

Bawmhnak Hmuh Khawhnak

Nangmah asiloah na hngalhmi pakhatkhat nih zaang-ennak a ingtuar asiloah zaang-ennak a hman ahcun bawmhnak a um.

Nangmah asiloah midang pakhatkhat cu a him lo tiah na ruah i a rannak in bawmhnak a herh ahcun: Laakhrwak riantuannak bawmhnak caah 000 kha chawn law, palik tiin hal hna.

Nangmah asiloah na hngalhmi pakhatkhat nih ruahnak cheuhnak le bawmhnak a herh ahcun (laakhrwak in tihnungmi thil a si lo ahcun), bawmhnak cu a tanglei riantuannak hna in hmuh khawh a si.

A HIMMI LAM (SAFE STEPS)

A Himmi Lam cu Victoria khuasami caah biathli a simi le innchungkhar lei zaang-ennak a tongmi bawmhnak line a si. Fone in riantuannak hna cu nikhat ah suimilam 24 chung, zarhkhat ah ni 7 chung hman khawh a si.

safesteps.org.au | 1300 015 188

1800 UPATNAK (RESPECT)

1800 Upatnak cu ram pumpi huap in nupa sualnak tuah duh ah tukdennak, innchungkhar buaibainak kong fim chimhnak riantuannak a si. Fone le awnline in nikhat ah suimilam 24 chung, zarhkhat ah ni 7 chung hman khawh a si.

1800respect.org.au | 1800 737 732

AIHRE-SEN INNKA (THE ORANGE DOOR)

Aihre-sen Innka cu Victoria ummi vialte caah chungkhar buaibainak bawmhnak le riantuannak a pek hna. Melbourne nichuahlei ah na um ahcun fone in riantuannak cu zinglei 9 in zanlei 5 tiang, Nikhatni in Ningani (zungkhar caan ah aa khar) ah hman khawh a si.

Melbourne Nichuahlei Lenglei: 1800 271 150

Melbourne Nichuahlei Chunglei: 1800 354 322

Victoria ram chung hmundang ah na um ahcun, orangedoor.vic.gov.au ah a nai bikmi hmun le pehtlaih khawhnak cu awnline ah kawl.

NUPA SUALNAK TUAH DUH AH TUKDENNAK DOHNAK NICHUAHLEI ZUNG (EASTERN CENTRE AGAINST SEXUAL ASSAULT (ECASA))

Nupa Sualnak Tuah Duh ah Tukdennak Dohnak Nichuahlei Zung nih a naite ah tonmi siseh, a hlan ah rak tonmi siseh nupa sualnak tuah duh ah tukdennak a rak tuar balmi caah fim chimhnak le bawmhnak rian a pek hna.

Nikhatni in Ningani, zing 9 in zanlei 5 tiang (03) 9870 7330 ah chawh khawh a si.

NUPA SUALNAK TUAH DUH AH TUKDENNAK HARNAK LINE (SEXUAL ASSAULT CRISIS LINE)

Ramthen kulh pumpi harnak zohkhenhnak riantuannak hna (a nai ah nupa sualnak tuahpi duh ah tukdennak tongmi) cu nikhat ah suimilam 24, zarhkhat ah ni 7 chung hman khawh a si.

1800 806 292

INNCHUNGKHAR BUAIBAINAK DOHNAK NUNPHUNG KIP ZUNG IN PEHTLAIHNAK (IN TOUCH MULTICULTURAL CENTRE AGAINST FAMILY VIOLENCE)

PehtlaihnaK (InTouch) cu nunphung kip in a rammi nu pawl nih an chungkhar le an mibu hna he rian a tuanmi an si, an chungkhar buaibainak kong he pehtlai in thiamsang riantuannak a si. An riantuannak cu Nikhatni in Ningani, zinglei 9 in zanlei 5 tiang a si.

intouch.org.au | 1800 755 988

Holhlet na herh ahcun, Calet le HolhleH Riantuannak 131 450 kha chawn, cun na hmanmi holh kha chim hna. Holhlet he pehtlaihnaK na ngeih hnu ah, na chawnh duhmi riantuannak le telephone nambar kha chim hna. Tahchunhnak ah, a rannak in Chungkhar Zaang-ennak Bawmhnak (Family Violence Support) a si ahcun, 1300 015 188 kha chawn law A Himmi Lam (Safe Steps) he pehtlaihnaK tuah dingin hal hna. Calehnak le Holhlehnak Riantuannak cu Nikhat ah suimilam 24 chung, zarhkhat ah ni 7 chung chawnh khawh a si.



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DJIRRA

Djirra cu nunphung lei in a himmi hmun a si i cuka ahcun Aboriginal nu vialte caah bawmhnak a um, a hlei in innchungkhar buaibainak a nai te ah a tongmi asiloah a hlan ah a rak tongmi hna caah a si.

djirra.org.au | 1800 105 303

NGAKCHIA BAWMHNAC LINE (KIDS HELPLINE)

Ngakchia Bawmhnak Line cu kum 5 – 25 karlak ngakchia le mino hna caah fim chimhnak lei riantuannak a si. Fone le awnline riantuannak cu nikhat ah suimilam 24 chung, zarhkhat ah ni 7 chung hman khawh a si.

kidshelpline.com.au | 1800 55 1800

CHUNCHA INNKA (RAINBOW DOOR)

Chuncha Innka cu man pek hau lo in thiamsang LGBTIQ + bawmhnak line a si i LGBTIQ+ Victoria mi vialte, an hawikom le innchungkhar hna caah hngalhnak, theihnak, bawmhnak le kuatchinnak in a bawmh hna. Zarhkhat ah ni 7 chung fone le awnline in zingka 10 in zanlei 5 tiang hman khawh a si.

rainbowdoor.org.au | 1800 729 367

PALE KUATCHINNAK RIANTUANNAC (MEN'S REFERRAL SERVICE)

Pale Kuatchinnak Riantuannak cu pale caah min langhter lo in le biathli in fone in fim chimhnak, theihnak hngalhnak le midang sin ah kuatchinnak a tuah piak hna i cu nihcun zaang-ennak le mi cungah uknak ziaza a hmanmi kha ngol dingin cawlcanghnak tuah awk ah a bawmh hna.

Fone riantuannak cu nikhat ah suimilam 24, zarhkhat ah ni 7 chung hman khawh a si.

Ntv.org.au | 1300 766 491

PALE LINE (MENSLINE)

Pale line nih pa pawl caah thiamsang bawmhnak le theihnak hngalhnak a pek hna. Fone le awnline riantuannak cu nikhat ah suimilam 24, zarhkhat ah ni 7 chung hman khawh a si.

Mensline.org.au | 1300 789 978

KUM UPAC DEUH NUHRIN COVO VICTORIA (SENIOR RIGHTS VICTORIA)

Kum Upa Deuh Nuhrin Covo Victoria nih ningcang loin hrocer le serhsatnak a tongmi asiloah a tong khomi kum upa (tar lei) pawl sinah theihnak hngalhnak le ruahnak cheuhnak a pek hna.

Fone in riantuannak cu Nikhatni in Ningani, zinglei 10 in zanlei 5 tiang hman khawh a si.

Seniorrights.org.au | 1300 368 821

Theihhngalhpina Bia

Kum 2024 ah Victoria Upatnak le Himnak le Tlukruannak (Respect Victoria and Safe and Equal) nih Ni 16 Chung Nu le Pa Sinak-hram bunh in Zaang-ennak Dohnak cu khuachung mibu he pehtlainak tuah in le iteltum ding in bawmhchanh awkah hmunkhat ah rian an tuan.

Victoria Upatnak nih Ni 16 Chung Nu le Pa Sinak-hram bunh in Zaang-ennak Dohnak cu a kurit, thawkpi hna i, tangka lei in Nule Ngandannak Nichuahlei (Women's Health East) nih a bawmh hna. Hi nihhin, Melbourne nichuahlei ah Tlukruannak le Upatnak Caah Hmunkhat ah (Together for Equality and Respect) hawikom bu le zatlangbu hna nih an tuahmi thilri le cawlcanghnak lei in thanchonnak a bawmh.

