

ANGANDAMMI PEHTLAIHNAK & INNCHUNGKHAR ZAANGENNAK



Angandammi pehtlaihnak cu zeidah asi?

Zohchunawk hna:

- Tlerh/hrocernak a ngei lomi ziaza
- Tihzahnak
- Zumhnak le bawmhnak
- Zumhawktlaknak
- Tuanvo ngeimi bantukin ngakchia zohkhenhnak
- Tuanvo i hrawm
- Khuasaktuntuknak ah itelnak
- Thatnak
- Zawnruahnak
- Pawngkam hna tihzahnak
- Hngalhthiamnak
- Tlukruannak
- Himnak
- Biakchawnhnak

Innchungkhar Zaangennak & Nupi/va visa

- Chungkhar le innchungkhar lei zaangennak hna cu phunlam ralchanh in sual asi. Chungkhar asiloah innchungkhar zaangennak a tuah mi cu, pa asiloah nu asi zong ah thong ah a tla kho.
- A zeisi hmanh ah na visa asiloah peemnak sining kongah bawmhnak na hmuh khawh.
- Nupi/va chikkhat ca visa (thenchinmi 309 asiloah 820) asiloah Thitum dingmi Thitumnak visa (thenchinmi 300) na tlaih i innchungkhar zaangennak na ton ahcun, Australia Peemnak Phunglam tangah zungzal nupi/va visa (thenchinmi 100 asiloah 801) sok dingah a tlakmi na si.

Komhkhawhmi a tluklomi nawngeihnak pehtlaihnak

- Innchungkhar chung pehtlaihnak kongah a ngan deuhmi nawngeihnak telhchih in, pa hna nih zapi le pumpak nunnak ah nawngeihnak ngan deuh an ngeih lengmang.
- Zaangennak cu pa nih biachahnak tuahnak a uknak hmun innchungkhar le pehtlaihnak ah a um deuh tawnmi thil asi i cu bantuk pehtlaihnak hna hmun ah nu hna nih tlawm deuh zalennak ri an ngeih.
- Ramleng hlathlainak hna nih nu le pa thleidannak ti ning kel tawn sinak le a tluklomi nawngeihnak thazaang hna cu cheukhat abiapimi zaangennak chimchungtu an si tiah a langhter.
- Tangka: tangka hi pehtlaihnak ah abiapimi alhniarnak hrampi asi kho (a kommi hawi/nuva pehtlaihnak men lawng ah si loin, a naihniammi le kauhmi innchungkhar pehtlaihnak hna chungah asi khomi asi). Zohfelnak nih tangka kongah alhniarnak cu a fak khun, a buaibai khun i thatremh khawh loin um peng dawh deuh asi tiah a langhter.

1800 TIHZAHAHNAK (1800RESPECT)

1800 737 732 kha chawn asiloah 1800RESPECT website i www.1800RESPECT.org.au ah zoh.

Innchungkhar zaangennak le visa kongah thukdeuh theihhngalhnak cu Ramchung Kongkau Tawlrelnak Zung (Department of Home Affairs) website i www.homeaffairs.gov.au ah a um.

Holhlettu na herh ahcun, Translating and Interpreting Service (TIS) kha 131 450 ah chawn. Chawnhnak dihlak hna cu alak asi i biathlithup ah chiah asi.

Contact Us

☎ (03) 9851 3700 ✉ health@whe.org.au

📍 1/125 George Street, Doncaster East VIC 3109 🔍 whe.org.au