

**Tulio cu ka lung
bak a rawk tuk**

**An bawm
dingah kan
um ko**

Zawtfah rai nih hin mikip hi a lamkip in a kan hnuarsawn cio,
cutikah na lungthin ngandamnak zohkhenh a biapi tuk.

Na lung a rawh silole na ngaihchiat ahcun, Lungthin & Khuaruah
Ngandamnak Hmun (**Mental Health & Wellbeing Hub**) hi
1300 375 330 in chawnh in bawmh hal khawh an si.

Lungthin & Khuaruah Ngandamnak Hmun (Mental Health &
Wellbeing Hubs) cu Victoria chungah zeibantuk visa in a um mi na
si ah, ho ca paoh ah manlo te a si ko.

Hmuhtonnak tampi a ngei cang mi kan riantuan tu ttha hna nih
na bia an in ngaih piak lai i na caah a ttha bik bawmhnak hmuhipi
an in zuam lai.

**MENTAL HEALTH
& WELLBEING
HUB**

Nangmah holh tein bawmh na herh maw?

TIS National hi **131 450** in chawn hna law holhlet hal hna, cu hnu ah
Lungthin & Khuaruah Ngandamnak Hmun (Mental Health & Wellbeing Hubs)
hi **1300 375 330** ah chawn hna.

coronavirus.vic.gov.au/mentalhealthhub
ahhin, tam deuh in zoh chap.

Authorised by the Victorian Government, 1 Treasury Place, Melbourne

