



YE TĒNEN LEU BĪ YĒN KUḶNY YOK THIN?

- KuḶny ẽ Lifeline: 131 114 (24/7)
- Suicide Call Back Service: 1300 659 467
- KuḶny atuolbēi:000 (bolis, ambulan, akut mac)

KUḶY KOK PIAL Ẽ NHOM

- Multicultural Hub Canberra: 02 6100 4611
- Companion House: 02 6251 4550
- Relationships Australia: 1300 364 277
- Beyond Blue: 1300 224 636
- Kids Helpline: 1800 551 800
- Access Mental Health: 1800 629 354
- Head to Health Canberra: 1800 595 212
- Standby Support After Suicide: 1300 727 247



 www.mhub.org.au  info@mhub.org.au

 02 6100 4611

Akōk ayōk



LOIKU BĪRIEL



Ke cī piooc ku ke ḡicku alḡ
naakrot

Dinka | Thuḡjāḡ



GIEK YITH

- Namba kōc cī thou pan Authērelia ruon tokic aa - 3000.
- Naakrot ee tōḡ tuerḡ kōc laḡ run ka 15 – 24 nōk.
- Rōol thou ee namba diaar cī thou matiic arak diak.
- Diar aa rot lac wīc ku bīkrot nōk tene rōor.
- Raan 35,000 aa ye tac pan akim ruonic rin nāākrot ku tōktōk ye yok thin.



TIËT NYIN ANYUTH NÄÄKROT RIN KU BIN RAANDET YE NHOM TAK KU BI ROT NOK LAC KONY

- Adier ben ku jiël.
- Nhom gua war kamthin.
- Puou liu pierde yic ku luonde yic.
- Jamde eben ee gɔl ku thok nääkrotic.
- Acï puou liu dheen guopde yic.
- Acï dekdek mou ku cam wal rɛc juakic.
- Duët rotnök wär.
- Ee karilic tene yen gamwei.
- Ee ɣɔc ku kuut ke leu bik ye kony to nak yen rot.
- Acï rot nyai tene mathke, kɔc ruai kek yen ku akut bai.



KE LEU BIK TAKTAK NAAKROT LAC BEI

- Wïik ë raan nhia.
- Akɛɛk bai ayï ruan lanɔc anääth.
- Tuany nhom, ayï tuany guop.
- Të cï dhöl ye wëëu bën thïn röt waar.
- Ton bai kam tik ku moc.
- Guër rot.



DHÖL JAM – KE LOI KU KE CÏ LEU BA LOI TE WÏC YÏN BA RAAN WÏC BÏ ROTNOK KUJNYTHIN



- Jaamë apath ë wël wën lëu bi kek deetic.
- Jamë cök – thiec ulä, yïn alaŋ taktak wïc bi yïn rot nok?
- Muk yi nhom ciɛŋ, yëth ku ka ye kɔc kok gam
- Yerot tau pïir raandetic, deet ku tau yïnhom kegup
- Nəu yinhom ke ye ke tak ku muk yinhom thiec bi ben cien



- Duk leek tuany nhom nak yen.
- Duk ke ban yen ye dhölic.
- Duk ye riac ku duk cɔl yerot yok cït ca awoc loi.
- Duk ye thiec ë thiec wen cï dut thok, cɔl raan ye ɣany yepuou bi jam.
- Pal wël kɔc rac puoth ku yiguop ye lusi tewen bi raan rac puou.
- Duk ye teer, wăc yithok kek yen, au luel akokööl ɲic alaŋ naakrot tene raan wïc bï rotnök.

