

**Hi bantuk caan lio  
ahcun, tlawmpal a si  
set lai ti hngalh lo in  
um hi a poi lo.**

**Tlawmpal lungretheih,  
thinphan asilole ngaihchiat a si kho men.**






Asinain hi bantuk pawl cu tamtuk a si ahcun  
asilole caan zeimawzat a kal ahcun zeitindah a si lai?

HeadtoHealth ah rianrang in na kal paoh ah,  
na dam deuh ve lai.

**Chawn 1800 595 212**

law nangmah caah a thabik thinslung  
damnak lei bawmhnak kawl.

**HEAD  HEALTH**

 <p><b>Biaruahnak ngei uh</b></p>	 <p><b>Na herhmi bawmhnak level kha biakhiahnak tuah</b></p>	 <p><b>Nangmah caah a thabikmi riantuan piaknak kha pehtlaihna tuah</b></p>
<p>Ngandamnak lei zohkhenhtu thiamsang nih bia an hal lai. Atu lio na herhmi a thabik in tlinh piaknak a bawmtu ifian dingah a kan bawm dingmi kong na kan chimh lai.</p>	<p>Zeimawcaan chung lungretheih in na rak um cang, asilole na nunnak, na takpum ngandamnak asilole nan ipehtlaihna pawl a hnorsuan dingmi zawt hmelchunhnak langh hram a hun ithawk ahcun, an bawm kho dingmi riantuan piaknak kan in chimh khawh.</p>	<p>Naa thlopbulnak le bawmhnak cu riantuan piaknak a tuah cuahmahmi asilole HeadtoHelp phu pawl chungin pakhat hmangin tawrel khawh a si men lai.</p>

**HeadtoHealth cu harnak he aa pehtlaimi riantuan piaknak a si lo. Rianrang in bawmh na herh asilole nangmah asilole mi dang kha harnak nan ton ahcun zaangfahnak in 000 chawn.**

HeadtoHealth cu Victoria i a ummi upa he ngakchia he lungretheihnak a tuarmi asilole thinlung damlonak a ngeimi caah manlo in riantuan piaknak a si.

A dang riantuan piaknak caah tangka pek dingmi a um ah HeadtoHelp nih mah nu asilole mah pa i an tangka hmuhmi kha a tuaktaan piak lai.

Kan phu pawl ah hin thinlung damnak lei sii saya/ma, zatlang nun lei riantuantu pawl, lungkhat tein riantuanti pawl, zu le a dang rit-hai sii a tongmi ca riantuantu pawl le a dang sii lei a thiam i telehealth hmangin asilole thlopnak hmun in bawmh dingah GPs le thinlung hngalhnak lei thiamsang pawl he rian a tuantimi ngandamnak lei thiamsang pawl an itel hna.

**Tamdeuh hmuh khawhnak dingah 1800 595 212 ah chawn asilole [headtohealth.org.au](http://headtohealth.org.au) ah zoh**



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