

# Hmong-English Mental Health Terminology Glossary

By: **Wisconsin Hmong Mental  
Health Professional Group**

*With support from*

Wisconsin Refugee Mental Health Program,  
Office of Immigrant Intergration Services,  
Department of Workforce Development

First edition

Copyright 2003

*(No part of this Glossary may be reproduced for any sale to benefit  
individuals, private or public sectors.)*

## **Introduction and Background**

### **Wisconsin Hmong Mental Health Professional Group (WHMHPG)**

Since the Fall of Saigon in May 1975, the Hmong, like other Southeast Asian groups, became refugees due to their involvement in the CIA's Secret War in Laos during the Vietnam War. The first wave of Hmong refugees was resettled in the United States in 1976. Today, over 250,000 are scattered in America with three concentrations in California, Minnesota, and Wisconsin. Although the Hmong have made vast strides economically, socially, politically, and educationally, the traumas of war and relocation remain consistent issues.

Traditionally, mental health needs and other social service programs were not apart of the federal government's refugee program. Therefore, a majority of the federal government's funds went toward self-sufficiency programs. During the Clinton Administration, the federal government went beyond their traditional programs of finding jobs for refugees and allocated funding to include promoting mental wellness among refugees. In 1999, the Wisconsin Department of Workforce Development, Immigrant Integration Section (formerly known as Office of Refugee Services) competed nationally and was awarded a small fund to provide mental health services for the refugees in Wisconsin. Initially, five regional programs were established by subcontracting with county, non-profit agencies, and faith base agencies to deliver culturally competent mental health services to refugees in Wisconsin. Local agencies were able to hire professional and trained bilingual, bicultural Hmong therapists.

The Wisconsin Hmong Mental Health Professional Group (WHMHPG) arose out of the need to network and provide support for the bilingual Hmong clinicians and mental health providers during the statewide Refugee Mental Health quarterly meetings held by the Immigrant Integration Section, which funds and oversees the Refugee Mental Health program in Wisconsin. The mission of the WHMHPG is to develop and maintain culturally competent mental health services for refugees, and to foster, develop and enhance culturally competent services in the mental health field. As a result, the WHMHPG meets quarterly. Founding members are: Sia Kue, MSW, Chava C. Lee, Ph.D., Ger Lor, Xia Moua, BS, A Vang, BS, Cher Vang, MSE, Chou Vang, MS, Maenene Vangsyha, MSE, May Vue, MSSW, Teng Thor, Touly Xiong, MS, Youa Xiong, BA, and Pahoua Yang, MSSW.

In order to better serve their clients, it is critical that a more uniform clinical and mental health terminology glossary be developed for the Hmong therapists and other interested service providers. Therefore, this glossary is an initiative of the WHMHPG with the technical assistance from the Wisconsin Refugee Mental Health program staff.

## ENGLISH-HMONG CLINICAL TERMINOLOGY

<b>ENGLISH</b>	<b>WHITE HMONG</b>	<b>GREEN HMONG</b>
<b>Alcohol use</b>	Siv dej cawv. Haus dej cawv	<i>Siv dlej cawv. Haus dlej cawv.</i>
<b>Allergy</b>	Fab; phiv; tsis haum lub cev	<i>Faab; phiv; tsi hum lub cev.</i>
<b>Anger outburst</b>	Npau taws ceev ceev	<i>Npau tawg ceev ceev</i>
<b>Angry, resentful</b>	Npau taws, tsiv siab, hnyav siab	<i>Npau tawg, tsiv sab, nyaav sab</i>
<b>Annoys others</b>	Ua rau lwm tus xeeb txob/meem txom	<i>Ua rua lwm tug xeeb txob/meem txom</i>
<b>Anxiety</b>	Txhawj/ntshai	<i>Txhawj/ntshai</i>
<b>Argues with adults</b>	Sib cav nrog cov laus/hlob	<i>Sis caav nrug cov laug/hlub</i>
<b>Attitude</b>	Cwj pwm; yam ntxwv	<i>Cwj pwm; yaam ntxwv</i>
<b>Avoid mental task</b>	Tsis yeem ua tej yam yuav siv hlwb	<i>Tsi yeem ua tej yaam yuav siv hlwb</i>
<b>Balance</b>	Nyob tus; nyob nruab nrab, hnyav ib yam	<i>Nyob tug; nyob nruab nraab, nyaav ib yaam</i>
<b>Betrayed</b>	Dag ntxias; ntseev siab	<i>Dlaag ntxag; ntseev sab</i>
<b>Binge-eating</b>	Noj ntau ntau ces ho ua kom ntuav	<i>Noj ntau ntau ces tsua ua kuas ntuav</i>
<b>Bipolar</b>	Tej tsam zoo tej tsam phem	<i>Tej tsaam zoo tej tsaam phem</i>
<b>Blames others</b>	Liam lwm tus	<i>Lam lwm tug</i>
<b>Body language</b>	Yeeb yam ntawm lub cev	<i>Yeeb yaam ntawm lub cev</i>
<b>Borderline personality</b>	Coj yam ntxwv tsis tus. Tus neeg koj tsis tus.	<i>Coj yaam ntxwv tsi tug Tug tuabneeg koj tsi tug</i>
<b>Breaking and entering</b>	Tsoo thiab nkag luag tsev.	<i>Tsoo hab nkaag luas tsev.</i>
<b>Careless mistakes</b>	Ua yuam kev vim tsis xyuam xim.	<i>Ua yuam kev vim tsi xyuam xwm.</i>
<b>Change in friends</b>	Hloov phoojywg	<i>Hloov phoojywg</i>

<b>Chills or hot flashes</b>	No ntxiag los yog kub tsheej zag	<i>No ntxag los yog kub tsheej zaag</i>
<b>Cognitive functioning</b>	Paub xav/paub tab	<i>Paub xaav/paub taab</i>
<b>Comfortable</b>	Khab seeb	<i>Khaab seeb</i>
<b>Concentration</b>	Siab npuab; kev tswj txoj kev xav	<i>Sab npuab; kev tswj txuj kev xaav</i>
<b>Conduct disorder</b>	Coj tsis tus, ua tej yam txhaum cai	<i>Coj tsi tug, ua tej yaam txhum cai</i>
<b>Confidence</b>	Muaj peevxwm; khab seeb	<i>Muaj peevxwm; khaab seeb</i>
<b>Consequences</b>	Kev rau txim; qhov tshwm sim los	<i>Kev rau txim; qhov tshwm sim lug</i>
<b>Coping</b>	Tswj siab; coj li cas, pab tus kheej li cas	<i>Tswj sab; coj le caag, paab tug kheej le caag</i>
<b>Cruelty to people</b>	Ua phem rau lwm tus neeg	<i>Ua phem rua lwm tug tuabneeg</i>
<b>Crying spells</b>	Nyuaj siab, tu siab, kho siab cia li quaj	<i>Nyuaj sab, tu sab, khua sab ca le quaj</i>
<b>Dangerous</b>	Teebmeem; kheev muaj teebmeem	<i>Teebmeem; kheev muaj teebmeem</i>
<b>Defiant</b>	Tsis mloog lus; tawv ncauj, tsis ua raws li hais	<i>Tsi noog lug, tawv ncauj, tsi ua lawv le has</i>
<b>Deliberate destruction of property</b>	Txhob txwm tsoo rhuav khoom vajtse	<i>Txhob txwm tsoo rhuav khoom vaajtse</i>
<b>Delusion</b>	Ntseeg tej yam tsis muaj tseeb lossis tsis muaj tshwmsim	<i>Ntseeg tej yaam tsi muaj tseeb lossis tsi muaj tshwmsim</i>
<b>Depression</b>	Nyuaj siab; tu siab; ntshov siab lossis si	<i>Nyuaj sab; tu sab; ntshuv sab lossis si</i>
<b>Describe</b>	Piav qhia; piav; qhia	<i>Pav qha; pav; qha</i>
<b>Developmentally disabled</b>	Hlwb khiav qeeb/puas hlwb	<i>Hlwb dlha qeeb/puag hlwb</i>
<b>Difficulty breathing</b>	Ua pa nyuaj Ua tsis taus pa	<i>Ua paa nyuaj Ua tsi taug paa</i>
<b>Difficulty making decisions</b>	Txiav txim siab tsis tau	<i>Txav txim sab tsi tau</i>
<b>Difficulty playing</b>	Ua si ntsiag to tsis tau	<i>Ua si ntsag tu tsi tau</i>

<b>quietly</b>		
<b>Difficulty remaining seated</b>	Zaum tsis taus, nyob tsis tswm	<i>Nyob tsi taug, nyob tsi tswm</i>
<b>Difficulty sleeping</b>	Pw tsis tsaug zog; tsis tuaj dab ntub	<i>Pw tsi tsaug zug; tsi tuaj dlaab ndlub.</i>
<b>Difficulty sustaining attention tasks or play</b>	Tswj tsis tau yus tus kheej rau txoj haujlwm los yog kev ua si; nyob tsis tswm.	<i>Tswj tsi tau yug tug kheej rua teg dlejnum los yog kev uasi; nyob tsi tswm.</i>
<b>Disability</b>	Xiamhoobqhab; sem cev	<i>Xiamhoobqhab; sem cev</i>
<b>Disassociative identity</b>	Coj ntau tus yam ntxwv	<i>Coj ntau tug yaam ntxwv</i>
<b>Discipline</b>	Qhuab ntuas, kev qhuab qhia, kev tswj	<i>Qhuab ntuag; kev qhuab qha, kev tswj</i>
<b>Disorganized</b>	Tsis tijlim Cia pawg pes lug li xwb	<i>Tsi tim lim Ca pawg quas lug le xwb</i>
<b>Drug use</b>	Siv yeeb siv tshuaj	<i>Siv yeeb siv tshuaj</i>
<b>Easily distracted</b>	Ras yoojyim	<i>Raag yoojyim</i>
<b>Emotion</b>	Kev xav hauv lub siab	<i>Kev xaav huv lub sab</i>
<b>Emotionally Exhausted</b>	Qaug zog rau kev xav	<i>Qaug zug rua kev xaav</i>
<b>Empowerment</b>	Kev txhawb siab, txhawb zog, txhawb peevxwm	<i>Kev txhawb sab, txhawb zug, txhawb peevxwm</i>
<b>Energy</b>	Kev nquag, kev tuaj zog	<i>Kev nquag, kev tuaj zug</i>
<b>Excessive exercising</b>	Ua exercise heev dhau; uasi heev dhau	<i>Ua exercise heev dlhau; uasi heev dlhau.</i>
<b>Excessive spending</b>	Siv nyiaj luam thuam	<i>Siv nyaj luam thuam</i>
<b>Face your fear</b>	Ua siab khov kho txhob ntshai; lees koj txoj kev ntshai, tiv koj tej kev ntshai	<i>Ua sab khov kho txhob ntshai, leeg koj txujkev ntshai, tiv koj tej kev ntshai</i>
<b>Facial expression</b>	Moj yam ntawm ntsej muag	<i>Moj yaam ntawm ntsejmuag</i>
<b>Failure</b>	Poob; ua tsis tau	<i>Poob; ua tsi tau</i>
<b>Fatigue</b>	Nkees ib ce; tsaug ib ce; qaug	<i>Nkeeg ib ce; tsaug ib ce,</i>

	zog	<i>qaug zug</i>
<b>Fear of having a heart attack or dying</b>	Ntshai tsam plawv nres los yog tuag	<i>Ntshai tsaam plawv nreg los yog tuag</i>
<b>Fear of loss of control or going crazy</b>	Ntshai tsam tswj tsis tau los yog vwm	<i>Ntshai tsaam tswj tsi tau los yog vwm</i>
<b>Fearful and worry</b>	Ntshai thiab txhawj	<i>Ntshai hab txhawj</i>
<b>Feel driven or on the go</b>	Nyob tsis taus yuavtsum tau ua	<i>Nyob tsi taug yuavtsum tau ua</i>
<b>Feel trapped</b>	Xav tsis muaj lwm txoj kev	<i>Xaav tsi muaj lwm txuj kev</i>
<b>Feeling anxious</b>	Nyob tsis tswm; siab tsis tus	<i>Nyob tsi tswm; sab tsi tug</i>
<b>Feeling optimistic</b>	Xav tau qhov zoo; muaj siab, cia siab, xav tias yeej ua tau xwb	<i>Xaav tau qhov zoo; muaj sab, ca sab, xaav tas yeej ua tau xwb</i>
<b>Feeling rejected</b>	Xav tias lwm tus tsis nyiam lossis lees paub	<i>Xaav tas lwm tug tsi nyam lossis leeg paub</i>
<b>Fidget a lot</b>	Nyob tsis tswm	<i>Nyob tsi tswm</i>
<b>Focus</b>	Xav ntsoov, xav rawv	<i>Xaav ntsoov, xaav rawv</i>
<b>Forced sexual activity</b>	Yuam nrog pw	<i>Yuam nrug pw</i>
<b>Forgetful</b>	Pheej tsis tshua nco qab	<i>Pheej tsi tshua ncu qaab Nov qaab</i>
<b>Frequent pain</b>	Pheej mob tas li	<i>Pheej mob taag moog le</i>
<b>Frequent truancy</b>	Pheej tsis tshua mus kawm ntawv	<i>Pheej tsi tshua moog kawm ntawv</i>
<b>Friendship problems</b>	Muaj teebmeem txog kev cog phoojywg	<i>Muaj teebmeem txug kev cog phoojywg</i>
<b>Gambling to escape problems</b>	Twv txiaj yuam pov kom tsis txhob nco qab teebmeem	<i>Twv txaj yuam pov kuas tsi txhob ncu qaab teebmeem</i>
<b>Grief</b>	Kev quaj ntsuag; kev tshua	<i>Kev quaj ntsuag; kev tshua</i>
<b>Guilt</b>	Txhaum, txaj muag	<i>Txhum, txaaj muag</i>

<b>Hallucination</b>	Hnov suab, hnov tsw, los yog pom tej yam tsis muaj tshwm sim	<i>Nov suab, nov tsw, los yog pum tej yaam tsi muaj tshwmsim</i>
<b>Headache</b>	Dias taubhua, mob taubhau	<i>Dlag taubhau, mob taubhau</i>
<b>History of suicidal attempts</b>	Muaj keebkwm tau sim txo txojisa	<i>Muaj keebkwm tau sim txuv txujsa</i>
<b>Homicidal thoughts</b>	Xav txog tua lwm tus	<i>Xaav txug tua lwm tug</i>
<b>Identity</b>	Qhia txog tus kheej	<i>Qha txug tug kheej</i>
<b>Impulsive</b>	Tsis xav cia li ua lawm	<i>Tsi xaav ca le ua lawm</i>
<b>Inattentive</b>	Tsis cuab pobntseg, tsis mloog	<i>Tsi cuab pobntseg, tsi noog</i>
<b>Inattentive to details</b>	Tsis cuab ntsej rau cov lus piav	<i>Tsi cuab ntsej rua cov lug pav</i>
<b>Intent</b>	Txhob txwm; tab meeg ua	<i>Txhob txwm; tab meeg ua</i>
<b>Interrupts</b>	Pheej cuam tshuam	<i>Pheej cuam tshuam</i>
<b>Irritability</b>	Xeeb txob, chim taus	<i>Xeeb txob, chim taug</i>
<b>Lack of interest or motivation</b>	Siab tsis xib; tsis muaj siab ua; tsis xav ua	<i>Sab tsi xib; tsi muaj sab ua; tsi xaav ua</i>
<b>Lies, cons</b>	Dag	<i>Dlaag</i>
<b>Loneliness</b>	Kho siab	<i>Khua sab</i>
<b>Loses temper</b>	Tswj tsis tau siab ntev, npau taus	<i>Tswj tsi tau sab ntev, npau taug</i>
<b>Loss of enjoyment in usual activities</b>	Tsis muaj kev txaus siab rau tej yam niaj zaus ua	<i>Tsi muaj kev txaus sab rua tej yaam naj zag ua</i>
<b>Loss of interest in sex</b>	Tsis muaj siab nrog txij nkawm pw	<i>Tsi muaj sab nrug txwj nkawm pw</i>
<b>Low self-esteem</b>	Muab tus kheej saib qis	<i>Muab tug kheej saib qeg</i>
<b>Manipulative</b>	Haub dag ntxias	<i>Haub dlaag ntxag</i>

<b>Memory</b>	Kev nco qab; nco tau	<i>Kev ncu qaab; ncu tau</i>
<b>Mental health</b>	Kev kaj siab ntawm kev xav Kev noj qab nyob zoo ntawm kev xav	<i>Kev kaaj sab ntawm kev xaav Kev noj qaab nyob zoo ntawm kev xaav</i>
<b>Mental illness</b>	Kev puas siab puas ntsws	<i>Kev puag sab puag ntsws</i>
<b>Mood affect</b>	Yeeb yam coj li siab xav	<i>Yeeb yaam coj le sab xaav</i>
<b>Moody</b>	Pliag zoo pliag phem; coj tsis tus	<i>Plag zoo plag phem; coj tsi tug</i>
<b>Motor activity</b>	Kev siv tes taw ua	<i>Kev siv teg taw ua</i>
<b>Muscle tension</b>	Tej leeg nruj	<i>Tej leeg nruj</i>
<b>Nightmares related to past trauma</b>	Muaj npau suav phem txog yav tag	<i>Muaj npau suav phem txug yaav taag</i>
<b>Numbness or tingling sensations</b>	Loog los yog causyaum	<i>Loog los yog causyaum</i>
<b>Obsessive Compulsive Disorder (OCD)</b>	Kev xav nruj nraim yuav ua thiaj tsis ntshai/txhawj	<i>Kev xaav nruj nraim yuav ua txha tsi ntshai/txhawj</i>
<b>Often angry</b>	Nquag npau taws	<i>Nquag npau tawg</i>
<b>Often bullies, threatens</b>	Pheej zes, hem lwm tus	<i>Pheej zig, hem lwm tug</i>
<b>Often interrupts people</b>	Nquag cuam tshuam lwn tus	<i>Nquag cuam tshuam lwm tug</i>
<b>Often loses things</b>	Nquag ua khoom poob; hnov qauj	<i>Nquag ua khoom poob; nov rauj</i>
<b>Often starts fights</b>	Pheej thab sib ntaus	<i>Pheej thaab sis ntaus</i>
<b>Oppositional defiant disorder</b>	Neeg tawv ncauj tsis yuav cai	<i>Tuabneeg tawv ncauj tsi yuav cai</i>
<b>Over eating and weight gain</b>	Noj ntau thiab rog zuj zus	<i>Noj ntau hab rog zuj zug</i>
<b>Panic attack</b>	Ntshai , yoob	<i>Ntshai, yoob</i>



<b>Personality disorder</b>	Coj yeeb yam tsis tus	<i>Coj yeeb yaam tsi tug</i>
<b>Physically aggressive towards others</b>	Siv dag zog ua phem rau lwm tus Nyiam sib thab, sib ntaus nrog lwm tus	<i>Siv dlaag zug ua phem rua lwm tug Nyam sis thaab, sis ntaus nrug lwm tug</i>
<b>Physically exhausted</b>	Ib ce tsaug tsis muaj zog	<i>Ib ce tsaug tsi muaj zug</i>
<b>Poor appetite and weight loss</b>	Tsis qab los thiab yuag	<i>Tsi qaab lus hab ntxaug</i>
<b>Poor communication</b>	Tsis tshua txawj sib coj sib hais	<i>Tsi tshua txawj sis coj sis has</i>
<b>Poor motivation</b>	Tsis muaj siab; tsis mob siab ua	<i>Tsi muaj sab; tsi mob sab ua</i>
<b>Poor self-care</b>	Tsis xav tu lub cev; Tsis nyiam huv	<i>Tsi xaav tu lub cev, Tsi nyam huv</i>
<b>Post-traumatic stress</b>	Ceeb, ntshai txog tej yam tshwmsim yav tag los	<i>Ceeb, ntshai txug tej yaam tshwmsim yaav taag lug</i>
<b>Prevention</b>	Kev npaj kho; kev tiv thaiv	<i>Kev npaaj khu; kev tiv thaiv</i>
<b>Privacy</b>	Tej yam tseem ceeb ntawm koj tus kheej uas koj tsis pub neeg paub	<i>Tej yaam tseem ceeb ntawm koj tug kheej uas koj tsi pub tuabneeg paub</i>
<b>Protect your family</b>	Pov hwm koj tsev neeg	<i>Pov fwm koj tsev tuabneeg</i>
<b>Psychotic disorder</b>	Neeg vwm	<i>Tuabneeg vwm</i>
<b>Racing heart beat</b>	Plawv khiav ceev	<i>Plawv dlha ceev</i>
<b>Racing thoughts</b>	Xav ntau ntau	<i>Xaav ntau ntau</i>
<b>Recurrent and distressful thoughts of past trauma</b>	Pheej tshwm sim thiab rov nco txog kev ntshai yav tag los	<i>Pheej tshwmsim hab rov ncu txug kev ntshai yaav taag lug</i>
<b>Regret</b>	Khuv xim, xav txog lig	<i>Khauv xwm; xaav txug lig</i>
<b>Regular use of laxative</b>	Nquag siv tshuaj zawv plab	<i>Nquag siv tshuaj thoj plaab</i>
<b>Relax</b>	Txo siab ntsws; xoob ib ce, tso siab	<i>Txu sab ntsws; xoob ib ce, tso sab</i>

<b>Rest</b>	So	<i>Su</i>
<b>Restless and edgy</b>	Nyob tsis tus	<i>Nyob tsi tug</i>
<b>Restlessness or feeling keyed up</b>	Nyob tsis tswm	<i>Nyob tsi tswm</i>
<b>Runaway behavior</b>	Muaj tus cwjpwk khiav tsis los tsev	<i>Muaj tug cwjpwk tsiv tsi lug tsev</i>
<b>Runs, climbs excessively</b>	Khiav, nce ub nce no tas li	<i>Dlha, nce ub nce nua taag le</i>
<b>Sacrifice</b>	Xum muab tso tseg, xum xiam	<i>Xum muab tso tseg; xum xiam</i>
<b>Sadness</b>	Mluas; tu siab	<i>Mluag, tu sab</i>
<b>Secretive</b>	Zais siab	<i>Zais sab</i>
<b>Self-induced vomiting</b>	Ua kom ntuav	<i>Ua kuas ntuav</i>
<b>Self-mutilation</b>	Txhob txwm tsim txom/hlais tus kheej	<i>Txhob txwm tsim txom/hlais tug kheej</i>
<b>Serious fire setting</b>	Nyam zes taws	<i>Nyam zig suav tawg</i>
<b>Shoplifting or stealing</b>	Ua tub sab lossis nyiag khoom	<i>Ua tub saab lossis nyag khoom</i>
<b>Sleeping too much</b>	Pw heev dhau	<i>Pw heev dlhau</i>
<b>Soul</b>	Tus ntsujplig	<i>Tug ntsujplig</i>
<b>Special</b>	Tshwjxeeb; muaj nqis; txawv tshaj	<i>Tshwjxeeb; muaj nqes; txawv tshaaj</i>
<b>Speech</b>	Hais lus/piav	<i>Has lus/pav</i>
<b>Spirit</b>	Ntsujplig, xyw	<i>Ntsujplig, xyw</i>
<b>Spiteful, vindictive</b>	Txaus chim, xav pauj kua zaub ntsuab	<i>Txaus chim, xaav pauj kua zaub ntsuab</i>
<b>Startled very easily</b>	Ceeb yoojyim	<i>Ceeb yoojyim</i>
<b>Stolen with victim present</b>	Nyiag kiag ntawm tus tswv qhov muag	<i>Nyag kag ntawm tug tswv qhov muag</i>

<b>Stolen without victim present</b>	Nyiag thaum tus tswv tsis nyob	<i>Nyag thaum tug tswv tsi nyob</i>
<b>Parental curfew</b>	Pheej mus dhau caij nyoog niam txiv tso cai	<i>Pheej moog dlhau caij nyoog nam txiv tso cai</i>
<b>Struggle</b>	Nyuaj, Ua tsis tau li siab xav	<i>Nyuaj, ua tsi tau le sab xaav</i>
<b>Suicidal plan</b>	Muaj homphiaj los txo yus txojsia	<i>Muaj homphaj lug txu yug txujsa</i>
<b>Suicidal thoughts</b>	Xav txog txoj kev txo yus txojsia	<i>Xaav txug txuj kev txu yug txujsa</i>
<b>Survivor</b>	Tus dim kev tsim txom; ploj tuag	<i>Tug dlim kev tsim txom; pluj tuag</i>
<b>Swear or name calling during argument</b>	Cem lus phem thaum sib cav	<i>Tshev lug phem thaum sis caav</i>
<b>Talk excessively</b>	Tham heev, tham ntau ntau	<i>Thaam heev, thaam ntau ntau</i>
<b>Talk too fast</b>	Hais lus nrawm/ceev	<i>Has lug nrawm/ceev</i>
<b>Thought content</b>	Qhov yus xav txog	<i>Qhov yug xaav txug</i>
<b>Tightness in chest</b>	Hnov lub hauv siab ceev ceev	<i>Nov lub hauv sab ceev ceev</i>
<b>Tire easily</b>	Nkees sai heev; zog ntaug yoojyim	<i>Nkeeg sai heev; zug ntaug yoojyim</i>
<b>Tobacco use</b>	Haus luam yeeb	<i>Haus luam yeeb</i>
<b>Touch, easily annoyed</b>	Kov, hnyav saib yoojyim	<i>Kov, nyaav sab yoojyim</i>
<b>Traumatized</b>	Raug ntshai	<i>Raug ntshai</i>
<b>Trouble concentrating</b>	Siab tsis npuab	<i>Sab tsi npuab</i>
<b>Trouble listening</b>	Teebmeem mloog; mloog tsis tau zoo	<i>Teebmeem noog; noog tsi tau zoo</i>
<b>Under-achievement</b>	Kawm tsis tshua tau zoo; poob qab	<i>Kawm tsi tshua tau zoo; poob qaab</i>
<b>Unique</b>	Nyias zoo nyias; tsis sib xws	<i>Nyag zoo nyag; tsi sis xws</i>
<b>Unstable</b>	Ywj fab ywj fwj	<i>Ywj faab ywj fwj</i>

<b>Value changes</b>	Kev hloov ntawm yus tus kheej xws li kev coj, kev ntseeg, kev noj	<i>Kev hloov ntawm yug tug kheej xws le kev coj, kev ntseeg, kev noj</i>
<b>Values</b>	Yam muaj nuj nqis rau koj	<i>Yaam muaj nuj nqes rua koj</i>
<b>Verbal communication</b>	Kev sib txuas lus; tham ncauj lus	<i>Kev sis txuas lug; thaam ncauj lug</i>
<b>Very little need to sleep</b>	Tsis xav tsaug zog; tsis muaj dab ntub	<i>Tsi xaav tsaug zug; tsi muaj dlaab ndlub</i>
<b>Victim</b>	Tus neeg raug tsim txom	<i>Tug tuabneeg raug tsim txom</i>
<b>Wetting, soiling</b>	Zis lav, quav lav, los zis ntub	<i>Zig laav, quav laav, lug zig ntub</i>
<b>Worry too much</b>	Txhawj heev	<i>Txhawj heev</i>

## **Your Feedback Is Welcomed!**

TO: Medical, Nursing, Mental Health, Social Service Professionals and other interested individuals:

From: Wisconsin Hmong Mental Health Professional Group

Through the efforts of our group of bilingual Hmong Mental Health Professionals from across Wisconsin, and with the support of Wisconsin Department of Workforce Development, Immigrant Integration Section (formerly Office of Refugee Services), we have produced our first edition of a Hmong-English Mental Health-Clinical Terminology Glossary.

In the making of this first edition, we discovered that even with a number of very experienced translators, there are a variety of ways to approach different words and concepts. Among the multiple challenges facing the production of this Glossary, the most difficult one is finding a phrase in Hmong that would best describe each English term, for the concept of mental health in Hmong and English is viewed and expressed differently between the two different languages, cultures, and worlds.

Therefore, this Glossary represents our collective views, experiences, knowledge and understanding of providing bicultural and bilingual mental health services for the refugees in Wisconsin. We realize that it is not the one and only approach. In addition, the circulation of this Glossary is not meant to criticize the work of any translator or family member, but acknowledge and thank them for the work they have done, and continue to do, in areas where there are no trained bilingual therapists. We are very appreciative of every person that helps refugees receive better health care services by acting as an interpreter.

We encourage you to use this first Glossary edition with your interpreters or bilingual staff when providing mental health services. We welcome feedback and comments regarding improvement in translation for the current terms and recommendations for additional terms that warrant inclusion.

Please forward comments to:

Chava Lee, Ph.D.  
7915 Stonewood Drive  
Franklin, WI 53132  
(414) 403-0065  
[Cherta80@hotmail.com](mailto:Cherta80@hotmail.com)

Maenene Vangsycha, MSE  
1578 Citation Lane  
Neenah, WI 54956  
(920) 727-4998  
[Maenene@aol.com](mailto:Maenene@aol.com)

Sia Kue, MSSW  
926 South 8<sup>th</sup> Street  
Manitowoc, WI 54221  
(920) 683-4262

To learn more about the statewide Refugee Mental Health program in Wisconsin, please contact Mai Zong Vue, Wisconsin Refugee Mental Health Program Manager, at [maizong.vue@dwd.state.wi.us](mailto:maizong.vue@dwd.state.wi.us) or contact her at 608-267-7838.