



Australian Government

Department of Health

Tangka le khuaruahnak lei ngandamnak ca'h bawmhnak

Coronavirus nih zuamcawhnak tampi a hung chuahpi. Hi pawl nih hin kan phaisa he aa pehtlami ngandamnak le kan khuaruahnak lei ngandamnak lei thatnak kha a pahnih in a hnorsuan. Ihngilhnak, ziaza lei thlennak pawl, thazaang ngeihmi tlawmnak asilole ipehtlaihnak lei kongkau ah har tonnak tiin a phunhun hmuhtonmi na ngei men lai. Hi bantuan lio caah ah, khoika in dah bawmhnak na hmuh khawh lai ti hngalh kha a biapi tuk.

Bawmhnak lei riantuan piaknak pawl

Na nun ning ah thlennak nganpi he, thinphannak, tihphannak asilole lungretheihnak ngeih kha punghmaan a si ko. Innchungkhar le hawikom he biaruahnak asilole ngandamnak lei i a thiammi he ipehtlaihnak nih a bawmh khawh lai. Thinphannak asilole tahamannak a ngeimi pawl minung a bawm khomi riantuan piaknak a phunphun an um, hih telhchih in:

Head to Health (Ngandamnak kong Abiapi pawl)

Thawngthan, ruahnak cheuhmi, le bawmhnak lei riantuan piaknak pawl a phunphun caah hika ah zoh www.headtohealth.gov.au.

Lifeline (Nunnak lei bawmhnak)

Pulrai lio ah na khuaruahnak lei ngandamnak zohkhenhnak ah bawmhnak le tuah dingmi pawl caah hika ah zoh www.lifeline.org.au asilole 13 11 14 ah chawn.

Beyond Blue (Pulrai kongkau Bawmhnak phu)

Beyond blue cu Coronavirus kongkau bawmhnak lei riantuan piaknak pek dingah aa pumpemi a si i 1800 512 348 chawnhnak in na hman khawh. Hika zong ah na zoh khawh www.coronavirus.beyondblue.org.au

Kids helpline (Ngakchia pawl bawmhnak)

Ngakchia pawl le mino pawl man loin riantuan piaknak pawl a pek. Thawngthanmi tamdeuh ngah khawhnak dingah hika zoh www.kidshelpline.com.au asilole 1800 551 800 ah chawn.

Headspace (Mino bawmhnak)

Mino bawmhnak lei riantuan piaknak caah hika ah zoh visit www.headspace.org.au.

MensLine Australia (Australia i pa pawl bawmhnak)

MensLine nih pa pawl caah man pek loin bawmhnak le thazaang peknak lei riantuan piaknak a pek. Thawngthanmi tamdeuh hmuhnak caah 1300 789 978 ah chawnh asilole www.mensline.org.au ah zoh.

Nangmah asilole na hngalhmi pakhat khat harnak nan ton i atu ah bawmhnak na herh ahcun, zaangfahnak in **000** kha chawn.



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Tangka lei Bawmhnaek

Australia Acozah nih Coronavirus nih a hnorsuanmi minung, rian pawl le chawleh chawhrawl tuahtu pawl kha tangka lei bawmhnaek a pek hna.

Services Australia hmangin ngah khawh a si lai i innchungkhar pawl caah lahkha le bawmhnaek aa tel lai. Hi riantuan piaknak pawl kong tamdeuh theihnak dingah www.servicesaustralia.gov.au/covid19 ah zoh asilole 131 202 kha chawn.

Australia Ngunkhua lei Zung (Australian Taxation Office) nih rian in tuandeh chuahnak ca tangka le pensen a la cangmi tangka tlawmpal lawng a ngahmi telhchih in bawmhnaek a pek. Bawmhnaek cu tangka tampi a hmangmi le Rianngaitu (JobKeeper) bawmhnaek telhchih in phungphai chungah a lut khomi riantuannak pawl caah ngah khawh a si fawn. Hi kong tamdeuh hngalhnak caah hika ah na zoh khawh www.ato.gov.au/coronavirus.

Tangka lei ruahnak petu sinin man loin, zalong tein le pumpaak in ruahnak cheuhmi na ngah khawh. Hihicu Rampumpi huap Leiba kongkau Bawmhnaek (National Debt Helpline) 1800 007 007 ah pehtlainnak tuahnak nih na ngah khawh lai.

Calehnak le Holhlehnak lei Riantuan piaknak

Mirangholh a hmang lomi na si ahcun Calehnak le Holhlehnak lei riantuan piaknak kha **131 450** ah pehtlainnak na tuah khawh.

Nangmah holh in holhletu he pehtlainnak an in tuah lai. Pehtlaih na duhmi bu i a min le fon nambar kha an in hal lai.

Sehlei riantuantu nih nangmah le holhlettu, pehtlainnak tuah na duhmi bu he pehtlainnak an tuahter hna lio ah na fon kha tlai peng.

Tamdeuh Thawngthanh

Upadi ning tein thanhmi thawngpaang ngah kha a biapi tuk. A hnuhik ruahnak cheuhmi ngahnak dingah www.australia.gov.au ah zoh law, pyine le peng kip kong thawngpaang kha zoh. Na innchungkhar, hawikom pawl le mibu him tein chiahnak lei bawmh dingah COVIDSafe app dawnglawtnak (download) kong zong na ruah hrimhrim a hau.