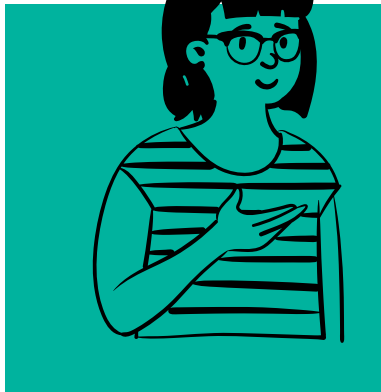


Partners in Wellbeing



Tën kɔɔc kɔk, tɛktɛk ɛ kɔmkorona (COVID-19) ku kã cɛ bɛy piir yic ku wɛɛu cɛ rac kɔc aa cɛ pial ɛ nhom ku pial ɛ guɔp tek yiic tɛn keek. Kɔɔc juääc aya rɛer ke diɛer ku diɛɛnkã nhiim rin ye wɛt rɛer ka cɛɛl ka wääc yic ku wɛl ye luɛɛl aɣeer aa ce yök nyien den alɔɔ tuaany.

Yeen ee rot lac looi bɛ raan ya laɔ arötrööt, cɛmɛn diɛer, tuanydiɛer wälã rɛer ka cɛ guɔp nãar. Kã ye raan yök ye guɔp cit kãkã aa ke yiic juak tɛ leɔ yen kã ril cit tuany COVID-19 cɛ rɛet kɔc nhiim ku lööɔ ril keen bɛn ke keek cit pɛen ye kɔc pɛn cãth rin bɛ tuaany rot ci liɛɛp. Na ye kã cit kãkã yök yi guɔp ka duk ye tak lonadã ka leɔ kɛ wääc yi guɔp.

Bɛyakɛdãɔ, tɛ jöör piir yiin wälã tɛ ye yiin rɛer yi diɛer, tɛdã ka yin a nɛk tuanydiɛer tɛdã ka yin a cɛ guɔp nãar wik juääc, ka kuɔɔny a ba yök tɛn *Kɔɔc rom lon Pialguöp (Partners in Wellbeing)*.

Kuɔɔny ye gam abac kɛn a ye looi kam raan kony ku raan kuny rin bɛ yi kony ba pialguöp du cök piny, ku guir dhöl path bin kã rac ya gɛɛɔ ku ye yi puöu dɛɛt tɛ leɔ yen kɛ riir cɛ rɛet yi nhom.



Yök aa njic Kɔɔc Leɔ Baai, pan yen luui thɛn ku keek aa thekku kedhie Kɔɔcɔuɛɛn theɛr, kã tɔu yemɛn ku kök bö.

Kuɔɔny tɛn yiin rin ba nhom pial ku piaal guöp kaam ci tuany kɔmkorona kɔc yök ku kaam la tuen

Tiɛnkã wɛt jöör wedhie

Kã yi lui ke raan kɔc nyuöoth alɔɔ pialguöp, yin a bɛ wɛl caath yiic rin ba wɛt ye yin rɛer yi diɛer njic wälã wɛt ci gam tuanydiɛer ku kony yiin rin ba kãk yi diir njic deet, kã ye yök yi guöp ku kã cɛ rɛet yi nhom. Jam a bi kony rin bin laɔ dhɛl yin jam ka yi cɛ diɛer alɔɔ kãk yi diaɔnhom, riöcöc ku tuanydiɛer ku cin kɛ dir yiin jam kɛn yic rin liiu agãak.

Cök piɛr du piny

Dhɛl ɛ nyuuth ku wɛet nyooth, Dunnyunh ɛ Pialguöp du a bi kony dhöl puoth bin diɛer tek yic, ku njɛɛn tuanydiɛer rin ku ba jal rɛer yi puol guöp ku ye kã rir rɛet yi nhom tiaam.

Lɔɔr tuen ke piɛr du

Yin a buk kony ba kɔɔc tɔu piɛr du deet, ku njic loilooi kɔc kony, ku kã kök ye kɔc kony rin bik yiin ya kony tɛ leɔ yen kɛ dir yiin. Na pɛth keya, ka Dunnyunh ɛ Pialguöp a bi kony ba loilooi kök ɛ kuɔɔny tɔu akeunhom wuön dun njic.

Ye rɛer ke kɔc

Yök aa rɛer ɔo jam ke yiin rin buk yi dɛɛt puöu, ku konyku yiin dhöl puoth bin diɛer tek yic, ku njɛɛn tuanydiɛer ku rɛer yi puol guöp.

Piöc rot ba wɛl kök njic alɔɔ COVID-19

Rin ye pɛen ku wɛet alɔɔ COVID-19 ye yic waar, Dunnyunh ɛ Pialguöp du a bi ya lɛk wɛl puoc piɔ ku yekã wɛl la cök cɛ lueel alɔɔ COVID-19 ku pɛen tɔu ye kɔc pɛn cãth wuön dun.

Kuɔɔny juɛk kɔɔc cɛɔ ke diɛer alɔɔ tuany ɛ nhom ku dumuuk ke muk nhiim

Kɔɔc cɛɔ ke diɛer alɔɔ tuany ɛ nhom ku dumuuk ke muk nhiim aa röt ke rɛer riãɔ dɛt tet yic ye kaam kɛn, ku diɛer dɛd cɛ rot jal ben juak thɛn ee pɛn dhöl bi kek njic piɔ, ku rɛerãkã ke ye jam ke kɔc wälã mukkã pialguöp nhom tɛn keek.



Kɔɔc bö cök ɔn kök yiic, diãar ku röör, kɔɔc nhiɛr tɛ cit tɛ ye kek nhiɛr thɛn, cɛɔcɛɔɔ, ku kɔɔc ril tɛ cit tɛ deen ril kek thɛn aa nhiarku kedhie, ku a njicku lon pɛth kek ku aa yeku mat kã kuaan loiku yiic.

Kɔɔc path ke kuɔɔny

Rin ba ya raan path ke kuɔɔny kɛnɛ, ka yin a dhil ya raan cɛ ruɔɔn 16 tuɔɔm tɛdɛ ka ca waan ku kɛkɛ aa tɔu tɛn yin:

- a leŋ kɛ juɛɛc dir yin piɛr du yic ku tɛ duun theɛr ye lɛu keek a ce rot ben tieŋ tɛ cɛt tɛ theɛr
- yin ee rot yɔk ka yɛ cɛ guɔp laŋ tuanydieɛr ku/tɛdɛ ka yin a leŋ dhiɛnpuɔu cɛ ceŋ wiik juɛɛc, kɛ cɛt:
 - nɛɛr ɛ guɔp – keya, ba rot yɔk yɛ cɛn tɛdu
 - kɛk yɛ diaŋnhom ku riɛɛckɛ yin
 - thiai ɛ guɔp
 - piɛr cɛn yic nɔth
 - riɔɔc, arɛɛcrɛɛc tɛdɛ ka ke dieɛr
 - meec rot wei akut yic
 - tɛktɛk ye yin tak diɛt yɛ nɛk rot.
- Ku yemɛn yin a cɛn raan kuny yin wut alɔŋ lon pialnhom.

Dumuuk aa lɛu bi kɛkɛ ke jɔɔr piɛr den yic rot ku jal kɛ jɔr kɔɔc keen nhiarkɛ mukka met thɛn.

Gɔc tɛdɛ ka yɛ tooc raan ŋic

Jaam ke *Kɔɔc rɔm lon Pialguɔp (Partners in Wellbeing)* lui akeunhom nɛmba kɛn calling **1300 375 330** rin ba piɛr du gɔɔc cɔkcɔk.

Na wɛc ba raan ŋic tuɔɔc, ka path ba wɛt kɛn kaŋ lɛk raan rin bi pɛt ba wiɛc kuɔɔny.

Yok aa kɔɔc LGBTQIA+, kɔɔc bɔ cɔk yɔn kɔk yiic, kɔɔc Aborijin, kɔɔc Tuur Torres Strait, kɔɔc cɛ kaŋ la tɔŋ, dumuuk ku kɔɔc cɛn anin lɛk bik jam ke yook.

Biɛk Kɔɔc rɔm lon Pialguɔp (Partners in Wellbeing)

Lon ɛ *Kɔɔc rɔm lon Pialguɔp (Partners in Wellbeing)* a ye Akuma ɛ Victoria muɔɔc yic wɛɛu luoy ku lon ken a ye EACH, Neami National ku Akut ɛ Lon Wuɔt Baai Yothralia (Australian Community Services Organisation (ACSO)) looi baai Victoria ebɛn.



Kɔɔc rɔm lon Pialguɔp (Partners in Wellbeing)

Lon ɛ *Kɔɔc rɔm lon Pialguɔp (Partners in Wellbeing)* a ye EACH, Neami National ku ACSO looi baai Victoria ebɛn. Na wɛc wɛl kɔk tɛdɛ ka wɛc ba raan tuɔɔc, ka yɛ jam ke kɔɔc lui akeunhom tɛn yin.

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