



Ngaihchiatnak le lungkuainak

Ngaihchiatnak le Lungkuainak caah Australia mi zohkhenhnak Hmun

Kumkhua upa lei Australia mi tampi nih ngaihchiatnak, sunghnak asilole lungkuainak cu COVID-19 hnorsuannak pawl ruangah hmuhton a si men lai.

Bawmhnak hal kha a tha i ngaihchiatnak, sunghnak le lungkuainak lei bawmhnak riantuan piaknak pawl a ngahmi a um ko. Pehtlaihnak tuah law fon in thazaang pek biaruahnak caah **1800 222 200** chawn, bawmhnak asilole lungkuaimi hnemtu kawl dingah **www.aged.grief.org.au** zoh. Dawtmi bawmhnak i ruahnak cheuhmi caah '**My Grief**' app kha dawnglawt (download).

**Riantuan piaknak pawl vialte cu man
lo an si, a thlithup an si i minung
pakhat i nunphung, biaknak, sining
le nunning pawl kha upat piak a si.**

Ngaihchiatnak le lungkuainak

1800 222 200

www.aged.grief.org.au

Umtu ziaza lei a hmaanlomi bawmhnak

1800 699 799

www.dementia.com.au

Thinlung a damlomi bawmhnak hmun pawl

www.phoenixaustralia.org/aged-care

Ruahnak cheuhnak le bawmhnak

1800 700 600

www.opan.com.au

Calehnak pawl le intanet hmankhawhnak

Calehnak le Holhlehnak lei Riantuan piaknak (TIS) caah 131 450 kha nangmah na holh tein ipehtlaih dingah fial.

Auslan Pehtlaihnak pawl caah 1300 010 877, email interpreter.bookings@deafservices.org.au, fax 07 3892 8511 asilole SMS 0407 647 591.

Ngaihchiatnak le Thinlung fahnak lei Bawmhnak Prokarem nih thinlung damnak lei rian piaknak a tuah cuahmahmi kha tlam a tlinter. Harnak lei bawmhnak cu hi hna sin in a ngah, Lifeline:

www.lifeline.org.au le

Beyond Blue: www.beyondblue.org.au, zoh Head to Health: www.headtohealth.gov.au, asilole na GP kha chawn.



Tar zohkhenhnak kha COVID-19 nih a hnorsuan maw?

Tar zohkhenhnak i a ummi pawl le a cohlangtu pawl, an innchungkhar pawl, innchungkhar thimmi, hawikom pawl, dawtmi pawl, mibu lengkaitu pawl le aiawhtu pawl le tar zohkhenhnak i riantuantu pawl caah minung pum in, fon in le online in bawmhnak a ngah.



COVID-19 nih a hnorsuan maw?

Man lo in bawmhnak a ngah



Umtu ziaza lei a hmaan lomi bawmhnak

Thinlung a hmaan lomi Bawmhnak Australia

Tar zohkhenhnak ah a um i thinlung a hmaanlomi pawl cu COVID-19 khenkhamnak pawl ruangah an ziaza aa tleng kho men.

Itonnak lei ah a thiammi ruahnak petu pawl, sii lei bawmhnak, timhtuahnak pawl le tuahlo ning pawl, ruahnak cheuhnak le thawngthanhnak lei riantuan piaknak pawl cu Australia hmun kip ah nikhat chung suimilam 24 a ngah.

Ziaza pawl tlennak lei tawlrelnak ah bawmhnak na herh maw? **1800 699 799** chawn asilole www.dementia.com.au zoh



Ruahnak cheuhnak le bawmhnak

Kumkhua Upami pawl Bawmhnak lei Ipehtlaihnak (OPAN)

OPAN cu acozah sin in amah tein a dirmi le kumkhua upa zohkhenhnak a petu a si. Ipehtlaihnak nih manlo le a tlithup tar zohkhenhnak lei bawmhnak, COVID-19 ruahnak cheuhnak le chimpak chin lei riantuan piaknak pawl a pek.

Man lo le a tlithup in bawmhnak le ruahnak cheuhnak caah **1800 700 600** kha pehtlaihnak tuah asilole www.opan.com.au ah zoh.



Thinlung fahnak lei bawmhnak pawl

Phoenix Australia

COVID-19 nih thinlung fahnak lei kha a thing asilole athar kha a chuahter kho men. Minung cheukhat an dam than lio ah, a dang pawl nih thinlung damlonak lei an ngei kho men i bawmh a herh kho men.

Phoenix Australia nih thinlung fahnak lei hmuhtonnak nih a hnorsuanmi pawl le anmah a zohkhenhtu pawl bawmh dingah thawngthanhnmi le thilri pawl a pek hna. Bawmhnak pawl ah cun kumkhua upa pawl, an innchungkhar pawl le zohkhenhtu pawl caah thinlung fahnak le ngaihchiatnak lei kong aa tel. Tar zohkhenhtu pawl le maneizer pawl caah akonglam tialnak catlap pawl, webinars le cawnpiaknak a ngah fawn.

Bawmh na herh maw? Hika ah kawl: www.phoenixaustralia.org/aged-care

