

Kuony naakrot

Dhöl ɲuëën



Athör thiin nyuuth bi yin rot kony
walë bīn raan dēt wīc kuony kony.



NÄÄKROT: Nääkrot ee tönj karɛc wen ye raan rotgam ku guir
te bī yen pierde nyai thīn pinyhom.

Anyuoth nanjrot

Jaamē kǎnj pīr



Jaamē ka ye
tak yīpuou ku
aace bēn bei



Akanjan



War te ye yin
rot yokthin



Nyin
amuothpiny
dhiet meth cok



Jāl akutic



Luel te cī nin
ye ben yi nyin
wakou



Ca math, dēk
mou ku
walrac yam
cām



NAAKROT AKITHIC
KU ACĪN TŌŃ WEN
ŃIC YE GŌL



AJUEER NUËËNDU

Loi ajueer gël pierdu

Gəl ajueer ë yonaukar Lifeline beyondnow.lifeline.org.au au jat app piny Android au Apple ku yic.

Dhöl aguëer bï pierdu gël

Dhel 1: Identify warning signs

Nÿc ke bi kït rëëc bëi bei rin bïn ajueer loi yïnhom tueŋ ku guir rot. (gät kït rëëc ca yok theer piny)

1 |

4 |

2 |

5 |

3 |

6 |



Dhel 2: Nyai ke rol kɔc pandu

Nyai ka wen leu ku ba ke loom bi yin ke rotnɔk to wc yin yen ba rot nɔk.



Tauë ka
moth wei



Gäm walku
tenë raandët bi
ke muk

Dhel 3: Gät käng raan cɔl awïc bi pîr

Raan wïc bi rotnok ee nhom gua mää r käng kɔc cɔl awïc bi pîr. Cîmënë jɔk, akol dhiet raan nhier, ku wen nhier bi kek aa loi.



Dhel 4: Yenjö ba loi tenë pierdu

Loi ka bī cōl amar nhom naakrot, cimënë taktak du, lōr cath, kuēn athōōr, thiēcē ē kuony.



Dhel 5: thiaakrot kōc kok ku yon reer

Gat rin kōc wen leu bī yīn reer kek keek, ayī yon wen ē tēktēk path bei yīnhom.



Dhel 6: Kuony ril cìguir

Te leŋ yīn kɔc ye yīnrot gɛɛi, kɔc ye yīn wɛlken gam, ka yīn aa leu ba reer ka yī cīn awaja ku ye guopdu yok ka path.



Gāt rin kɔc/bei ye yīn wɛlken gam:

<u>Rin</u>	<u>Namba</u>
	
	
	

<u>Rin</u>	<u>Namba</u>
	
	
	

Dhel 7: Rekrot ke kãṇ kɔc kony

Na ye ke wïc pïirdu/ambulan	000
Kuɔny Lifeline (24/7)	13 11 14
Suicide Call Back Service	1300 659 467
Multicultural Hub Canberra	02 6100 4611
Companion House	02 6251 4550
Kids Helpline	1800 629 354
Beyond Blue	1300 224 636
Head to Health Canberra	1800 595 212
Standby Support After Suicide	1300 727 247



MULTICULTURAL



CANBERRA

Multicultural Hub Canberra ee ajuεer tōŋ tɔu tuenŋ kuɔny gam tene aa amikok, apakok ku kɔc wïc bïk pïirden kony, ku yen ee yen akut Amatchiεŋ ciεlic tɔu Canberra ku a tɔu ciεl kam cuεc ku cien NSW leer Queanbeyan, Goulburn ku jal aa Cooma.

Yok aa lɔŋ Kɔc laŋ puoth lui ke kɔc wïc kuɔny yŋn juec yic, cimenë amikok ku apakok puoc ben, kuɔny riεnthii, luɔi, kuɔny diaar, kuɔny roor, kãŋ jãämnhom ku kɔk juaac.

"Yin aṅṅeny apei ku aci ye gam, yin aril apei tene ye yin rot
tienṭhin ku yin ṅic kaṅ apei tene ye yin takrot"



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Akōk ayōk

phn
ACT

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Health
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