

Partners in Wellbeing

Hi alaak riantuanpiaknak nih Victoriami kum 16 le acung pawl caah pakhat hnu pakhat in bawmhnak a pek. Ngandamnak tthanchoternak, thiltining pawl cawnnak tthanchoternak le a herh ningin lungthinlei bawmhnak peknak pawl kha kan bawmh.



Apalhmi Remhnak

Naphurrihnak asiloahlungretheihnak aa chuahtertu kha kan kawli na ruahnak, intuarnak le tonmi pawl kha kan hngalh.

Thil pawl controlnak

Phurrihnak, lungretheihnak siamrem dingah lam kan kawli na ngandamnak le damthannak kha kan tthanchoter.



Nunnak Tthaternak Bawmhnak

Na nunnak ah minunghna cu kan hngalh hna i phurrihnak caan chungah na tonmi pawl siamrem bawmh dingah riantuanpiaknak le adang thil pawl kha kan bawmh.

Pehtlaih Pengnak

Lungthinlei bawmhnak, a takin tuahtuannak bawmhnak pek dingah caandik in kan in pehtlaih i na phurrihnak, lungretheihnak siamrem ding le na ngandamnak tthanchoter dingah na hngalhmi thiltining pawl hman zong kan in bawmh.

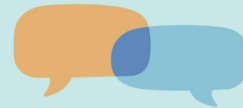


Adang riantuanpiaknak he Pehnak

Partners in Wellbeing (Ngandamnak kongah Tuantihawi Hna) nih na umnak hmun i a ummi Mental Health and Wellbeing Local and Hub Services (Lungthinlei Ngandamnak le Tualchung Ngandamnak le Hub Riantuanpiaknak) chungah luhnak le thawknak kha nangmah asiloah na theihmi pakhatkhat kha a bawmh khawh.



Victoriami dihlak caah alaak bawmhnak le dirkamhnak cu a ngah. Bawmhnak cu innchungkhar, hawikom pawl le lungthinlei ngandamnak harnak a tongmi zohkhenhtu pawl ca zongah a ngah.



mental health & wellbeing local

Mental Health and Wellbeing Local cu inn he i naih deuh in lungthinlei ngandamnak le ngandamnak bawmhnak hmuh dingah Victoriami kum 26 asimi le acung pawl caah alaak riantuanpiaknak bawmhnak asi.

Tamdeuh theihhngalhnak caah, kan website leng dingin QR code kha scan tuah asiloah kanmah he direct in chawnh dingah kan [live chat](#) kha hmang



Nikhatni in Ningani tiang: 9am-5pm
Zarhpi ni le mipi dinh caan ah khar a si

Thawk dingah **1300 375 330** kha chawn.

www.partnersinwellbeing.org.au

Holhlettu riantuanpiaknak le calehnak
Hitheihhngalhnak hngalhdingah bawmhnak
na herh ahcun, **1300 375 330** kha chawn.



Kan riantuannak vawlei Phunglam lei in a Zohkhenhtu hna cu kan theipi hna i aluancia, atu le aralaimi Upa hna cu upatnak kan pek hna.

