

## Hmong Mental Health Terminology

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| <ol style="list-style-type: none"> <li>1. Nyuab Siab</li> <li>2. Tu Siab</li> <li>3. Kho Siab</li> <li>4. Lwj Siab</li> <li>5. Chim Siab</li> <li>6. Puas Siab</li> <li>7. Dai Siab</li> <li>8. Ntxhov Siab</li> <li>9. Poob Siab</li> <li>10. Mob Siab</li> <li>11. Siab yuj plaws</li> <li>12. Siab fab fo</li> <li>13. Siab Luv</li> <li>14. Siab Phem</li> <li>15. Siab Dub</li> <li>16. Siab lim hiam</li> <li>17. Siab tsis tus</li> </ol> | <ol style="list-style-type: none"> <li>1. Difficult liver (Stressed, overwhelmed)</li> <li>2. Broken liver (sad, grieving, guilty feeling)</li> <li>3. Heart murmuring (lonely, sad, hopeless, missing loved one)</li> <li>4. Rotten liver (feeling miserable)</li> <li>5. Upset liver (tense, unhappy)</li> <li>6. Destroy liver (loss of enjoyment, mistrust)</li> <li>7. Hang liver (life not complete, forlorn)</li> <li>8. Mix liver (anxious, distressed, worried)</li> <li>9. Drop liver (feeling fearful, severely anxious)</li> <li>10. Pain liver (jealous, worried)</li> <li>11. Flying liver (mixed feeling, mixed thinking)</li> <li>12. Busy liver (fidgety, restless, wandering)</li> <li>13. Short liver (short temper)</li> <li>14. Bad liver (bad hearted, behavior toward another person)</li> <li>15. Dark liver (cold hearted)</li> <li>16. Abusive liver (cruel, dishonest, cold blood)</li> <li>17. Unstable liver (mood swings, happy, sad, mad)</li> </ol> |
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## Mental Health Terminology in Hmong

Sorrow:	Tu siab
Melancholy:	Ntsoos
Desperation:	Tag kev vam.
Crazy:	Vwm loj
Crisis:	Kev kub ntshov
Disturbing:	Cuam tshuam, tshuam lus
Distressed:	Kev ntshov siab / kev nyuab siab
Miserable:	Lwj siab/ txom nyem siab ntsws
Oppression:	Raug quab yuam, raug khoo
Demented:	Tsis meej pem
Stagnation:	Nyob twj ywm tsis nti
Depression:	Kho siab
Troubled:	Ua teeb meem
Discouraged:	Tsis pom zoo, tsis npaj siab, tsis muaj siab
The blues:	Kho siab, ntsoos, mluas
Sly:	Zais siab
Despondent:	Tu siab yam kawg nkaus
Mourning:	Quaj ntsuag
Grief:	Nco /khuv xim
Sinking:	Poob tsag
Hopeless:	Tsis muaj siab /tsis muaj hau kev lawm/ kev tws tas
Run-down:	Puas tsus, Txom nyem ntsuav
Despair:	Tag kev cia siab
Worry:	Txhawj xeeb
Sadness:	Tu siab, mluas. ntsoos
Unhappiness:	Chim siab/ lwj siab
Lost:	Ncaim lawm, xiam lawm, puas ntsoog
Worn-out:	Zog ntaug, zog tsuag
Dejected:	Poob meej mom, Poob ntsej muag, Tsis muaj ntsej muag
Anxiety:	Txhawj, Ntshai
Mad:	Chim lwj chim liam
Insane:	Feeb tsis meej, Vwm ntsuav
Confused:	Cais tsis tau lub ntsiab, tsis meej pem
Senile:	Laus dua
Repressed:	Zais siab, Khaws cia nruab siab
Paranoid:	Tsis tau luag li ( Ntshai dab, Ntshai neeg tua, Neeg Lom, Neeg ua phem rau)

