



Txojkev Tu-siab thiab ploj-tuag

Australian lub tsev pabcuam kev Tu-siab thiab Kev Ploj-tuag

Muaj coob leej neeg Australians laus tau ntsib txojkev tu-siab losyog ploj-tuag tshwm sim los ntawm tus kabmob COVID-19.

Nws muaj kev pab rau cov neeg tau ntsib kev tu-siab ploj-tuag thiab kev txom-nyem. Hu lub xovtooj **1800 222 200** mus sablaj, losyog mus xyuas cov ntaub ntawv kev pab thiab cov kws sablaj hauv **www.aged.grief.org.au**. Mus download tus App **“My Grief”** (Kuv Txojkev Tu-siab) los pab rau cov neeg koj hlub.

Tag rho cov kev pabcuam no yog pab dawb, yuav khaws koj cov lus tham zais cia zoo thiab muab kev saib-siab rau txhua leej uas muaj txojkev ntseeg thiab koj dab-qhuas sib txawv.

Txojkev Tu-siab thiab ploj-tuag

Xovtooj 1800 222 200
www.aged.grief.org.au

Kev txhawb pab mob tem-toob Dementia

Xovtooj 1800 699 799
www.dementia.com.au

Ntaub-ntawv txog kev poob-plig loj - Trauma

www.phoenixaustralia.org/aged-care

Kev Sablaj thiab Sawv-cev

Xovtooj 1800 700 600
www.opan.com.au

Kev Txhais-lus thiab kev mus cuag

Kev pab Txhais-ntawv thiab Txhais-lus 131 450 (TIS), qhia koj yam lus thaum hu mus.

Kev Txhais-lus Piav-tes (Auslan) 1300 010 877, los xa ntawv email rau: interpreter.bookings@deafservices.org.au, xa fax 07 3892 8511 losyog SMS 0407 647 591.

Cov kev Pabcuam rau Txojkev Tu-siab thiab kev Poob-plig Trauma rau cov uas muaj kev nyuab-siab ntshov-plawv. Muaj kev pab thaum ti-tes ti-taw nyob hauv

Lifeline: www.lifeline.org.au, thiab Beyond Blue: www.beyondblue.org.au, thiab hauv Head to Health: www.headtohealth.gov.au losyog mus sablaj nrog koj tus kws khomob.



Australian Government

Puas muaj teebmeem cuam-tshuam los ntawm COVID-19 hauv kev saib cov laus?

Muaj kev pabcuam tim-ntsej tim-muag, hauv xovtooj thiab saum huab-cua pab rau cov neeg nyob hauv cov tsev laus, lawv tsev neeg, cov phoojywg, cov txheeb-ze thiab cov neeg hauv zejzog uas tuaj saib lawv thiab cov neeg sawv-cev tam lawv, thiab cov tuaj ua haujlwm rau lawv.



Puas muaj teebmeem kev cuam-tshuam los ntawm COVID-19?

Muaj kev pab
pub dawb



Kev txhawb pab mob tem-toob Dementia

Dementia Support Australia - Australia txojkev pabcuam mob tem-toob

Tejzaum cov neeg laus tem-toob uas
nyob hauv cov tsev laus yuav pauv
lawv cov cwj pwm (behaviours) vim
cov kev txwv ntawm COVID-19.

Nws muaj cov kws sablaj, kws khomob,
kws qhuab-qhia pab tswv yim thiab nthuav
xov qhib ua haujlwm 24 teev pab hauv
ib hnuv nyob thoob plaws Australia.

Puas xav tau kev pab tswvyim tswj cov kev hloov
lub yeeb-yam? Hu rau lub xovtooj **1800 699 799**
losyog mus xyuas hauv **www.dementia.com.au**



Kev Sablaj thiab Kev Sawv-cev lus

Kev Sawv-cev rau cov neeg laus - Older Persons Advocacy Network (OPAN)

OPAN yog lub tsev saib-xyuas uas tsis tuaj leej
twg tog- independent ntawm tsoomfwv thiab cov
tsev zov neeg laus. Lub tsev saib-xyuas no muab
kev pab dawb thiab ua tus sawv cev tam cov
laus thiab yuav khaws tej lus sibtham zais cia zoo,
yog lub chaw muab kev sablaj txog COVID-19
thiab xa mus ntsib lwm cov chaw pabcuam.

Hu rau lub xovtooj **1800 700 600** losyog
mus saib hauv **www.opan.com.au** uas
nws yog ib lub chaw pab sablaj dawb
thiab khaws cov lus sibtham cia zoo.



Ntaub-ntawv txog kev poob-plig loj - Trauma

Tsev pab Phoenix Australia

Tejzaum COVID-19 tau ua rau cov laus ntsib
kev poob-plig loj ntau yam. Muaj ib txhia kuj
zoo tau sai, ib txhia kuj haj tseem ua rau kom
muaj kev nyuab-siab ntshov-plawv ntxiv thiab
yuavtsum muaj kev pab cawm.

Phoenix Australia yog ib lub tsev muab kev
pabcuam nthuav xov thiab muaj cov twj-taig
khoom sim txhawb pab rau cov neeg uas tau ntsib
kev poob-plig ntshais loj thiab cov neeg saib-xyuas
lawv. Nws muaj tej ntaub-ntawv nthuav xov qhia
rau cov neeg laus, lawv tsev neeg thiab cov neeg
zov lawv. Nws muaj cov ntawv Qhia tseeb -Fact
sheets, cov kev qhia saum huab-cua -webinars
thiab kev qhuab-qhia training tibs tseg cia rau cov
neeg saib neeg laus thiab lawv cov thawjtswj.

Puas xav tau kev pab? Mus thov tau:
www.phoenixaustralia.org/aged-care

