

Counselling words in Punjabi

What counselling is. A private conversation with a Registered Clinical Counsellor about sleep, work, marriage, grief, parents, money and the things that are keeping you up. A counsellor does not prescribe medicine or make a diagnosis, and you do not need a referral.

It is confidential. Nothing said in a session goes to your family, your community or your employer. The only exceptions are the narrow legal ones every counsellor has (risk of serious harm to you or someone else, a child or vulnerable adult at risk of abuse or neglect, or a court order), and they are explained at the first meeting.

The words for counselling

English	Punjabi	Said as	Meaning
Counselling, counseling	ਕਾਊਂਸਲਿੰਗ	<i>kaunsling</i>	The English word, written in Gurmukhi
Consultation	ਸਲਾਹ-ਮਸ਼ਵਰਾ	<i>salah-mashwara</i>	Consultation, taking advice; the formal word for counselling
Counsellor, counselor	ਕਾਊਂਸਲਰ	<i>kaunslar</i>	The English word, written in Gurmukhi
To consult	ਸਲਾਹ ਲੈਣਾ	<i>salah laina</i>	To take advice
Counsel, advice	ਸਲਾਹ	<i>salah</i>	Advice
Adviser	ਸਲਾਹਕਾਰ	<i>salahkaar</i>	Any adviser, including a lawyer or a financial adviser
Therapy	ਥੈਰੇਪੀ	<i>therapy</i>	The English word, borrowed as it is
Treatment	ਇਲਾਜ	<i>ilaaj</i>	Treatment, as a doctor gives it
Therapist	ਥੈਰੇਪਿਸਟ	<i>therapist</i>	The English word; there is no native equivalent
Psychologist	ਮਨੋਵਿਗਿਆਨੀ	<i>manovigiaani</i>	Psychologist, which a counsellor is not
Mental health	ਮਾਨਸਿਕ ਸਿਹਤ	<i>mansik sehat</i>	Mental health, literally

Feeling words

English	Punjabi	Said as
Worry, anxiety	ਚਿੰਤਾ	<i>chinta</i>
Sadness, low mood	ਉਦਾਸੀ	<i>udaasi</i>
Stress, tension	ਤਣਾਅ	<i>tanaa</i>
Exhaustion, burnout	ਥਕਾਵਟ	<i>thakavat</i>
Shock, trauma	ਸਦਮਾ	<i>sadma</i>

Words families worry about

English	Punjabi	Said as
Honour or standing	ਇੱਜ਼ਤ	<i>izzat</i>
Shame	ਸ਼ਰਮ	<i>sharam</i>
Mad	ਪਾਗਲ	<i>paagal</i>

ਪਾਗਲ (paagal) is the word most families fear, and it has nothing to do with counselling.

Explaining it to a parent: ਮਾਨਸਿਕ ਸਿਹਤ ਬਾਰੇ ਗੱਲ ਕਰਨਾ, talking about mental health, is usually understood more easily than either word for counselling, because it says what happens.

Counselling in Punjabi. Savneet Singh, RCC, offers individual counselling in Punjabi or English, by secure video anywhere in British Columbia. The first 15 minutes are a free consultation, ਮੁਫ਼ਤ ਸਲਾਹ-ਮਸ਼ਵਰਾ, and nothing is decided in it.

westpeakwellness.com/punjabi · info@westpeakwellness.com

Not a crisis service. In crisis, call or text 9-8-8, or call 310-6789. In danger, 9-1-1.