Australian Government

Department of Health

ܦܫܪܬܐ ܩܐ ܡܥܕܪܢܘܬܐ ܕܘܪܢܝܐ ܘܚܘܠܡܢܐ ܕܗܘܢܐ

ܟܪܘܢܐ ܕܟܘܪܘܢܐ ܡܘܬܒܠܗ ܟܝܡ ܬܟܐ ܡܘܬܒ̈ܐ. ܐܝܟ ܡܘܬܒ̈ܐ ܦܝܫ ܗܘܐ ܠܗܘܢ ܡܚܕܢܘܬܐ (ܟܐܪ) ܥܠ ܛܘܪܦܗ ܚܘܠܡܢܐ ܕܘܪܢܝܐ ܘܚܘܠܡܢܐ ܕܗܘܢܐ ܘܬܠܝܘܬܐ ܕܢܫܐ. ܟܠܟܐ ܡܢܫܘܝܐ ܡܠܗܘܢ ܝܬܝܪܐ ܒܕܐܟܝܬܐ، ܥܘܣܩܐ ܕܗܘܕܐ، ܦܘܡܝܢܝܬܐ ܒܘܩܐ ܕܢܫܠܐ ܝܢ ܐܝܬܠܗܘܢ ܝܢ ܓܘܢܝܬܐ ܠܗ ܐܚܘܢܘܬܗܘܢ ܟܡ ܐܝܢܝܐ. ܒܝܢܝܬܐ ܐܚܝܢ ܐܗܐ ܓܝܪܐ، ܐܢܫܘܬܐ ܠܗ ܕܢܕܒܥܠܗܘܢ ܐܢܫܐ ܟܠܝ ܝܠܗܘܢ ܩܝܡܠܗܘܢ ܦܫܪܬܐ.

ܝܠܦܢܝܬܐ ܕܗܡܢܘܬܐ

ܟܡ ܥܘܣܩܐ ܠܒܢܝܐ ܥܠ ܐܘܪܚܐ ܕܢܝܘܬܗܘܢ، ܒܢܝܬܐ ܠܗ ܕܝ ܓܥܒܠܗܘܢ ܒܕܘܒܩܬܐ، ܝܠܝܢ ܝܢ ܒܒܩܐ. ܟܠܝ ܬܐ ܦܝܫܐܠܘܢ ܦܩܪܒܬܐ ܟܡ ܦܪܫܐ ܕܟܝܠܘܬܐ ܘܡܢܓܢܐ، ܝܢ ܟܡ ܚܕ ܢܟܒܪܐ ܕܚܘܠܡܢܐ. ܐܝܬ ܚܕ ܒܝܬܐ ܕܝܠܦܢܝܬܐ ܩܐ ܦܫܪܬܐ ܕܐܢܫܐ ܕܝܢ ܓܥܒܐ ܡܢܐ ܕܝܠܝܢ ܡܢܐ ܝܢ ܕܡܠܚܒܪܐ ܡܢܐ ܠܗܘܢ ܡܘܡܬܐ، ܒܣܒܥܐ:

<u>ܬܠܬܠܗ ܦܐܬܘܒܢ ܠܚܘܠܡܢܐ (Head to Health)</u>

ܩܐ ܡܘܕܥܢܘܬܐ، ܢܝܫ ܒܝܫܬ، ܘܚܕ ܒܝܬܐ ܕܘܒܪܐ ܕܝܠܦܢܝܬܐ ܕܗܡܢܘܬܐ ܦܣܝܪܘܢ

.www.headtohealth.gov.au

<u>ܚܘܠܐ ܕܚܝܐ ܐܘܣܬܪܠܝܐ (Lifeline Australia)</u>

ܩܐ ܦܫܪܬܐ ܘܢܝܫ ܒܝܫܬܐ ܒܘܬ ܦܫܡܬܐ ܕܟܠܐ ܥܠ ܚܘܠܡܢܐ ܕܗܘܢܘܢ ܒܝܬܐ ܕܦܪܟܐ ܠܦܢܐ ܦܣܝܪܘܢ www.lifeline.org.au ܝܢ ܦܣܝܪܘܢ 13 11 14.

<u>ܠܦܪ ܡܢ ܟܘܠܐ (Beyond Blue)</u>

Beyond blue ܐܝܬܠܗ ܝܠܦܢܬ ܕܗܡܢܘܬܐ ܢܕܪܝܬܐ ܕܟܪܘܢܐ ܕܟܘܪܘܢܐ ܕܟܠܝ ܝܠܗܘܢ ܦܦܠܝܫܝܬܘܢ ܠܗ ܒܦܣܝܪܬܐ ܕܒܝܬܐ 348 512 1800. ܐܦ ܟܠܝ ܝܠܗܘܢ ܦܣܝܪܝܬܘܢ https://coronavirus.beyondblue.org.au/.

<u>ܚܘܠܐ ܕܦܫܪܬܐ ܕܝܠܕܐ (Kids Helpline)</u>

ܒܐ ܦܡܝܪ ܝܠܦܢܝܬܐ ܦܓܢܝܬܐ ܩܐ ܐܢܫܐ ܠܝܠܕܐ. ܩܐ ܡܘܕܥܢܘܬܐ ܙܘܕܢܝܬܐ ܦܣܝܪܘܢ www.kidshelpline.com.au ܝܢ ܦܣܝܪܘܢ 800 551 1800.

<u>ܥܘܦܐ ܕܪܥܐ (Headspace)</u>

ܟܠܝ ܝܠܗܘܢ ܦܣܝܪܝܬܘܢ www.headspace.org.au ܩܐ ܝܠܦܢܝܬܐ ܕܗܡܢܘܬܐ ܕܠܝܠܕܐ.

<u>ܚܘܠܐ ܕܐܓܪܐ ܐܘܣܬܪܠܝܐ (MensLine Australia)</u>

MensLine ܒܐ ܦܡܝܪܐ ܝܠܦܢܝܬܐ ܦܓܢܝܬܐ ܕܗܡܢܘܬܐ ܘܦܠܚܒܘܬܐ ܩܐ ܐܓܪܐ. ܦܣܝܪܘܢ 978 789 1300 ܝܢ ܦܣܝܪܘܢ www.mensline.org.au ܩܐ ܡܘܕܥܢܘܬܐ ܙܘܕܢܝܬܐ.

Australian Government

Department of Health

ܐܢ ܐܚܬܘܢ ܝܢ ܚܕ ܡܢ ܢܫܐ ܕܝܕܥܝܬܘܢ ܠܗ ܝܠܗ ܒܓܘ ܚܕܐ ܐܚܘܠ ܕܥܝܩܘܬܐ ܘܣܢܝܩܐ ܝܠܗ ܠܥܘܕܪܢܐ ܡܪܗܒܐ،
ܐܢ ܒܗܕܐ ܛܠܒܘܢ ܡܚܒܪܘܢ **000**.

ܣܢܕܘܬܐ ܙܘܙܢܝܬܐ

ܫܘܠܛܢܐ ܐܘܣܛܪܠܝܬܐ ܡܩܪܘܒܐ ܝܠܗ ܥܘܕܪܢܬܐ ܙܘܙܢܝܬܐ ܩܐ ܐܢܫܐ، ܒܣܢܝܩܘܬܐ ܘܠܐ ܥܒܕܐ ܠܣܘܦܪܐ ܕܒܘܟܪܐ ܡܢܐ ܒܣܒܪܗ ܕܟܘܪܘܢܐ.

ܐܗܐ ܟܠܝ ܝܢܬܐ ܟܠܗ ܡܢܝܢܘܗ ܠܐܘܪܢܐ ܕ Services Australia ܕܗܝ ܝܗܒܐ ܣܢܕܘܬܐ ܕܢܦܩܐ ܦܣܘܕܬܐ ܩܐ ܡܬܩܢܬܐ ܕܝܗܒܬܐ. ܡܥܠܝܬܘܢ ܡܘܕܥܢܘܬܐ ܙܘܕܢܬܐ ܒܓܘ ܐܢܝܐ ܝܠܦܢܝܬܐ ܒܡܣܬܪܬܐ ܕܫܘܩܐ

www.servicesaustralia.gov.au/covid19 ܝܢ ܒܡܚܒܪܬܐ ܕܡܢܝܢܐ 131 202.

ܡܟܬܒܐ ܐܘܣܛܪܠܝܐ ܕܡܕܐܬܐ (Australian Taxation Office) ܒܗ ܡܣܝܥ ܥܘܕܪܢܐ ܒܝܗܒܐ ܦܪܣܬܐ ܒܡܕܪܬܐ ܕܙܘܕܐ ܕܣܘܦܪܐܢܘܢܘܬܐ ܘܦܪܥܢܝܬܐ ܕܗܝ ܠܐ ܒܘܫ ܟܠ ܝܘܡܐ ܕ ܠܦܫܬܐ ܩܐ ܦܠܚܐ ܝܢ ܦܠܚܐ ܠܟ ܡܢ ܦܠܚܝܐ (retirees). ܥܘܕܪܢܐ ܐܦ ܟܠ ܝܢܬܐ ܟܠܗ ܡܢܝܢܘܗ ܩܐ ܒܣܢܝܩܘܬܐ ܠܚܕܬܐ، ܒܝܗܒܐ ܡܥܕܪܬܐ ܕܝܗܒܠܬܐ ܙܘܙܢܝܬܐ ܘܦܘܪܥܢܐ ܕ JobKeeper. ܟܠ ܝܬܘܢ ܕܒܥܝܬܘܢ ܒܘܫ ܙܘܕܐ ܒܓܘ ܐܢܝܐ ܥܠ ܫܘܩܐ .www.ato.gov.au/coronavirus

ܐܦ ܟܠ ܝܬܘܢ ܩܝܬܘܢ ܝܢ ܝܬܝܗ ܡܟܪܟܐ، ܝܐܘܪܬܐ ܘܕܠܝܚܘܬܐ ܡܢ ܚܕ ܢܩܦܬܐ ܕܝܢ ܝܬܝܗ ܙܘܙܢܝܬܐ. ܟܠ ܝܬܘܢ ܡܨܝܬܘܢ ܠܗܘܐ ܒܡܚܒܪܬܐ ܕܣܘܟܐ ܕܥܘܕܪܢܐ ܐܘܡܬܢܝܐ ܕܕܝܢܐ (National Debt Helpline) ܥܠ ܡܢܝܢܐ .1800 007 007

ܝܠܦܢܬ ܕܐܦܪ ܠܒܘܬܐ ܘܕܦܫܝܩܘܬܐ

ܐܢ ܠܝܬ ܝܘܢ ܡܚܕܪܝܐ ܒܠܫܢܐ ܐܢܓܠܝܙܝܐ ܟܠ ܝܬܘܢ ܡܚܝܪܬܘܢ ܩܐ ܝܠܦܢܬ ܕܐܦܪ ܠܒܘܬܐ ܘܕܦܫܝܩܘܬܐ ܥܠ ܡܢܝܢܐ **131 450**.

ܐܝܟ ܕܝ ܡܚܒܪ ܠܗܘܢ ܥܡ ܚܕ ܡܦܫܩܢܐ ܒܠܫܢܗܘܢ. ܡܬܘܐ ܕܝ ܡܠܟܝ ܡܢܗܘܢ ܫܡܐ ܘܙܒܢܐ ܕܛܠܝܒܘܢ ܕܫܘܬܐܣܐ ܕܒܥܝܬܘܢ ܡܚܝܪܬܘܢ ܠܗ.

ܦܘܫܘܢ ܥܠ ܣܘܟܐ ܡܢ ܕܩܠܝܢܐ ܕܛܠܝܒܢܝܐ ܡܚܒܪ ܠܗܘܢ ܐܚܬܘܢ ܘܡܦܫܩܢܐ ܥܡ ܗܘ ܫܘܬܐܣܐ.

ܡܘܕܥܢܘܬܐ ܙܘܕܢܬܐ

ܐܢܫܐ ܟܠܗ ܡܢܝܢܐ ܕܡܘܕܥܢܘܬܐ ܡܢ ܡܥܒܪܢܐ ܙܘܥܪܝܐ. ܡܚܝܪܘܢ www.australia.gov.au ܩܐ ܝܢ ܝܬܝܗ ܒܘܫ ܚܕܬܐ، ܘܐܘܪܚܐ ܩܐ ܟܠ ܐܘܪܚܐ ܝܢ ܐܝܠܦܢܐ. ܐܦ ܠܒܪ ܡܣܝܥܝܬܘܢ ܒܘܫ ܡܢ ܠܒܘܬܐ ܕܬܘܠܢܝܐ ܕ COVIDSafe ܩܐ ܕܡܚܝܪܬܘܢ ܒܡܢܚܬܐ ܕܡܬܘܬܘܢ، ܡܢܚܝܬܘܢ ܘܒܘܫܬܘܢ ܡܠܟܬ.