

Zaang-ennak a hmangmi minung caah bawmhnanak le bawmhchanhnak

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.

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.

Australia upadi nih nu le pa cu itluk tein a chiah hna. A thami le a himmi ipehtlaihnak 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 a nupi asilole innchungnu cungah zaang-ennak a 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 timhlamnak 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 ningang tein hmanter lo, thinlung ningang tein umter lo, chungkhar zaang-ennak nawl chuahmi buar le thilri rawhrannak hna an si.

Chungkhar zaang-ennak i tahchunhnak hna cu:

- Australia an umnak ah nuhrin nawlvo an ngeihmi tlerhkhawmni telhchih in, na nupi asilole innchungnu hrocer
- tlaih, tuk, hngawng-dih, chuih asilole na thongh hna
- thilri in na cheh hna
- hodah nan ton khawh tile zeidah nan tuahkhawh tiah chimh hna
- hramhram in nupa sualnak na tuahpi hna
- chungkhar le hawikom pawl sin in na pheu hna
- tangka asilole tangka tawngthamnak nawl na ngeihter hna lo

Nupa sualnak zaang-ennak

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

Bawmhchanhnak hmuhkhawhnak, bawmhnanak le hngalhnak kong

Na innchungpa le chungkhar sin ah him tein na um khawhnak hnga thlen a herhmi thleng kho ding in bawmhnanak le bawmhchanhnak hmuhkhawh a si.

Na hngalhmi minung a ziaza kongah na lungre an theihmi a um a si ahcun bawmhchanh riantuantu sin in bawmhnanak le hngalhnak kong zong ngah khawh a si.

Bawmhchanh Riantuannak

Bawmhchanhnak 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 paoh man pek a si lo, na kong midang sin chimpuan a si lo.

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



Pa Kuatchin Riantuantu (Men's Referral Service)
1300 766 491

Suimilam 24 chung chawnhkhawhnak Fone in fimchimhnak, hmunkhat biaruahnak, hngalhnak kong le mahle umnak hmun i riantuantu sin kuatchinnak Chawntu min hngalhlo in um ter khawh a si.
www.ntv.org.au

Pa Teltum Thar Thiamnak Parawkarem
(Men Engaging New Strategies)
1300 364 277

Nikhatni in Ningani zing 9 - zanlei 5 Innchungnu/pi le volhpamh a hmangmi pa caah lpehtlaihnak Australia Tasmania (Relationships Australia Tasmania) nih hi Parawkarem cu a tuahmi a si.

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

Nikhatni in Ningani, zing 9 - zanlei 5 Zaang-en a hmangmi nule telhchih in fimchimh bawmhchanh riantuantu.
www.engenderequality.org.au

PaleLine Australia (MensLine Australia)
1300 789 978

Suimilam 24 chung khawhnak Thinlung ngandamnak le ipehtlaihnak kongah lungretheimi pale caah fone le awnline in fimchimh bawmhchanh riantuantu.
www.mensline.org.au

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**

Hngalhnak kong tamdeuh

Australia a phanmi nu le pa caah bawmhnak 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.