

## **Coronavirus Thinlung Damnak ca Bawmhnak lei Riantuan piaknak**

I erhnak (lockdown) hmangin na thinlung damnak lei bawmhnak

I erhnak chungah nangmah le nangmah kha izoh than law nai tein thlennak tampi a ummi nih khan tlawmpal tahamang in an tuah kho men asilole ze i khua hmanh tuaktaan kho lo in an um ter kho men.

Tawlrel ning, asilole aho sin ah kalpi awk kongah naa fian lo ahcun,  
**na thinlung ngandamnak lei bawmh pek dingah hika ah kan um.**

### **Kanmah sin ah chim**

Cawnnak a ngeimi thazaangpetu kan ngeihmi pawl nih fon chungin nangmah bawmh dingah hika ah an um.

Aman lo a si i 24/7 in a ngah peng.

**1800 512 348**

### **Awnlai (online) bawmhnak le thawngthanh**

Punghman tein tharchuahmi thawngpaang, ruahnak cheuhnak le hi lio caan ah na thatnak le thinlung lei ngandamnak tawlrelnak bawmh dingin ningcang pawl kha kan vuapsaih (website) nih a pek. Hi zong hi cawnnak a ngeimi thazaangpetu kan ngeihmi pawl he 24/7 aman lo in webchat khawhnak a pek.

**coronavirus.beyondblue.org.au**

### **Mah le mah ithahnak le harnak lei bawmhnak**

Rianrang in bawmhnak caah, Lifeline

**13 11 14** kha chawn.

Lakhruak thilcang na ngeih asilole nangmah le nangmah asilole midang pawl kha tihunnak pek dingin dirhmun na si ahcun, zaangfahnak in **000** kha chawn

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 **1800 512 348**

### **Mirangholh a thiamlomi pawl caah bawmhnak**

Mirangholh kha a nuhrin holh a si lomi pawl caah a dang thim khawhmi kan tawlrel piak ko hna.

Mirangholh kha an nuhrin holh bantukin a hmang lomi pawl caah Calehnak le Hlohlehnak lei Riantuan piaknak nih a lak in lehpiaknak lei bawmhnak an ngah khawh

**www.tisnational.gov.au**

TIS National hmangin, rianrang in asilole ahlankanh fon chawhnak in holhlepiaknak lei riantuan piaknak na ngah khawh. Rianrang in riantuan piaknak caah zaangfahnak in **131 450**.

