

MIND MATTERS

Dinka | Thuonjān

Löömku kuɛɛr
ee yiic wēnē ɔɔ
ŋuēn pialnhom
tēnē thāāi!

2

Görē kuɔny yīn gām
kāŋ kuɔny ku kuat
kē tōthīn yī lööm

Yenō wiēc
kuɔny?

Piöcc erot abŋ kāŋ
liāpnhom ku kāŋ
piathde ebēn.

1

Kuɛɛr yenō lēu
ŋen ba ke lööm
tēnē luɔi pial ē
guöpdiē?

3

Yöke loilooi
puɔth ke yen.

Cak aguier kuɔny ril apei
ku naŋ keek tōthīn yī lööm
kenē thiök.

MULTICULTURAL



CANBERRA

KUONY LIÄPNHOM

Aguiër

Loilooi Liäpnhom ë gam

Käk ë yup/läk

Multicultural Hub,
Canberra

Akutnhom Luoi Wëët: Luoi wënë njic
kuat ë käng ciëj nõj yiic mac käng jöör
njek ebën. Atöthïn tënë röör ku diäär ë
yĩ ruön.

Level 2, 180 London
Circuit, Canberra

(02) 6100 4611

info@mhub.org.au

www.mhub.org.au

Companion House

Luoi Wëët: Kuony kəc wään cë piir ë
yaaj thëer ku luui tetök. Keek alui kenë
kəc puoc bën yam ku kəc thëer cĩ
lac/dac bën ku kəcđit, mĩth ku kəcckor.

41 Templeton Street,
Cook

(02) 6251 4550

info@companionhouse.org.au

www.companionhouse.org.au

Relationships
Australia

Wëët alëu bë loo yin erot, ke wek tik/moc, tedäj ke anin. Yen alëu bi kony dëët yiic käj, lööm käj puoth ku lui keyi laa wëër yiic käj.

15 Napier Close
Deakin ACT 2600

1300 364 277

www.racr.org.au

Lifeline Canberra

Kuony Käjöö: Kuony Lifeline Canberra ë kony koc luthin käjöö ku wëër yiic piir ë kocui lui tæk ë näk erot.

Level 1, 71
Northbourne Avenue

13 11 14

www.lifelinecanberra.org.au

Sane Australia

SANE ee tēnē kōc kenē cōlē looi rot,
rēer tedān kān wēnē rilic liāpnhom
ku nāāth/tetōk, ku tēnē aninken,
māāth ku wuōt.

1800 187 263

info@sane.org

www.sane.org

Beyond Blue

Beyond Blue kony kōc ebēn ke rēer
Australia bē lui liāpnhom piath.
Yok wēl/thōn gam alōn liāpnhom ku
24/7 kuony piath tēnē raan ebēn.

1300 22 4636

www.beyondblue.org.au

KidsHelpline

Australia ee abec/apath erot (yen tēnē mabaal), kān mony 24/7 ɣonlany ku luɔi wēēt telepun yiic tēnē kockor neɲ ruun ka 5 aɣet 25

1800 55 1800

www.kidshelpline.com.au

Suicide Call Back Service

Ye looi abec/apath thīn baai yiic ebēn gam 24/7 telepun yiic ku wēēt ɣonlany tēnē kɔc nɔnɔn yaanɔ ye nāk/nɔk erot.

1300 659 467

suicidecallbackservice.org.au

Headspace
Canberra

Luoi abec/apath liäpnhom tēnē kockor
nan ruun ka 12 – 25. Kuony atōthīn
tēnē raan, ke cīmen luoi kaamrōm
telehealth.

Unit 1, 1-3 Torrens
Street, Braddon

(02) 6113 5700

hcinfo@gph.org.au

www.headspace.org.au

Mental Health
Australia

Embrace Multicultural Mental Health:

athör yiith cī waaric alonj tuany nhom,
kā ye lac yök nē tuanytuεeny ke
nhom ku tē bīnē kuony ya yök thīn
nē thook kaa 28 yiic.

(02) 6285 3100

multicultural@
mhaustralia.org

embracementalhealth.
org.au

Head to Health
Canberra

Luoi kuony abec wënë yin nušt ke
kuony liäpnhom. Kuony tënë
psychologists, koc kuony liäpnhom,
akimmušk, akimdušny, ku koc ẽ
kuony luoi.

Shop G7
14 Childers Street
Canberra City

1800 595 212

canberraheadtohealth.com.au

MENTAL HEALTH EMERGENCY

Bolıth/Thurumbil Tuany: 000

Access Mental Health: 1800 629 354/ (02) 6205 1065



Looi njecdu bē
nuēn ku deet
abŋ liāpnhom!

Kāŋ ē piath
pīir!

Lööm kaam ba
daai erot!

Lööm kaam
tēwēn bī rot lēu
ku nin apiath!

Yök kuony tēnē
liāpnhomdu tēnē
aŋic ku tiit ku biet!

- Rām ke:
- Ayeer
 - Kɔc
 - Gam yath
 - Cien

Ba lui pol/tuk ē
liāpnhomdu
cɔl aŋuēn!

Looi ē dēkmāu
ku kōök cimen
wεεlrac!