

Chungkhar le nupa sualnak zaang-ennak ingtuarmi hna caah bawmhnak le bawmhchanhnak

*Ramdam in Australia ah a rak pemmi
asilole Australia ah a chuakmi na si ah
him tein um le tihphannak le zaang-
ennak chungin zalong tein nun cu
ahopoah nih ngeihmi nuhrin nawlvo a si.*

Zeithil umtuning paoh si aikun chungkhar le nupa
sualnak zaang-ennak cu Australia ah cohlan a si lo.

Inn ah a cangmi a si zongah, chungkhar le nupa sualnak
zaang-ennak cu sual a si.

Australia upadi nih nu le pa cu itluk tein a chiah hna.
A thami le a himmi ipehtlainnak hmuhton ding cu
ahopoah nih ngeihmi nuhrin nawlvo a si.

Chungkhar zaang-ennak

Chungkhar zaang-ennak cu sual a si. Na pasal asilole
innchungpa nih zaang-ennak an pek a si ahcun cucu
upadi a buar a si.

Zaang-ennak ziaza, tahchunhnak ah mi tukden,
nupa sualnak duh ah tukden, hrocer, hnekhrannak,
thihphaihnak, hmurka in volhpamh, soilemnak, pelnak
asilole hibantuk thil tuah ding in timhlamhnak ngeih hna
hi chungkhar zaang-ennak ah aatelmi cu an si.

Chungkhar zaang-ennak cu taksa zaang-ennak hlei
zong in a ngan deuh, cun, aatelmi hna cu tangka le
chawva ningcang tein hmanter lo, thinlung ningcang
tein umter lo, chungkhar zaang-ennak nawl chuahmi
buar le thilri rawhrannak hna an si.

Chungkhar zaang-ennak i tahchunhnak hna cu:

- Australia umnak ah na nawl ngeihnak an
tlerhkhawnmi telhchih in, an hrocer
- tlaih, tuk, hngawng-dih, chuih asilole an thongh
- thilri in an cheh
- hodah na ton khawh tile zeidah na tuahkhawh tiah
an chimh
- hramhram in nupa sualnak an tuahpi
- chungkhar le hawikom sin in an pheu
- tangka asilole tangka tawngthamnak nawl
ngeihter lo

Nupa sualnak zaang-ennak

Nupa sualnak zaang-ennak i a tlangpi in hnathaih
phaktawh ah aatelmi hna cu duhlo buin, lungtlinnak
tello buin, lungfahnak hmape, hrawkkhotu a simi nupa
sualnak ziaza, nupa sualnak duhah tuaitam; tonghthamh,
hnekhrannak; le nupa sualnak duhah tukden le tlaihhrem
hna hi an si. Nupa sualnak duhah tukden cu sual a si.

Bawmhchanhnak hmuhkhawhnak, bawmhnak le hngalhnak kong

Chungkhar asilole nupa sualnak zaang-ennak a
ingtuarmi na si ahcun na nun himnak caah bawmhnak
hmuhkhawhnak a um. Na hmuhtonmi kong na
chimkhawhmi minung le duhthimnak na ngeihmi kong
an ceihpitu midang an um ko.

Zaang-ennak cu nangmah palh a si bal lo. Nangmah cu
mawhchiat ding a si lo.

Zaang-ennak a tuar tiah na hngalh asilole lunghrinhmi
an um a si ahcun nangmah bawmhnak le ruahnak an pe
tu ding ah bawmhchanh riantuantu sin in bawmhnak
ngah khawhnak a um.

Bawmhchanh Riantuannak

Bawmhchannak lei riantuannak chawnh na herh i holhlettu na duh a si ahcun Caleh le Holhle Riantuannak (Translating and Interpreting Service - TIS) 131 450 ah chawn.

Chawnhmi poah man pek a si lo, na kong midang sin chimphuan a si lo.

Tihnungmi dirhmun ah na um ahcun Ziru Pathum (000) in palik chawn.

Australia ah palik cu a himmi an si, cun zumhtlak zong an si.

Hngalhnak kong tamdeuh

Australia a phanmi nu le pa caah bawmhnnak tamdeuh hngalhnak kong, Australia upadi nih chungkhar zaang-ennak kong hngalhnak telhchih in a chimmi cu holh phun 46 in www.dss.gov.au/family-safety-pack ah hmuh khawh a si.

Chungkhar le nupa sualnak zaang-ennak cu A THA KO ti a si bal lo.

Nangmah asilole midang na hngalhmi kha chungkhar zaang-ennak nih a khawnden a si ahcun Chungkhar Zaang-ennak Lehnak le Kuatchinnak Line (Home Family Violence Response and Referral Line) i Himnak (Safe) 1800 633 937 ah chawn.

Nangmah asilole midang na hngalhmi kha nupa sualnak zaang-ennak nih a khawnden hna a si ahcun Ramthenhuap Nupa Sualnak Tukden Canhar Line (Statewide Sexual Assault Crisis Line) **1800 697 877** ah chawn. Thil poipang caan poah ah zungzal in **000 chawn**

**THIL POIPANG
CAAN POAH AH
ZUNGZAL IN 000
CHAWN**



Chungkhar Zaang-ennak Fimchimhnak le Bawmhchanh Riantuantu (Family Violence Counselling and Support Service)
1800 608 122

Nikhatni in Ningani: zing 9 - zantim; zarh tel/pi ni le zungkharni: zanlei 4 in zantim

Nu le Pa Itluknak (Engender Equality)
(03) 6278 9090

Nikhatni in Ningani, zing 9 - zanlei 5, zungkhar hnu bel rian pekna (appointment) tuah hmasa ding www.engenderequality.org.au

Himnak Thimmi (Safe Choices)
1800 806 189

Nikhatni in Ningani, zing 9 - zanlei 5
www.safechoicestas.org.au

Nupa Sualnak Tukden Bawmhchanh Riantuantu (Sexual Assault Support Service) THLANGLEI (SOUTH)

(03) 6231 0044

Nikhatni in Ningani, zing 9 - zanlei 5
www.sass.org.au

Laurel Inn (Laurel House)

Chaklei (North) **(03) 6334 2740**

Nitlak Chakhlei (North West) **(03) 6431 9711**

Nikhatni in Ningani, zing 9 - zanlei 5
www.laurelhouse.org.au

Inn ah Himnak Chungkhar Zaang-ennak Lehnak le Kuatchinnak Line (Safe at Home Family Violence Response and Referral Line)

1800 633 937

suimilam 24 chung chawnh khawhnak. Chingchiahnak: Zungkhar hnu chawnhmi poah cu Tasmania Palik sin ah a lut

Ramthenhuap Nupa Sualnak Tukden Canhar Line (Statewide Sexual Assault Crisis Line)

1800 697 877

suimilam 24 chung chawnhkhawhnak

1800RESPECT: Rampumpi Nupa Sualnak, innchungkhar, chungkhar zaang-ennak fimchimhnak riantuantu (National sexual assault, domestic, family violence counselling service)

1800 737 732

suimilam 24 chung chawnhkhawhnak
www.1800respect.org.au