tseem niaj hnuv ua haujlwm mus txawm tias yuav muaj ntau txoj kev phem, kev nyuaj siab, los yog ntau yam plam tag
Traumatized	To cause a trauma in the mind	Tau Ceeb: Los mus tsim ib txoj kev ceeb los mus rau txoj kev xav
Trembling	To shake involuntarily with quick, short movements, as from fear, excitement, weakness or cold; quake; quiver; to be troubled with fear or apprehension	Ib Ce Tshee Tsis Tseg: Ib qho kev tshee uas tswj tsis tau li, xws li los ntawm kev ntshai, kev zoo siab heev, tsis muaj zog los yog no heev; ntshai thaum muaj teeb meem los yog raug ntes
Unstable	Emotional instability	Nyob tsis tu- siab tsis tiaj tu
Wellness	The quality or state of being healthy in body and mind, especially as the result of deliberate effort	Kev nyab xeeb: Lub cev thiab txoj kev xav nyob tau huv sit sis muaj kev txhob kev txhawj.



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