



Australian Government

Department of Health

Kuɔɔny de wɛu ku tuaany ɛ nhom

Coronavirus aci bɛn kekɛ kajuɛc riliic dhal kɔc . Kɔk aci pialgup dɛn ɛ wɛu ku pialgup dɛn de tuaany nhom ku pɛir yic. Yin alɛu ba cuɔk ye nin apuɔth, rɛɛr ke kɔc ye yic geer, ciɛn guɔp riɛl ka naŋ kɛrac ɛ ruɛl yiic. Nɛ thaa ciɛt ɛ kɔn, yen athiekic ba tɛ lɛu bi yin kuɔɔny ya yɔk thiin nyic.

Konykony ɛ kuɔɔny

Nɛ kadit ger rɔt ɛ pirdu yic yen acin apuɔth ba rɔt ya yɔk keyi diɛɛr, riɔc ka atɛk arɛt. yen alɛu bi kony ba jam kekɛ kɔc machok ku mɛth, ka dɔɔr ɛ rɔt kekɛ kɔc ɛ lon de pialgup. Yen anɔŋ konykony juɛc bi kɔc kony nɛ riɔc ka kadhal kɔc, nɔŋjic:

Nhom lo pialgup

Nɛ lɛk, luup ɛ nhom, ku konykony ɛ kuɔɔny kɛny ɛ www.headtohealth.gov.au.

Laany ɛ pɛir

Nɛ kuɔɔny ku nyuuth nɛ tɛ yenɛ nyintiit ɛ rɔt nɛ pialgup ɛ tuaany de nhom nɛ thaa de kenya ɛ tuaany kuany baai yic www.lifeline.org.au ka cɔl 13 11 14.

Beyond Blue

Beyond Blue anɔŋ konykony ɛ kuɔɔny ɛ tuaany de Coronavirus yen lɛu bi yin ya cɔl ɛ 1800 512 348. Yin alɛu aya ba kenya ɛ www.coronavirus.beyondblue.org.au

Laany ɛ Kuɔɔny Miɔh

Gɛm ɛ konykony cin wɛu ye thiɛc tɛnɛ miɔh ku riɛnythi. Nɛ lɛk juɛc kɛny ɛ www.kidshelpline.com.au ka cɔl 1800 551 800

Headspace

Yin alɛu ba kenya ɛ visit www.headspace.org.au nɛ konykony de kuɔɔny ɛ riɛnythi

MensLine Australia (laany ɛ rɔr Australia)

Laany ɛ rɔr ee gɛm ɛ konykony ɛ kuɔɔny ku jiiɛm ɛ nhom cin wɛu ye thiɛc tɛnɛ rɔr. Cɔl 1300 789 978 ka kɛny ɛ www.mensline.org.au nɛ lɛk juɛc.

Na ye yin ka raan nyic anɔŋ kɛ dhal yen ku akɔɔr kuɔɔny ɛmen, alim ba cɔɔt ɛ **000**.

Kuɔɔny ɛ Wɛu

Akuma de kɔc Australian agem kuɔɔny ɛ wɛu bi kɔc , tacjiir ku kɔc loi tacjir ɛ ɲɛk ci kaken rac ɛ tuaany de Coronavirus kony.

Kɔn atɔ nɛ kuer de Services Australia ku anɔɲic kuɔɔny ɛ wɛu ku kuɔɔny ɛkɛ baai. Gɔɔr kajuɛc cɔk nɛ bial de konykony kɔk nɛ kɛny ɛ www.servicesaustralia.gov.au/covid19 ka cɔl 131 202.

Australian Taxation Office ee gem ɛ kuɔɔny nɔɲic pɛl de dac lɔɔm ɛ wɛu maac ku tɛkic de dhukupiny de kuer ɛ nyɛi ɛ wɛu tɛnɛ kɔc lo maac. Kuɔɔny atɔ aya tɛnɛ kɔc tacjiir, nɔɲic juɛc ɛ yic de wɛu lo thɪn ku dɔm ɛ wɛu ke muɔɔk ɛ luci. Yin alɛu ba kajuɛc gɔɔr cɔk nɛ biak de kɔk ɛ www.ato.gov.au/coronavirus

Yin alɛu ba yɔk ɛ kuɔɔny cin wɛu ye tɔɔupiny, lɔɔunhom ku luup ɛ nhom de ɲɛk tɛnɛ raan ɛ jiɛɛm nhom de wɛu. Yin alɛu ba kɔn yɔk nɛ cɔt de National Debt Helpline ɛ 1800 007 007

Translating and Interpreting Service (Konykony ɛ wɛr awɛrak ku Gɛr ɛ thok)

Na ye yin raan cie jam ɛ dɪŋgɪlɪth yin alɛu ba kekɛ Translating ku Interpreting Service ɛ **131 450**.

Kek abɪ yin dɔɔr kekɛ raan ɛ thok waaric nɛ thonɲu. Kek abɪ yin thiɛɛc rin ku nɛmba ɛ puun de manɛthɛma yen kɔɔr ba cɔl.

rɛɛrɛ laanyic kek raan ci yupdu kuany dɔɔr yin ku raan ɛ thok waaric nɛ kuer de manɛthɛma

Lɛk juɛc

Yen athiekic ba lɛk bɔ tɛnɛ mɛkɛpt ya yɔk. kɛny ɛ www.australia.gov.au nɛ luup ɛ nhom ɛ jam, ku kadɔɔr kuat ɛ state ku territory. Yin apuɔth ba tak nɛ tɛɛu de app COVIDSafe bi kony de tiɛt ɛ kɔc kuk macthok, mɛth ku kɔc ɛ baai.