

Kev pab thaum koj xav tau – txhawb-pab rau koj txojkev nyuab-siab ntxhov-plawv

Tus kabmob coronavirus (COVID-19) tau ua rau peb muaj kev caiv thiab kev txwv ntau yam, ua rau peb ntsib kev ntshai, nyuab-siab thiab txhawj-xeeb heev. Tamsis no, nws tshwj-xeeb ntawm peb yuavtsum tig los saib xyuas peb txojkev xav thiab kev nyuab-siab ntxhov-plawv. Nws muaj ntau txojkev ntawm koj yuav mus nrhiav kev pab tau.

Chaw pab dawb 24/7 hnuab rau kev nyuab-siab Coronavirus Mental Wellbeing

Koj hu mus rau chaw pab kev nyuab-siab Coronavirus Mental Wellbeing, xovtooj yog **1800 512 348** losyog mus saib hauv <https://coronavirus.beyondblue.org.au/>

Txojkev pab no tsim los txhawb-pab rau tsoom pejxeem uas ntsib kev nyuab-siab kom nyob dhau lub caji muaj kabmob COVID-19 thiab tseem pab rau cov neeg uas tsis txawj lus Askiv tibi.

Chaw pab kev nyuab-siab ntxiv uas siv daim Medicare

Tsoomfww Australian yuav pub **siv tau daim Medicare them 10 zaus mus ntsib cov kws khomob kev nyuab-siab** rau cov pejxeem Australians uas tau ntsib kev txhawj-xeeb los ntawm tus mob COVID-19 cov kev txwv restrictions. Mus nug tau ntawm koj tus kws khomob GP txog cov kev pab no. Koj yuav nyob tom tsev hu Telehealth hauv xovtooj losyog video mus ntsib los tau tibi.



Kev pab saum huab-cua thiab xovtooj

Coronavirus tau ua rau peb ntsib ntau yam teebmeem. Yog xav paub ntau txog cov kev nthuav-xov, kev sablaj thiab kev pab lwm yam pub dawb losyog them nyiaj-tsawg, uas yog kev pab hauv xovtooj losyog saum huab-cua txog kev nyuab-siab ntxhov-plawv, mus xyuas hauv [Head to Health](#). Yog koj xav tau txais cov kev pab hauv Head to Health tabsis koj tsis txawj lus Askiv, koj hu mus rau chaw Txhais-ntawv thiab Txhais-lus uas xovtooj yog 131 450.

Cov neeg txais xovtooj mam txuas koj rau tus neeg txhais-lus uas hais koj yam lus. Lawv yuav nug koj txog lub npe chaw-pab thiab nws tus xovtooj. Koj yuav tau tos tus neeg txais xovtooj txuas koj thiab tus neeg txhais-lus neb rau lub chaw-pab uas koj hu rau. Chaw Txhais-ntawv thiab Txhais-lus qhib ua haujlwm 24 teev hauv 7 hnuab toj ib lispam uas koj tsuas them tus nqi hu lub xovtooj xwb.

Kev pab rau cov neeg ua haujlwm Saib-mob

Lub tsev The Black Dog Institute muab kev pab rau cov neeg ua haujlwm saib-mob frontline xwsli cov ua haujlwm hauv tsev-laas. Lub tsev The Essential Network (TEN) muab kev pab **saum huab-cua**, uas siv google losyog hauv app store nkaq mus.

Smiling Mind yog ib qhov chaws pab Premium App pub dawb rau cov neeg ua haujlwm saib-mob.

Kev pab ti-tes ti-taw txog kev nyuab-siab ntxhov-plawv

Yog koj losyog ib tug neeg twg ntawm koj paub tau ntsib kev ntxhov-siab distress heev koj hu ncaj-nraim mus rau Lifeline (13 11 14) thiab Kids Helpline (1800 55 1800). Chaw pab kev ntxhov-siab xav tua yus tus kheej -The Suicide Call Back Service lub xovtooj yog (1300 659 467).