

# Access Mental Health

## 1800 332 388

### “A Tasmanian Lifeline” he riantuantinak chung in

#### Ho caah dah a si?

Access Mental Health Riantuanpiaknak cu a tang lei a simi silole a si khomi minung kum ri khiahnak um lo ho paoh caah a si

- Thinlung tuarnak chung ah aa theikhunmi thlennak pawl a langhtermi
- Ziaza lei ningcanlonak ngeimi
- A um tak lo mi thil pawl a hmumi/a aw a theimi
- Lung cawlcanghnak le tihnak in a khatmi
- Mah le mah nunnak laaknak khuaruahnak & ruahnak pawl a ngeimi

#### Zeitindah na luh khawh?

Tasmania chung ho paoh nih Access Mental Health cu a lak in **1800 332 388** ah an chawnh khawh.

#### Zeitindah rian a tuan?

Access Mental Health cu Nikhat ah suimilam 24, zerhkhat ni 7 chung Tasmanian zatlangbu bawmhnak ding ah le Tasmanian thinlung lei ngandamnak system luhnak fawiter deuhnak ding ah rian a tuan.

#### Ho dah aa tel?

Access Mental Health cu Ngandamnak Zungthen, Tasmania nih Lifeline Tasmania he riantuan tinak chung ah pekmi a si. Mah hi thiamnak a ngeimi le hmuhtonnak tampi a ngeimi thinlung lei ngandamnak thiamsang hna nih tuanmi a si.

#### Zeibawmhnak dah na ngah lai?

- ✓ Phone in hmakhat te ah bawmhnak ngahnak
- ✓ Tasmanian thinlung lei ngandamnak system konglam pawl
- ✓ A herh a si ahcun mizapi thinlung lei ngandamnak tuanpiaknak ah kalternak ca bawmhnak

**Nangmah silole minung pakhat khat cu harnak chung ah nan um a si ahcun Laakhruak Riantuanpiaknak pawl caah 000 kha chawn hmasa.**

