



Thil sining kong Tialmi - COVID-19 Pulrai lio ah Victoria i a ummi minung pawl bawmh dingah thinlung ngandamnak lei seekhan a thar

14/09/2020

- Cacawn Nikhat 14 Zing (September) 2020 thawk in, Victoria i a ummi pawl nih thinlung ngandamnak lei bawmh chapmi cu hmuh khawh a si te lai i zapi sinah thinlung ngandamnak lei seekhaan a thar HeadtoHelp 15 hun a si lai.
- Hi HeadtoHelp seekhaan pawl cu man lo in riantuan piaknak an si i hmailei thla 12 chung ca a si, thinlung ngandamnak lei tuahto ning a um lio chungah thawnak a pek chap lai i Victoria minung chungin bawmhna a herhmi nih hmuh kho dingin a thanchoter lai.
- *HeadtoHelp* riantuan piaknak cu anmah he a naihnak i a ummi seekhan ah minung pum in kalnak asilole an herhmi pawl kong thinlung damnak lei a thiam bakmi chawnhbiak dingah 1800 595 212* ah chawnhnak in an hmuh khawh.
- *HeadtoHelp* riantuan piaknak i va lenkai dingah na GP asilole a dang ngandamnak lei thiamsang sinin chimpiak chinnak na herh lo. Sihmanhsehlaw, na thinlung lei damnak nih a herhmi cungah hngat in hi seekhaan hmangin riantuan piaknak hal kawl dingah na siibawi nih an tawlrel piak men lai.
- GPs, thinlung ngandamnak lei thlobultu, thinlung umtu ning a hngalmi asilole thinlung thloptu, zatlang nun ca riantuantu pawl asilole mibu herhmi cungah aa hngat in a dang ngandamnak lei riantuan piaktu pawl fonh in tuahmi a si i seekhan pawl cu thinlung ngandamnak lei a thiam bakmi pawl phu nih tawlrelmi a si.
- Seekhan pawl nih COVID-19 a himmi pawngkam chungah rian a tuan lai i minung pumpaak in asilole telehealth in bawmh a herh ningin riantuan piaknak a pek lai.
- Seekhaan pawl kong tamdeuh cu hika ah hmuh khawh a si headtohealth.gov.au

**Hri in a kalmi fon pawl in chawnh ahcun man lo a si, kut put fon cu a man liam a hau lai*

Seekhaan aumnak Hmun pawl

A ngan deuhmi Melbourne	
Chaklei Nitlak Melbourne Ahrampi Ngandamnna le Pehlaihna	
DPV Health	42-48 Coleraine Street Broadmeadows, Victoria, 3047
IPC Health	510 Ballan Road Wyndham Vale, Victoria, 3024
Clarity Healthcare	3/55 Nicholson Street Brunswick East, Victoria, 3057
Nichuah Thlanglei Melbourne Ahrampi Ngandamnna le Pehlaihna	
Berwick Healthcare	76 Clyde Road Berwick, Victoria, 3806
Healius t/a Young Street Medical and Dental Centre	89-97 Young Street Frankston, Victoria, 3199
Officer Medical Centre	4 Cardinia Road Officer, Victoria, 3809
Nichuahlei Melbourne Ahrampi Ngandamnna le Pehlaihna	
Access Health and Community	378 Burwood Road Hawthorn, Victoria, 3122
Access Health and Community	2444 Warburton Highway Yarra Junction, Victoria, 3797
Banyule Community Health	21 Alamein Road West Heidelberg, Victoria, 3081
Victoria Pawngkam i a ummi	
Nitlak lei Victoria Ahrampi Ngandamnna le Pehlaihna	
Ballarat Community Health	260 Vickers Street Sebastopol, Victoria, 3356
Barwon Health	155 Princess Highway Norlane, Victoria, 3214
Murray Ahrampi Ngandamnna le Pehlaihna	
Bendigo Community Health Service	15 Helm Street Kangaroo Flat, Victoria, 3555
Gateway Community Health Service	155 High Street Wodonga, Victoria, 3690
Gippsland Ahrampi Ngandamnna le Pehlaihna	
Warragul Specialist Centre	197-199 Sutton Street Warragul, Victoria, 3820
Inglis Medical Centre	10 Inglis Street Sale, Victoria, 3850

Bawmhnak cu hi zong nih hin a pek khawh

- Medicare bawmhnak thinlung ngandamnak lei riantuan piaknak hmuhnak kong na GP sin chimnak in. Telehealth cu ngah khawh dingin tuah a si, cucaah telefon asilole video hmangin inn in tonbiaruahnak ngeih dingah na chawnh khawh hna.
- Coronavirus lio Thinlung Ngandamnak Bawmhnak lei Riantuan piaknak cu hika ah pehtlainak in **1800 512 348** ah asilole hika ah coronavirus.beyondblue.org.au. Hi riantuan piaknak cu COVID-19 pulrai hmangin bawmhnak hmuh dingah a hleice in suaisamhmi a si. Mirangholh lengah holh dang zong in a rel khawh a si.
- headtohealth.gov.au ah zohnak in, nangmah asilole pakhat khat nih siaherhnak na ngeih ahcun, thinphannak le lungtheihnak he tawlrelnak lei cheukhat bawmh a herh men lai. Hi nih hin awnlai (online) in thinlung ngandamnak lei riantuan piaknak pawl le bawmhnak pawl kha manlo in le man tlawm tein zoh khawhnak a pek.
- A dang digital bawmhnak pawl a ngahmi kong tamdeuh hmuh khawhnak dingah, zaangfahnak in [Digital le Telefon Bawmhnak pawl kong Tialmi \(Digital and Telephone Supports Factsheet\)](#) ah zoh.
- Lungrawhnak pakhat khat a ngeimi nih Lifeline (**13 11 14**) le Ngakchia pawl Helpline (**1800 55 1800**) hmangin ruahnak cheuhnak le bawmhnak cu rianrang in a kawh khawh. Mah le mah nun laknak kong Chawnh Thannak lei Riantuan piaknak zong (**1300 659 467**) ah a ngah.