

Lagolagosua mo le Pule ile Ola



Aualā ia toe manuía



**Tusi taiala ile taga, ina ia fuafuaina le
tausiga o oe poo le lagolagoina o seisi
o loo manaomia se fesoasoani**

PULE ILE OLA: O le pule ile ola ose maluu matuia ua tupu ise tagata ua lotomalie ma faamoemoe e faauma lona ola.

Uiga fa'aalia

Faamatalaga e uiga i le pule i le ola



Talanoaga e uiga i lagona saisaitia



Amio lē taupulea



Suisui Amio



Faanoanoaga a'o failele



Ua le fia auai i agafesootai



Foliga faaalia ua faafaigata ona moe



Faafuasei ona faatupula'ia le ulaula, inu ava ma fualaau faasaina



OLE PULE ILE OLA
E ESESE ONA
LAVELAVE MA E
LE TASI SONA
MAFUA'AGA



FUAFUAINA O LOU TOE MANUIA

Sauni se fuafuaga mole saogalemu

Fai sau fuafuaga ile Lifeline's website beyondnow.lifeline.org.au pe faapipi'i le app o loo i luga o lau telefoni Android poo le Apple.

Laasaga mo fuafuaga ole saogalemu

Laasaga 1: Maitau uiga e iloa ai

Ia maitau uiga e oso ai ina ia fesoasoani ia fuafua mamao ma sauni iai (Tusi i lalo ni faailo sa tupu talu ai na e oo iai).

1 |

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2 |

5 |

3 |

6 |



Laasaga 2: la faia se nofoaga saogalemu mo oe

Aveese ni mea e ono fa'aosoosoina ai oe e fa'aaoga a'o lagona le fia pule ile ola.



Aveese ni
mea ma'ai



Ave au Fualaau
e vaai e seisi

Laasaga 3: Tusi i lalo ni mafuaaga e tatau ai ona e ola

A maua oe i lagona fia pule ile ola, e faigofie ona faagalo uma mea ina ia ola ai, e iai fagafao, aso fanau o seisi e pele ia oe ma au mea masani ete fiafia iai.



Laasaga 4: *O le a se mea e mafai ona e faia mo lou soifua manuia*

Faia ni mea e aveese mai ai lagona ole pule ile ola, pei o le mafaufau lelei, alu e savali, faitau tusi, saili se fesoasoani.



Laasaga 5: *Fesootai ma tagata ma nisi nofoaga*

Tusi se lisi o tagata e mafai ona e mafuta iai i taimi faapea nofoaga e maua ai mafauauga lelei.



Laasaga 6: Auala o Lagolagosua Malosi

O le iai oni tagata faamoemoeina, faatuatuaina e mafai ai ona fesoasoani mo lou nofo saogalemu ma lagona sili atu na lelei.



Fai se lisi o tagata pito faamoemoeina o au uo ma lou aiga:

<u>Igoa</u>	<u>Numera</u>
	
	
	

<u>Igoa</u>	<u>Numera</u>
	
	
	

Laasaga 7: Fesoota'i atu i auaunaga

Afai e lamatia le ola / Taavale falema'i	000
Lifeline (24/7 o tautua)	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 ose auaunaga e taulamua mo tagata malaga nofomau i Ausetalia, sulufa'i mai atunuu ese ma nofo vaavaaia ele malo, ma ose vaega o auaunaga faatasi male Ofisa Tutotonu o Aganuu e tele i totonu o Canbera male faasolo atu i Saute Sasa'e NSW e aofia ai Queenbeyan, Goulburn ma Cooma. O le matou aufaigaluega e naunau tele e galulue faatasi ma e aafia ile tele o vaega eseese o polokalame, aofia ai le lagolagoina o tagata faatoa taunuu mai ma tagata sulufa'i, auaunaga mo autalavou, galuega, auaunaga mo tina, auaunaga mo tama, auaunaga faufautua ma nisi.

“E te toa atu nai lou talitonuga, malosi atu nai lau vaai ma atamai
atu nai lo ou mafaufauga”



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Faatupeina e le

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ACT

An Australian Government Initiative

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Health
Network**

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