

Tokonia Palopālema Taonakita

Halāfononga ke te fakaakeake



Ko e Tohi fakahinohino to'oto'o ke
pālani hono tokangaekina koe pē
tokoni'i ha taha 'oku faingata'a'ia.

TAONAKITA: Ko e taonakita ko e mate fakalōlōma ‘oku loto ai ha taha ke tautau ia pea’ne ‘osi fakakaukau’i hono to’o ‘ene mo’ui’.

Faka‘ilonga fakatokanga’

‘Ai ha’o lau
fekau’aki mo e
taonakita’



Vahevahe
fekau’aki mo e
ongo’i ha’isia’



To’onga
ta’etokanga



Liliu to’onga’



Kūlukia Tāmaki
Hilifā’ele’



Tātakamama’o
faka-feohi’



‘Asi ‘ete
faingata’a’ia
mohe



Fakafokifā lahi
ange ‘ete ifi’,
ma’u kavamālohi
‘mo e ngāue’aki
faito’o konatapu’



‘OKU FAINGATA‘A
‘AUPITO ‘A E
TAONAKITA‘PEA ‘OKU
‘IKAI KE TAHA PĒ
‘UHINGA ‘OKU TUPU AI’



PĀLANI KI HO'O FAKAAKEAKE'

Teuteu hā pālani ki he malu e mo'ui'

Fatu hao pālani he Uēpisaiti Lifeline beyondnow.lifeline.org.au pē to'ohifo polokālama ho telefoni Android pē Apple.

Sitepu ki he pālani malu e mo'ui'

Sitepu 1: Fakatokanga'i ngaahi faka'ilonga

Ko hono fakatokanga'i ngaahi faka'ilo ne kamata'i 'oku tokoni hano pālani tokamu'a pea mo tokateu foki. (Hiki hifo e ngaahi faka'ilonga he kuohili'kuo ke 'osi a'usia).

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Sitepu 2: 'Elia 'oku malu mo hao '

Laku e ngaahi naunau pē koloa 'e lava ke ke ngāue'aki ha taimi 'oku ke fakakaukau taonakita ai.



Tuku mama'o
ngaahi me'a
masila'



'Ave ho ngaahi
fo'i'akau' ki ha taha
ke ne tokanga'i

Sitepu 3: Hiki ngaahi 'uhinga ki ho'o mo'ui'

Taimi 'oku' te fakakaukau taonakita ai, 'oku faingaofua e matangalo atu e ngaahi 'uhinga ki he'ete mo'ui ai. Hangē ko 'ete fangamanu pusiaki', fai'aho ke 'ofa ai, mo e ngaahi me'a ke manako ai.



Sitepu 4: Ko e hā ho’o me’a ‘e fai ki ho’o mo’ui lelei’

Fakahoko e ngāue ke to’o ho’o tokanga’mei ha’o fakakaukau taonakita,
‘atamaima’u, ki’i luelue, lau tohi, pē kumi tokoni.



Sitepu 5: Fēngāue’aki mo e kakai pehē ki he ngaahi feitu’u’

Hiki e kakai ‘e lava ke ke feohi mo kinautolu pē ngaahi feitu’u ‘oku fakalanga
manatu kia koe.



Sitepu 6: Sisitemi Lelei ki he Fetokoni'aki'

Ko e ma'u ha kakai falala'anga , ke unga ki ai 'e tokoni ke ke hao ai pea mo ke ongo'i fiemālie.



Hiki e lisi ho ngaahi kaungāme'a fāfale' / mo e famili'

<u>Hingoa</u>	<u>Fika</u>
	
	
	

<u>Hingoa</u>	<u>Fika</u>
	
	
	

Sitepu 7: Fetu'utaki ki he ngaahi ngāue

Kapau 'oku tu'u fakatu'utāmaki/ Me'alele Falemahaki'	000
Lifeline (ngāue houa 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

‘Oku hoko ‘a Multicultural Hub Canberra ko ha kautaha ke takimu‘a he tokoni‘i kakai ‘aunofo mai, kumi hūfanga mo e kau kumi ‘Āsailamu‘pea ko e konga ia ‘o ha netiueka ‘i he Senitā Ngaahi Matakali Kehekehe ‘o Canberra pea kau atu ai e Faka-Tonga Hahake ‘o NSW pea kau ai ‘a Queanbeyan, Goulburn pea mo Cooma.

‘Oku ngāue vaofi ‘emau kaungāue loto vekeveke mo kau kasitomaa ‘i ha ngaahi polokālama kehekehe, kau ai e tokoni ki he kau toki hikifonua mai‘mo e kau kumi hūfanga fo‘ou, tokoni ‘a e to‘utupu‘, ngāue, tokoni ‘a e kakai fefine‘, ngāue ‘a e kakai tangata‘, ngāue fakafale‘i‘mo ha toe me‘a pē.

"Oku ke loto to'a ange 'i he me'a 'oku ke tui ki ai, mālohi ange 'i he me'a 'oku hā mai, pea poto ange 'i hē, ka 'oku 'ikai ke ke 'ilo ki ai."



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Fakapa'anga 'e he

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Health
Network**

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