



Coronavirus (COVID-19) om hun sung a nuntakna bit sa lo, lunghihmawhna ahiah kei leh patauh dipkuatna tuakte a ding huhna ngah theih zia ding

Coronavirus (COVID-19) nei ding a na ki-upmawh leh Coronavirus hotline nambat **1800 675 398** (24 hours) ho pih in.

Kamphen na kispah leh **TIS National** nambat **131 450** sam in la hih anuai a kipawl na zumte hong sap sak ding in ngen in.

Emergency a hih leh **000** mek in.

Dongtuak huhna bungte (Emergency relief packages)

Hih dongtuak huhna bung (Emergency relief packages) pen Coronavirus (COVID-19) hang a mi tawh kizop khuan om lo amau bek om ding aa thu kipia te bek in ngah thei hi. Tua bung sungah a kispah diak nek leh dawn, mimal vangat nengneng kihel in nek leh dawn a nei mel lo ahiah kei leh nek ding nei lo, innkuanpih, lawm leh gual neilote a ding panpihna in kipia a hihi. Tua siauh na ding in Australia gamah omsuak theihna a nei hih tektek kul lo hi.

Coronavirus hotline nambat **1800 675 398** sam in.

Na innah na nuntakna bit na sak kei leh na bit theih na ding geelna nei in

Inn sung ah khutlum zatna/zahmawh bawlsiatnate pen kispah ngiat lo hi. (COVID-19) puul natna lianpi akizelh hun sung khempuehin tua dan bawlsiatna a thuakte a huh kipawlnate in hong huh thei ding hi.

A lauhuai loh laitak nang na hih kei leh na meltheih khat [safe steps](#) te nambat **1800 015 188** (ni khat nai 24 sung, kal khat ni 7 sung) hopih ahiah kei leh email: safesteps@safesteps.org.au ah na khak thei hi.

Bit tak a kihpekhiat theih na ding in tua a panpih thei kipawl na te hopih in la geelna bawl in.

Taikhiat vat a kul leh na puak theih ding thungip nei in la tua sungah nalai thupite passport leh silh le tente guang in. Tua thungip pen na lawmte in ah koih kholh kispah kha ding hi.

Huhna ngen ding in inn pan na pusuk thei hi. Hih thu hang a thuneite'n hong liau sak lo ding a, hong buaisak lo ding uh hi. Palikte'n hong kham zenzen leh inn ah bitlo na hih lam theisak in.

Mi na muante tawh kizopna bawl in la na lunghihmawhna leh lungimnate gen in. Na innkuanpihte leh na lawm it te bek theih ding kammal zat tuam bawl in tua kammal na zat ciang amau huhna na kispah lam thei ding a palik ahiah kei leh emergency a om ciang sap theih kipawlnate na hopih thei ding uh hi.

Lunghihmawhna leh patauh dipkuatna a khanna

Tu sung teng a I tuah thute hang in lunghihmawhna leh patauh dipkuatna I neih pen a hi ding mah zong ahi hi. Tua ahiah manin na lungsim cidamna ding in gamtat ngeina a hoih cidamna tawh kituak nek leh dawn nekna, thalakna (exercise) leh ihmud ding thupi hi.

Beyond Blue te'n a kizang thei ngaihsut hoih piakna leh simtheih te beyondblue.org.au ah leh hun tomno kam kuppahna (counselling) leh referral te phone leh webchat **1300 22 4636** ah pia hi.

Lifeline te'n sim theih ding thu tuamtuam leh ngaihsut piakna, dongtuak huhna leh, ei le ei kithah loh na ding a kidalna pia thei hi. **13 11 14** ah hopih in.

Hih thusuah pen sim theih dingin na deih leh [Emergency Management Communications](mailto:em.comms@dhhs.vic.gov.au) <em.comms@dhhs.vic.gov.au> email khak in.

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Available at [About Coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19) < <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>>

How to access support if you feel unsafe, stressed or anxious during coronavirus – Zomi