



Tetai au ravenga tauturu no teia tuatau coronavirus (COVID-19) me te noo matakutaku, me kore manamanata nei koe

Me te noo manata nei koe, kare koe i papu meitaki e me kua tu ia rai koe i te maki coronavirus (COVID-19), e taniuniu viviki atu i te numero **1800 675 398** (24 hours).

Me ka inangaro koe i tetai tangata uri reo, taniuniu mai i te numero o te **Telephone Interpreter Service (TIS National)** ki runga i te numero **131 450** e pati atu kia tuku ia koe ki tetai uatu kopapa tauturu i raro ake nei.

Taniuniu atu **000** no tetai Tauturu Viviki;

Tetai ko'u Tauturu Viviki

No teia maki coronavirus (COVID-19), e au kopapa Tauturu Viviki tetai no te tangata matiroeroe tei roto i te ture noo'anga akatakake 'self-isolation'. I roto i teia kopapa tei akono'ia no te aronga matiroeroe, mei te tu tangata e meangiti ki te kare takiri ana kai, e kare katoa o-na piri'anga putuputu'anga, kopu tangata me kore taeake ei tauturu nona, e au kai e tetai au pakau no te akonokono atu i tona uorai kopapa. Ka akatika'ia rai te tangata kare ona peapa noo'anga tinomou i Autereria nei, i te pati atu i teia tauturu nona.

Taniuniu atu i te numero veravera o te coronavirus **1800 675 398**.

Tapapa atu i tetai parani ei paruru ia koe, me te noo ma-takutaku nei koe i roto i to'ou ngutuare.

Kare e akatika'ia tetai uatu tangata, i te takinokino atu i te kopapa, o tetai tangata uatu i roto i te ngutuare. Te noo tapapa ua nei te au putuputu'anga tauturu ia koe i roto i teia tuatau o te maki coronavirus (COVID-19).

Me a'tea poto mai koe mei roto i te manamanata, e taniuniu koe, me kare iki koe i tetai tangata irinaki ia e koe kia taniuniu atu i te [safe.steps](#) ki runga i te numero **1800 015 188** (e 24 ora i te ra, e 7 ra i te epetoma), me kore na roto i te imere safesteps@safesteps.org.au. I te tapapa atu i tetai parani paruru no'ou, e aravei atu i te au putuputu'anga tauturu.

Tapapa atu i tetai kiri kakau ma te au peapa puapinga mei te *passport* ki roto, ko te anoano a'ea koe i te akaruke viviki atu i toou ngutuare.

Ka akatika'ia koe i te akaruke i toou uorai ngutuare i te kimi tauturu noou. Kare kore e a'kautunga'ia e te ture. Me ka ta-pu ia koe e te akava, e akakite atu koe e, kare toou noo'anga i te ngutuare i te noo'anga meitaki.

E noo vaitata rai koe ki tetai tangata irinaki ia e koe i te komakoma atu no runga i toou au manamanata. Iki atu i tetai kupu tuatua muna me kore a'kairo na'au ki toou uorai taeake me kore kopu tangata. Me tuatua koe i teia kupu tuatua muna ka viviki ua ratou i te marama mai e, te pati tauturu atu nei koe kia ratou, e kia taniuniu viviki atu ratou i te akava e te putuputu'anga tauturu viviki.

Te kake atura te vaito o te au manamanata mimiti.

Ko te au manako manamanata o te mimiti e te ngakau e au manamanata matou'ia teia i roto i teia au tuatau mei teia te tu. E iki'anga puapinga maata rava to te akono i to'ou(toou) uorai upoko na roto atu i taau au akateretere'anga matau ia e koe, te kaikai meitaki, te akonokono i te kopapa katoatoa ia roto e vao katoa, e kia rava meitaki te moe.

Ko teia kopapa **Beyond Blue** tei roto i tana kupenga roro uira beyondblue.org.au te au tauturu no te kopapa e no te upoko, pera te tauturu poto i roto i te aravei atu anga i tetai tu taote no te akarongorongo ua mai kia koe i toou

manamanata e pera katoa i te tuku atu na roto i te terepounu me kore i te 'webchat' ia koe ki te tai tauturu i vao ake ia ratou, na runga i te numero **1300 22 4636**.

Ko te putuputu'anga **Lifeline** tei roto iaia tetai au tauturu tukeke pera katoa te reo tauturu e te akamaroiro, topiri katoa ia mai tetai uatu tauturu tumatetenga keke e pera katoa te tatuturu no te paruru i tetai uatu tangata kua manako i te akapoto viviki atu i tona uaorai ora'anga i te ao nei. Tereponi: **13 11 14**.

Me ka inangaro koe i teia peapa aere atu ki te kupenga roro uira [Emergency Management Communications](mailto:em.comms@dhhs.vic.gov.au) <em.comms@dhhs.vic.gov.au>.

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Tei roto katoa i te kupenga roro uira, [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>>

Looking after your mental health during coronavirus (COVID-19) pandemic – Cook Island Maori