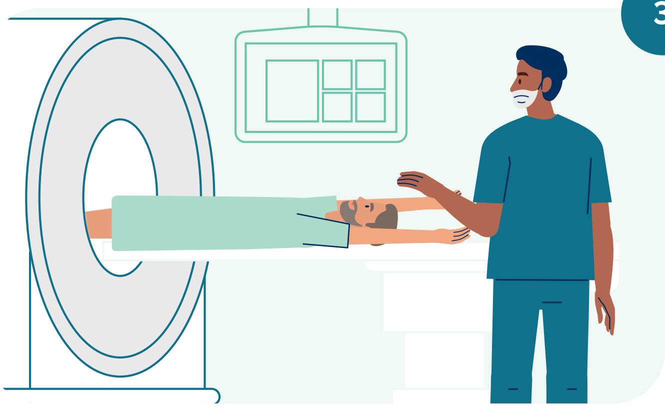
ܐܝܲܡܲܲܢ ܕܦܵܐܹܫ ܡܘܲܫܟܲܚܵܐ
ܡܲܢ ܩܵܕ݇ܡ ܥܸܕܵܢܵܐ، ܙܵܘܕܵܐ ܡܲܢ
،65% ܡܲܢ ܣܲܲܪܲܲܛܹܵܢܐ
ܡܵܨܝܲܬܘܲܢ ܗܵܘܝܲܬܘܲܢ ܚܫܝܲܚܹܐ ܩܵܐ ܨܲܲܚܨܵܝܬܵܐ ܕܪܵܐܬܵܐ ܡܵܨܝܵܢܬܵܐ ܝܠܵܗܲ
ܕܲܲܪܡܲܲܢܬܲܲܝܗܝܒܡܲܲܢܬܲܲܝܬܵܐ.
ܡܲܲܓܵܢܵܝܬܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ؟
ܚܘܲܪܙܵܐ ܐܲܲܬܪܵܝܵܐ ܕܨܲܲܚܨܵܝܬܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ (NLCSP(ܟܹܐ ܡܲܲܩܪܸܒܲ ܡܫܵܚܝܵܬܹܐ ܡܲܲܓܵܢܵܝܹܐ ܕ CT ܒܣܸܪܦܵܐ ܟܘܲܦܵܐ ܩܵܐ
ܐܘܲܣܬܪܵܠܵܝܹܐ ܐܵܢܝܲ ܕܐܝܲܬܠܗܘܲܢ ܩܸܢܛܵܐ ܪܵܡܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ. ܡܲܲܫܟܲܲܚܬܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ ܡܲܢ ܩܵܕ݇ܡ ܥܸܕܵܢܵܐ، ܡܲܢ
ܩܵܕ݇ܡ ܕܢܝܲܫܲܲܢܩܹܐ ܡܲܲܒܝܸܢܝܲ، ܟܹܐ ܝܵܗܒܵܲܐ ܠܵܘܟܲܘܲܢ ܗܲܝ ܦܘܲܪܣܵܐ ܒܘܲܫ ܨܦܵܝܝܲ ܕܕܲܲܪܡܲܲܢܬܵܐ ܡܲܲܢܬܸܝܵܢܬܵܐ.
ܝܲܘܸ ܐܵܢܵܐ ܚܫܝܲܚܵܐ؟
ܢ
ܐܲܲܚܬܘܲܢ ܒܲܲܠܟܵܐ ܗܵܘܝܲܬܘܲܢ ܚܫܝܲܚܹܐ ܐܸܢ ܐܲܲܚܬܘܲܢ ܬܲܲܡܸܡܝܲܬܘܲܢ ܠܟܠܲܲܝܗܝ ܐܲܲܢܹܐ ܕܒܹܐܬܵܝܵܐ ܝܢܵܐ:
ܥܘܲܡܪܵܘܟܲܘܲܢ ܝܲܠܹܗ ܒܹܝܠ ܠܲܲܝܬܠܵܘܟܲܢܘܲ ܪܘܲܫܡܹܐ ܝܲܲܢ
50 ܗܲܲܠ 70 ܫܸܢܹܐ ܢܝܲܫܲܲܢܩܹܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ
ܗܵܕܝܲܵܐ ܟܹܐ ܬܲܲܢܬܸܢܝܲܬܘܲܢ، ܬܲܲܫܥܝܲܬܵܐ ܝܲܲܪܝܲܟܲܬܵܐ ܕܬܲܲܢܬܲܲܢܬܵܐ
ܝܲܲܢ ܬܪܝܲܟܹܐ ܝܬܘܲܢ ܓܵܘ)ܚܲܲܕ ܦܵܟܸܬ ܓܵܘ ܝܵܘܡܵܐ ܩܵܐ
ܡܸܬܚܵܐ ܕ 10 ܫܸܢܹܐ ܐ݇ܚܵܪܵܝܹܐ 30 ܫܸܢܹܐ)
ܐܲܲܚܬܘܲܢ ܠܵܐ ܝܬܘܲܢ ܣܢܝܲܩܹܐ ܕܬܵܪܟܝܲܬܘܲܢ ܠܵܗܲ ܬܲܲܢܬܲܲܢܬܵܐ ܩܵܐ ܕܫܲܲܘܬܸܦܝܲܬܘܲܢ ܓܵܘ NLCSP
ܒܘܲܬ ܣܸܓܲܠܵܐ ܐܲܲܬܪܵܝܵܐ ܕܨܲܲܚܨܵܝܬܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ (NCSR(ܐܸܢ ܐܲܲܚܬܘܲܢ ܐܝܲܬܠܵܘܟܲܘܲܢ ܐܲܲܝܢܝܲ ܢܝܲܫܲܲܢܩܹܐ ܕܗܵܘܝܲ ܗܵܕܝܵܲܐ
ܐܵܣܝܵܘܟܲܘܲܢ ܒܸܕ ܛܵܠܹܒ ܡܸܢܵܘܟܲܘܲܢ ܦܣܵܣܵܘܟܲܘܲܢ ܠܣܲܲܓܲܘܲܠܹܐ ܫܸܡܵܘܟܲܘܲܢ ܐܸܢ ܐܲܲܚܬܘܲܢ ܒܸܚܫܵܒܲܵܐ ܝܬܘܲܢ ܕܡܢܲܲܣܘܲܝܹܐ ܝܬܘܲܢ ܢܝܲܫܲܲܢܩܹܐ ܕܣܲܲܪܲܲܛܵܢܵܐ
ܓܵܘ ܣܸܓܲܠܵܐ ܐܲܲܬܪܵܝܵܐ ܕܨܲܲܚܨܵܝܬܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ. ܐܵܗܵܐ ܦܣܵܣܵܐ ܨܸܒܲܝܵܢܵܝܵܐ ܕܪܵܐܬܵܐ، ܠܵܐ ܣܵܒܪܝܲܬܘܲܢ. ܚܙܹܝܡܘܲܢ ܠܐܵܣܝܵܘܟܲܘܲܢ ܚܲܲܒܝܲܪܵܐ ܕܡܲܲܣܲܲܡܬܵܐ
ܠܹܗ (ܒܟܲܲܝܦܘܲܟܲܘܲܢ ܠܹܗ). ܐܸܢ ܐܲܲܚܬܘܲܢ ܓܲܲܒܝܲܬܘܲܢ ܕܠܵܐ ܫܲܲܪܸܟܝܲܬܘܲܢ، ܕܒܵܠܵܐ ܠܨܵܚܘܲܬܵܐ ܝܲܲܢ ܠܦܵܠܵܚܵܐ ܕܨܵܚܘܲܬܵܐ ܕܥܵܡܪܵܢܹܐ ܐܵܨܠܵܝܹܐ ܕܐܲܲܬܪܵܐ
ܗܵܠܵܐ ܡܵܨܝܲܬܘܲܢ ܕܥܵܒܲܕܝܲܬܘܲܢ ܠܵܗܲ ܨܲܲܚܨܵܝܬܵܘܟܲܘܲܢ، ܐܝܲܢܵܐ ܐܲܲܚܬܘܲܢ ܠܹܐ ܚܲܲܕܪܹܫܵܐ. ܐܵܢܝܲ ܢܝܲܫܲܲܢܩܹܐ ܪܹܫܵܝܹܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ ܒܸܚܒܲܵܫܵܐ ܝܢܵܐ ܚܲܲܕ
ܩܲܲܒܠܝܲܬܘܲܢ ܡܲܲܵܕܟܸܲܪܵܢܹܐ ܝܲܲܢ ܦܠܵܛܹܐ ܕܨܲܲܚܨܵܝܬܵܘܟܲܘܲܢ ܒܐܘܲܪܚܵܐ ܕ NCSR. ܫܥܵܠܵܐ ܚܲܲܕܬܵܐ ܝܲܲܢ ܫܘܲܚܠܸܦܵܐ، ܫܥܵܠܵܐ ܕܸܡܵܐ، ܟܲܲܪܝܘܲܬܵܐ ܕܫܩܵܠܵܐ ܢܲܲܦܲܲܣ
ܠܵܐ ܦܘܲܫܸܩܬܵܐ ܝܲܲܢ ܒܨܵܪܬܵܐ ܕܝܘܲܩܪܵܐ، ܫܲܲܪܫܵܝܬܵܐ ܘܡܲܲܪܥܵܐ ܠܵܐ ܫܵܠܝܵܢܵܐ
ܕܨܲܲܕܪܵܐ ܝܲܲܢ ܕܪܸܦ̮ܫܵܐ.
ܝ݇ܠܘܲܦܘܲܢ ܒܘܲܫ ܙܵܘܕܵܐ ܥܲܲܠ ܫܲܲܘܦܵܐ: ܐܸܢ ܐܲܲܚܬܘܲܢ ܣܵܢܩܝܲܬܘܲܢ ܠܚܲܲܕ
ܬܲܲܪܓܡܵܢܵܐ، ܐܸܢ ܒܲܲܣܡܵܐܠܵܘܟܲܘܲܢ
nlcsp/au.gov.health ܡܲܲܚܒܸܪܘܲܢ 13 14 50
ܝܲܲܢ ܡܲܲܚܒܸܪܘܲܢ ܩܵܐ ܣܸܓܲܠܵܐ ܐܲܲܬܪܵܝܵܐ ܕܨܲܲܚܨܵܝܬܵܐ ܐܲܲܢܹܐ ܡܲܲܒܘܲܥܹܐ ܝܲܢܵܐ ܡܸܬܩܲܲܢܝܵܢܹܐ
ܕܣܲܲܪܲܲܛܵܢܵܐ ܥܲܲܠ ܡܸܢܝܵܢܵܐ 1800 627 701 ܒܠܸܫܵܢܹܐ ܐ݇ܚܹܪ݇ܢܹܐ



ܦܵܣܘܲܥܝܵܬܵܘܟܲܘܲܢ ܐܵܬܝܵܢܹܐ
ܡܘܲܕܝ݇ ܦܵܣܘܲܥܝܵܬܹܐ ܠܬܒܵܥܵܐ ܐܢܸ ܐܲܲܚܬܘܲܢ ܒܸܚܫܵܒܵܲܐ ܝܬܘܲܢ ܕܝܲܬܘܲܢ ܚܫܝܲܚܹܐ ܩܵܐ ܨܲܲܚܨܵܝܬܵܐ ܡܲܲܓܵܢܵܝܬܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܕܪܵܐܬܵܐ.
2 1
ܗܲܲܡܙܸܡܘܲܢ ܥܲܲܡ ܐܵܣܝܵܘܟܲܘܲܢ ܫܩܘܲܠܘܲܢ ܡܲܲܘܥܕܵܐ ܩܵܐ ܨܲܲܚܨܵܝܬܵܐ ܕ CT
ܐ݇ܡܘܲܪܘܲܢ ܩܵܐ ܐܵܣܝܵܘܟܲܘܲܢ ܕܡܲܲܚܘܲܒܹܐ ܝܬܘܲܢ ܕܥܵܒܲܕܝܲܬܘܲܢ ܨܲܲܚܨܵܝܬܵܐ ܕܣܲܲܪܲܲܛܵܢܵܐ ܫܩܘܲܠܘܲܢ ܡܲܲܘܥܕܵܐ ܩܵܐ ܨܲܲܚܨܵܝܬܵܐ ܕ CT ܒܣܸܪܦܵܐ ܟܘܲܦܵܐ ܓܵܘ ܚܲܲܕ ܒܹܝܬ ܐܵܣܝܘܲܬܵܐ
ܕܪܵܐܬܵܐ. ܐܵܢܝܲ ܒܸܕ ܨܲܲܚܨܝܲ ܐܸܢ ܐܲܲܚܬܘܲܢ ܚܫܝܲܚܹܐ ܝܬܘܲܢ ܘܒܸܕ ܝܵܗܒܲܝܲ ܠܵܘܟܲܘܲܢ ܡܲܲܗܲܲܠܵܝܵܐ ܕܝܘܲܠܦܵܢ ܙܲܲܗܪܝܲܪܹܐ. ܐܵܣܝܵܘܟܲܘܲܢ ܡܵܨܹܐ ܗܲܲܝܸܪܠܵܘܟܲܘܲܢ ܕܡܲܲܫܟܲܚܝܲܬܘܲܢ ܚܲܲܕ
ܚܕܵܐ ܫܲܲܕܲܲܪܬܵܐ ܩܵܐ ܚܕܵܐ ܨܲܲܚܨܵܝܬܵܐ ܡܲܲܓܵܢܵܝܬܵܐ ܕ CT ܒܣܸܪܦܵܐ ܟܘܲܦܵܐ. ܒܲܲܠܟܵܐ ܒܹܝܬ ܐܵܣܝܘܲܬܵܐ ܕܝܘܲܠܦܵܢ ܙܲܲܗܪܝܲܪܹܐ ܩܘܲܪܒܵܘܟܲܘܲܢ. ܨܲܲܚܨܵܝܬܵܐ ܕܡܫܵܚܬܵܐ ܒܓܵܢܘܲܗܲ
ܦܵܪܥܝܲܬܘܲܢ ܙܘܲܙܹܐ ܕܡܗܲܲܕܝܵܢܘܲܬܵܐ ܕܐܵܣܝܵܐ ܐܸܢ ܐܵܣܝܵܘܟܲܘܲܢ ܠܵܐ ܥܵܒܹܲܕ bulk bill ܝܲܠܵܗܲ ܡܲܲܓܵܢܵܝܬܵܐ، ܡܟܘܲܣܝܲܬܵܐ ܝܠܵܗܲ ܒ Medicare.
(ܠܹܐ ܫܵܩܹܠ ܠܗܘܲܢ ܙܘܲܙܹܐ ܡܲܢ ܡܹܕܝܲ ܟܹܐܪ).
4 3
ܪܚܘܲܫܘܲܢ ܠܡܲܲܘܥܕܵܐ ܒܵܬ݇ܪ ܨܲܲܚܨܵܝܬܵܐ ܕܡܫܵܚܬܵܐ ܕܨܲܲܕܪܵܐ
ܚܕܵܐ ܫܵܩܠܵܢܬܵܐ ܕܙܲܲܗܪܝܲܪܹܐ ܒܸܕ ܢܵܒܠܵܐܠܵܘܟܲܘܲܢ ܠܚܕܵܐ ܕܘܲܟܬܵܐ ܕܝܲܠܵܢܵܝܬܵܐ ܩܵܐ ܣܸܓܲܠܵܐ ܕ NCSR ܒܸܕ ܡܲܲܕܸܥܠܵܘܟܲܘܲܢ ܒܦܵܣܘܲܥܝܵܬܵܘܟܲܘܲܢ ܐܵܬܝܵܢܹܐ.
ܡܲܲܢܝܲܲܚܬܵܐ. ܐܲܲܚܬܘܲܢ ܒܸܕ ܦܵܝܫܵܐ ܛܠܝܲܒܬܵܐ ܡܸܢܵܘܟܲܘܲܢ ܕܫܵܛܚܝܲܬܘܲܢ ܥܲܲܠ
ܬ݇ܫܘܝܲܬܵܐ ܘܕܪܵܥܵܘܟܲܘܲܢ ܥܘܲܠܘܲܠ ܡܲܢ ܪܹܫܵܘܟܲܘܲܢ. ܐܲܲܚܬܘܲܢ ܣܢܝܲܩܹܐ ܝܬܘܲܢ
ܕܡܲܲܟܠܝܲܬܘܲܢ ܠܵܗܲ ܫܩܵܠܬܵܐ ܕܢܲܲܦܲܲܣܵܘܟܲܘܲܢ ܘܠܵܐ ܓ̰ܵܘܓ̰ܝܲܬܘܲܢ ܐܝܲܡܲܲܢ ܕܫܛܝܲܚܹܐ
ܝܬܘܲܢ ܩܵܐ ܚܲܲܕܟܡܵܐ ܪܦܵܦܹܐ ܒܥܸܕܵܢܵܐ ܕܡܵܫܝܲܢܵܐ ܒܸܓܪܵܫܵܐ ܝܠܵܗܲ ܫܸܟܠܹܐ ܕܨܲܲܕܪܵܘܟܲܘܲܢ.
ܨܲܲܚܵܨܝܬܵܐ ܝܲܠܵܗܲ ܩܲܲܠܘܲܠܬܵܐ، ܠܵܐ
ܡܲܲܡܪܸܥܵܢܵܐ ܘܠܵܐ ܚܵܒܲܫܵܐ ܐܲܲܝܢܝܲ
ܐܸܢ ܦܝܲܫܠܹܗ ܡܘܲܫܟܚܵܐ ܚܲܲܕ ܡܸܢܕܝܲ ܬܲܲܚܡܘܲܢܹܐ ܝܬܘܲܢ ܒܬܪܵܟܬܵܐ
ܚܡܵܛܵܛܹܐ ܕܗܵܘܝܲ.
ܐܲܲܚܬܘܲܢ ܒܸܕ ܦܵܝܫܝܲܬܘܲܢ ܚܘܲܦܛܹܐ ܠܕܪܵܫܵܐ ܦܠܵܛܹܐ ܕܨܲܲܚܨܵܝܬܵܘܟܲܘܲܢ ܕܬܲܲܢܬܲܲܢܬܵܐ؟
ܥܲܲܡ ܡܲܲܙܘܸܕܵܢܵܐ ܕܡܲܲܣܲܲܡܬܵܐ ܕܒܵܠܵܐ ܥܲܲܠ ܨܵܚܘܲܬܵܘܟܲܘܲܢ. ܐܵܗܵܐ ܠܵܐ ܐܵ ܪܠܵ ܡܲܲܘܥܕܵܐ ܒܸܕ ܓܹܵܪܫ 10 ܗܲܲܠ
ܣܝܵܘܟܲܘܲܢ ܡܵܨܹܐ ܗܲܲܝܸ ܘܟܲܘܲܢ. ܝܲܲܢ
ܝܠܵܗܲ ܡܲܲܥܢܵܝܹܗ ܕܐܲܲܚܬܘܲܢ ܐܝܲܬܠܵܘܟܲܘܲܢ ܣܲܲܪܲܲܛܵܢܵܐ ــ ܡܲܲܥܢܵܝܹܗ ܝܲܠܹܗ ܡܲܲܚܒܸܪܘܲܢ Quitline ܥܲܲܠ ܡܸܢܝܵܢܵܐ 15 13 78 48 ܕܲܲܩܝܲܩܹܐ.
ܕܐܵܢܝܲ ܣܢܝܲܩܹܐ ܝܢܵܐ ܕܥܵܒܲܕܝܲ ܚܕܵܐ ܓܲܲܫܲܲܩܬܵܐ ܒܘܲܫ ܩܘܲܪܒܵܐ.
ܝܲܲܢ ܣܲܲܚܒܸܪܘܲܢ ܠܫܲܲܘܦܵܐ quit.org.au
ܩܵܐ ܡܵܘܕܥܵܢܘܲܬܵܐ ܒܘܲܫ ܙܵܘܕܵܐ:
health.gov.au/nlcsp
ܝܲܲܢ ܡܲܲܚܒܸܪܘܢܲ ܩܵܐ ܣܸܓܲܠܵܐ ܐܲܲܬܪܵܝܵܐ ܕܨܲܲܚܨܵܝܬܵܐ
ܕܣܲܲܪܲܲܛܵܢܵܐ ܥܲܲܠ ܡܸܢܝܵܢܵܐ 1800 627 701