



Kuṁony ku kuny ẽ nyintiit tẽnẽ pialgup ẽ tuaany ẽ nhom

Kẽ cĩ coronavirus ke rac aci yook looi buk ya ya diẽer, naŋ tẽktẽk ka rẽer ẽ rõt. Yin alẽu aya ba ya diẽer nẽ biäk ẽ kãc kuk macthok ku mẽth tã nẽ bẽẽi kãk yiic.

Na ye tẽ yõk yin ye kerilic nẽ tẽdun rẽer yin thĩn akõlkõl, cõl diktordu yen lẽu kẽ bĩ yin looi geeric ẽ kuer lã ẽ kuer bĩ yin lõom.

Ye tẽnẽ lẽu bĩ yin kuṁony yõk thĩn?



Konykony ẽ gẽr ẽ wẽl yiic ku wẽr ẽ thok baai 131 450

Cõõtẽ na kãr yin ba jam kekẽ raan dõ nẽ thõŋdu cie dõngilith. Raan ẽ thok waaric cĩn wẽu ye cuatpiny ku nyic ŋek ẽ rõt lẽu bĩ yin dãr kekẽ kuat ẽ nẽmba ẽ puun tã piiny.



Kuṁony ẽ puun

Coronavirus Mental Wellbeing Support Service – kãc ẽ lon de pialgup cĩ kek piõc atõ bĩk yin kuṁony nẽ puunic. Yen acĩn wẽu ye cuatpiny ku atõ nẽ thãã ke 24 akãltõk, nĩn ke 7 ẽ lããt yic. Cõl **1800 512 348**.

Kids Helpline – konykony cĩn wẽu ye cuatpiny tẽnẽ riẽnythi nõŋ run tã ẽ kaam ẽ run ke 5 ku 25. Cõl **1800 55 1800**.



Kuṁony ẽ akẽẽk baai ku tõŋ ẽ kẽem ẽ kãc macthok/ciẽŋ

1800 RESPECT (1800 737 732) – kuṁony ẽ kãc yõk tõŋ ku yaaŋ kek.



Nẽŋ ẽ rõt ku kuṁony ẽ kẽrilic cĩ tuõl

Nẽ kuṁony cẽẽth thĩn. Cõl **Lifeline** nẽ 13 11 14. Cõl **000** na ye yin ka raan nyic yin atõ tẽnẽ akãrããk cĩ rõt tẽẽm ka tãã nẽ kẽrẽec nẽk kãc tã.



Kuṁony tẽnẽ rõr

Mensline – nẽ kuṁony ẽ thok yic atõ tẽnẽ rõr. Nem mensline.org.au/languages/ ka cõl **1300 78 99 78**.

Fathering Across Cultures App – kuṁony de wun kenẽ mĩth ke kãc ye abakõõk ku kãc cĩ bẽẽi ken nyããŋ roor. Nem fatheringacrosscultures.org.au



Kuṁony ẽ laanyic ku lẽk

Head to Health – lẽk, luup ẽ nhom ku kuat ẽ kajuẽc tã ẽ laanyic ku konykony ẽ puunic. Nem headtohealth.gov.au

Embrace Multicultural Mental Health – lẽk ẽ pialgup tẽnẽ tuaany ẽ nhom nẽ thook kuõt yiic embracementalhealth.org.au

HeartChat – heartchat.com.au ee kuer puõth ku bak yenẽ kãc loor thĩn yenẽ pialgup tẽnẽ tuaany ẽ nhom detic thĩn ku yõk raan nyic kẽ cĩ kuen bĩ jam nẽ thõŋdu.

Beyond Blue – kuṁony tẽnẽ kãc kek ẽ rõt yõk kake diẽer, nhĩm naŋ dhurup ka acie kãr bĩk ber pĩr. Tẽ bĩnẽ kajuẽc yõk nem beyondblue.org.au

Lãr tẽnẽ headtohealth.gov.au nẽ lẽk yenẽ ke rõt kuṁony ku ka yenẽ ke rõt kony nẽ thõŋdu, ku kuṁony de raan nõŋ kẽ cĩ kuen.