



Australian Government

Department of Health

Cov kev pab txog nyiaj-txiag thiab kev ntxhov-siab (Help for finances and mental health)

Kabmob Coronavirus tau ua kom muaj kev txhawj-xeeb heev. Nws tau ua kom sawvdaws ntsib kev txhawj-xeeb txog nyiaj-txiag thiab txojkev nojqab nyobzoo. Tejzaum koj yuav pw tsis tsaug-zog, npau-taws, nkees tsis muaj zog losyog muaj kev tsis sib haum-xeeb hauv tsevneeg. Nyob rau lub caij zoo li no, nws tshwj-xeeb uas koj yuavtau paub txog saib yuav mus nrhiav kev pab tau, nyob rau qhov twg.

Chaw muab kev txhawb pab (Support services)

Vim nws tau muaj kev pauv tshiab ntau heev hauv koj lub neej, nws thiaj tsis txawv li ntawm koj yuav ntsib kev txhawj-xeeb losyog kev ntxhov-siab. Nws yuav pab tau koj, yog koj mus tham qhia rau koj tsevneeg thiab tej phoojywg, losyog cov kws khomob. Nws muaj ntau txojkev txhawb pab rau cov neeg uas ntsib kev ntxhov-siab thiab txhawj-xeeb xwvli:

Head to Health (Lub chaw muab kev pab)

Nws muab kev nthuav-xov, kev sablaj thiab ntau yam kev pab, yog xav paub ntau nkag mus xyuas hauv www.headtohealth.gov.au.

Lifeline (Lub xovtooj hu mus sablaj)

Nws muab kev pab thiab kev sablaj txog saib yuav saib-xyuas yus tus kheej kom tsis txhob ntxhov-siab tau licas rau lub caij thaum ntsib tus kabmob no, nkag mus xyuas hauv www.lifeline.org.au losyog hu lub xovtooj 13 11 14.

Beyond Blue (Lub chaw pab sablaj thaum muaj kev ntxhov-siab)

Beyond blue muaj ib txojkev pab rau cov neeg tau ntsib kev ntxhov-siab txog Coronavirus, hu tus xovtooj 1800 512 348 mus nug tau. Nkag mus xyuas hauv www.coronavirus.beyondblue.org.au

Kids helpline (Lub Xovtooj muab kev pab rau cov menyuam yaus)

Nws muab kev pab rau cov menyuam yaus losyog tub/ntxhais hluas. Yog xav paub ntau, nkag mus xyuas hauv www.kidshelpline.com.au losyog hu tus xovtooj 1800 551 800 mus nug tau.

Headspace (Lub chaw muab kev pab rau cov hluas)

Koj nkag mus hauv no www.headspace.org.au, mus thov kev pab rau cov tub/ntxhais hluas.

MensLine Australia(Lub chaw pab rau cov Txiv-neej)

Lub chaw pab MensLine muab kev txhawb pab thiab sablaj pub dawb rau cov txiv-neej. Hu lub xovtooj 1300 789 978 mus nug losyog nkag mus hauv www.mensline.org.au yog xav paub txog txojkev pab no.

Yog tias koj tus-kheej losyog lwm tus neeg uas koj paub tau ntsib teebmeem loj (crisis) thiab xav tau txais kev pab tamsis ntawd, thov hu rau **000**.

Kev pab Nyiaj-txiag (Financial Support)

Tsoomfwv Australian tau npaj ib pob nyiaj pab rau cov neeg, cov lag-luam thiab cov tswv-ntiav uas tau ntsib teebmeem tshwm-sim los ntawm tus kabmob Coronavirus.

Pob nyiaj no mus thov nyob ntawm Services Australia uas yog cov nyiaj them pab ua nyiaj-hli (income support) thiab nyiaj pab rau tsevneeg. Yog xav paub ntau txog qhov nyiaj pab no mus xyuas hauv www.servicesaustralia.gov.au/covid19 losyog hu lub xovtooj 131 202 mus nug tau.

Lub tsev Sau Se -The Australian Taxation Office tsocai rau cov neeg rho tau cov nyiaj superannuation tawm los siv thiab tseem pub cov neeg laus uas mus so lawm rho tau cov nyiaj tawm los siv uas tsuas them tus nqi rho-nyiaj tsawg tshaj plaws -the minimum drawdown rate options for retirees. Nws tseem tshuav kev pab rau cov lag-luam uas muaj cai txais cov nyiaj pab xwslu pab nyiaj rau cov lag-luam kom muaj nyiaj siv khiav haujlwm thiab pab cov nyiaj JobKeeper payment. Koj mus xyuas tau hauv www.ato.gov.au/coronavirus.

Tshooj ntxiv no, koj tseem hu tau xovtooj mus sablaj dawb nrog lawv cov kws sablaj txog nyiaj-txiag – private financial adviser tibsi thiab. Koj hu mus rau lub tsev the National Debt Helpline xovtooj 1800 007 007.

Kev pab Txhais-ntawv thiab Txhais lus (Translating and Interpreting Service)

Yog koj tsis txawj lus Askiv, koj hu mus rau chaw Txhais-ntawv thiab Txhais-lus tus xovtooj **131 450**.

Lawv mam pab txuas xovtooj rau tus neeg txhais-lus uas hais koj yam lus. Lawv yuav nug koj lub npe thiab tus leb xovtooj ntawm lub tsev pab losyog lub koomhaum uas koj xav nrog tham.

Koj tos twj-ywm hauv xovtooj ces lawv mamli txuas xovtooj rau tus neeg txhais-lus thiab lub tsev koomhaum uas koj xav nrog tham.

Yog xav paub ntau (More information)

Nws tshwj-xeeb heev ntawm koj yuavtsum ntseeg cov xovxwm uas tawm hauv tsoomfww tuaj xwb. Nkag mus xyuas cov xovxwm tawm tshiab hauv www.australia.gov.au, thiab yuav muaj cov xovxwm hauv lwm lub xeev txuas nyob hauv tipsis thiab. Koj yuavtau ua twbzoo xav es mus download tus COVIDSafe app los txhawb pab koj tsevneeg, koj cov phoojywg thiab pejxeem hauv zos kom nyob ntsib kev nyab-xeeb.