



Thinlung Damnak le Lawmhnak Mah umnak hmun

Atu le atu hal lengmangmi biahalnak pawl

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OFFICIAL

Hi thilsining kong tialnak catlap cu Thinlung Damnak le Lawmhnak Mah umnak hmun nih a pekmi riantuanpiaknak pawl kong tamdeuh in naa fiannak bawmh dingah tuahmi a si.

Thinlung Damnak le Lawmhnak Mah umnak hmun cu zeidah a si?

Thinlung Damnak le Lawmhnak Mah umnak hmun (Mental Health and Wellbeing Local) riantuanpiaknak cu Victoria chung pumpaluk kum 2026 adonghnak ah hmun 60 tiang thinlung damnak lei riantuanpiaknak phun a thar theiinternak tuahmi a si. Thinlung Damnak le Lawmhnak Mah umnak hmun pawl nih kum 26 le acunglei kha thlopnak, zohkhenhnak le bawmhnak a pek hna lai.

Mah pawl cu man lo an si, mah lungtho tein tuahmi le hmuh dingah a fawimi an si, catial piakmi a herh lo. A biapimi cu, *'zeitindah kan bawmh khawh hna?'* timi cungah hngat in hi riantuanpiaknak a thar pawl pek an si lai, cun naa thimmi peknak le bawmhnak hmuh na duh ning cungah papekmi a si i *'aa palh lomi innka ah chiahpiaknak'* fuhanh ning hman a si lai.

Na herhmi bawmhnak hmuh, inn le na inncungkhawh pawl, zohkhenhtu pawl he naihter le pehtlaihnak pawl bawmh dingin nangmah caah a fawiter deuh lai.

Thinlung Damnak le Lawmhnak Mah umnak hmun pawl ah zeibantuk riantuanpiaknak pawl dah pek a si lai?

Thinlung Damnak le Lawmhnak Mah umnak hmun pawl nih a pek dingmi cu:

- thlopnak le congghramhnak pawl
- minung papek in lawmhnak lei bawmhnak pawl
- fimcawnnak, thirual khat bawmhnak le mah tein bawmhnak
- riantuanpiakmi nih hruaimi zohkhenhnak lei timhtuahnak le adang riantuannak petu pawl he riantuantinak.

Thlopnak le bawmhnak lei riantuanpiaknak tling a phunphun in pek khawh dingin hmunhna pakhat cio caah caan a rau lai, asinain riantuannak lei ah hi pawl a tlin tikah hmaitonh in riantuanpiaknak, telehealth le thilkaamnak he an sin phaknak lei riantuanpiaknak cu pumpak in asilole a phu pawl in peknak aa tel lai.

Thinlung damlonak le thilri hmanna lei ah lungretheihnak pawl a pahnih in ka ton ahcun zeitindah a si lai?

Thinlung damlonak le thilri hmanna lei ah lungretheihnak pawl a tongmi aho paoh caah bawmhnak hmuh khawh a si.

Thinlung Damnak le Lawmhnak Mah umnak hmun pawl cu nangmah he rian an tuanti lai i, na sia a rem ahcun, naa tinhmi pawl le duhdeuhmi pawl a tlinhmi zohkhenhnak lei timhtuahmi kha na innchungkhar, zohkhenhtu pawl le bawmhtu pawl nih an suaisamh lai.

Aa lomi zuamcawhnak a tongmi midang pawl bawmh dingah an pumpak nunnak lei hmuhton a hmangmi thirual khat bawmhnak lei riantuantu pawl kha nangmah lamhmuhsak le bawmh dingah hmuh khawh an si fawn lai.

Thinlung Damnak le Lawmhnak Mah umnak hmun pawl cu aho nih dah a hman khawh?

Thinlung Damnak le Lawmhnak Mah umnak hmun riantuanpiaknak pawl cu thinlung damnak asilole lawmhnak lei ah lungretheihnak a tongmi kum 26 le acunglei minung pawl caah suaisamhmi an si.

Thinlung damnak lei ah lungrethei a simi minung pakhat khat i innchungkhar chungtel, zohkhenhtu, hawikom asilole bawmtu na si ahcun, na zohkhenhnak lei rian, asilole nangmah pumpak nih thinlung damnak lei na herhmi pawl caah bawmh dingin bawmhnak na hmu kho fawn.

Mino caah bawmhnak kong thawngthanhmi hmuhnak caah, zaangfahnak in a tang i biahalnak ah zoh, ‘*Kum 26 tang minung caah bawmhnak zeidah hmuh khawh a si?*’.

Riantuanpiaknak pawl cu nunphung hoih in a himmi le lehnak a tuahmi an si maw?

Thinlung Damnak le Lawmhnak Mah umnak hmun riantuanpiaknak pawl cu nunphung lei herhmi pawl le idannak a upatmi le lehnak a tuahmi an si.

Lengkaitu dihlak nih nunphung lei in a himmi le lehnak a tuahmi riantuanpiaknak pawl kha aa ruang in an hmuh lai, cu ahcun namnehnak le thleidannak aa tel lai lo, Aboriginal le Torres Strait Islander minung, LGBTIQ+ mibu pawl, nunphung lei le holh lei in aa dangmi mibu pawl i chungtel pawl, ralzam dirhmun in a rami minung pawl, humhinnak a kawmi minung pawl, pumtlinglo minung pawl le thluak tlamtlinglo minung pawl telhchih in.

Thinlung Damnak le Lawmhnak Mah umnak hmun pawl cu man lo an si maw?

A si, riantuanpiaknak pawl cu aho paoh caah man lo an si, Medicare kat na ngeih lo zong ah.

Thinlung Damnak le Lawmhnak Mah umnak hmun hmuh khawh dingah ngandamnak lei a thiammi sin in catialpiakmi ka herh maw?

A herh lo, na GP asilole adang ngandamnak lei a thiammi pakhat khat sin in catial piakmi na herh lo, asilole Thinlung Damnak le Lawmhnak Mah umnak hmun sin in bawmhnak hmuh dingah Thinlung Damnak lei Thlopnak Timhtuahmi na herh lo.

Thinlung Damnak le Lawmhnak Mah umnak hmun pawl cu adang thinlung damnak lei riantuanpiaknak pawl he zeidah an idannak a si?

Thinlung Damnak le Lawmhnak Mah umnak hmun pawl nih a tlangpi in thloptu (GP) asilole pumpak ngandamnak thloptu nih a pek khawhmi nak in tamdeuh bawmhnak a herhmi minung caah zohkhenhnak a pek lai nain, siizung hrambunh bawmhnak lei riantuanpiaknak bantuk fak piin riantuanpiaknak a herh lomi pawl an si lai.

Hi riantuanpiaknak a thar pawl cu na umnak hmun i a um liomi riantuanpiaknak pawl kha ai-rolhna a tuah lai lo. Na herhmi bawmh dihlak tlinh dingah GPs, pumpak thinlung damnak lei thloptu pawl, zuu le adang thlopnak petu pawl le adang mibu hrumbunh ngandamnak lei zapi riantuanpiaknak pawl he naihnam in rian an tuan lai.

Thinlung Damnak le Lawmhnak Mah umnak hmun cu zeitindah ka pehtlaih lai?

Na duh deuhmi pawl cungah hngat in tlawmpal te aa dang deuhmi lam in Thinlung Damnak le Lawmhnak Mah umnak hmun kha na pehtlaih khawh.

- Phone: 1300 372 330
- Website: [Thinlung Damnak le Lawmhnak Mah umnak hmun \(Mental Health and Wellbeing Local\)](https://www.betterhealth.vic.gov.au/mhwlocal)
<<https://www.betterhealth.vic.gov.au/mhwlocal>>

Mirangholh a si lomi ka hman ahcun bawmhnak ka hmu kho lai maw?

A si, hmu kho. Nangmah holh in tamdeuh bawmhnak na herh ahcun, TIS National kha 13 14 50 ah na chawnh khawh i holhlettu na hal khawh, cu hnu ah nangmah he aa naihnikmi Thinlung Damnak le Lawmhnak Mah umnak hmun riantuanpiaknak he pehtonhter ding kha hal.

Ka voikhatnak lenkainak ah zaidah a cang lai?

Thinlung damnak lei riantuantu he bia nan i ruah lai (hihi minung pum tonnak in, online in asilole phone chawnhna in a si kho men).

Hi riantuantu nih na lungretheihmi pawl kong ngaihpiaknak le fiannak kha aa hmaithlak lai, cu ticun nangmah he rian an tuanti kho lai i, na sia a rem ahcun, naa tinhmi pawl le duhdeuhmi pawl a tlinhmi zohkhenhna lei timhtuahmi kha na innchungkhar, zohkhenhtu pawl le bawmhtu pawl nih an suaisamh lai.

Na herhmi pawl cungah hngat in na timhtuahmi cu bawmhnak pawl le conggramhnak pawl cawhmi aa tel men lai. Hi bawmhnak pawl i cheukhat cu na voikhat lenkainak pek a si kho men i, adang pawl cu a hnudeuh lenkainak ah a si kho men.

Na herhmi pawl kha aa dangmi ngandamnak phun asilole riantuanpiaknak petu hmangin tha deuh in tlinhmi a si kho fawn. Hi bantuk a si ahcun, Thinlung Damnak le Lawmhnak Mah umnak hmun nih hi riantuanpiaknak pawl hmuh ding kha an bawmh lai.

Thirual khat riantuantu pawl cu nangmah na si ah na innchungkhar, zohkhenhtu pawl le bawmhtu pawl an si ah lamhmuhsak ding le bawmh dingah hmuh khawh an si fawn lai.

Thinlung zawtnak a tongmi minung zohkhenhtu pawl, innchungkhar pawl le hawikom pawl caah bawmhnak hmuh khawh a si maw?

A si, hmu kho. Thinlung damnak lei lungretheihna a ngeimi minung pakhat khat i innchungkhar chungtel, zohkhenhtu, hawikom asilole bawmtu na si ahcun, Thinlung Damnak le Lawmhnak Mah umnak hmun pawl in bawmhnak le pekchanhna kha nangmah caah hmuh khawh a si.

Na zohkhenhna rian ah nangmah nih bawmhnak hmuh na duh zongah, asilole nangmah pumpak thinlung damnak herhmi pawl hmuh na duh zongah – na herh caan ah zohkhenhna, bawmhnak le ruahna cheuhmi na hmuh khawh ko lai.

Kum 26 tang minung caah zeibantuk bawmhnak dah hmuh khawh a si?

Nangmah asilole na bawmhmi minung pakhat khat kha kum 12 le 25 karlak nan si ahcun, zaangfahnak in thinlung damnak le lawmhnak lei bawmhnak caah nan umnak hmun i headspace kha zaangfahnak in lengkai asilole pehtlaih.

Nangmah he aa naihbikmi [headspace](https://headspace.org.au/) <https://headspace.org.au/> kawl dingah, zaangfahnak in headspace kha zoh. Headspace hmangin online in biaruahnak le telephone in bawmhnak zong hmuh khawh an si fawn.

Mino na si ahcun Thinlung Damnak le Lawmhnak Mah umnak hmun pawl nih cheukhat dirhmun pawl ah bawmhnak an pek khawh men:

- bawmhnak kawl ah Thinlung Damnak le Lawmhnak Mah umnak hmun na pehtlaih
- Headspace asilole siizung hmangin bawmhnak hmuh dingah harnak na ton i rianrang in bawmhnak na herh
- Thinlung Damnak le Lawmhnak Mah umnak hmun sin in bawmhnak a hmumi minung pakhat i innchungkhar chungtel, zohkhenhtu, hawikom asilole bawmtu na si ahcun.

Keimah asilole ka hngalhmi minung pakhat khat nih lakhruak bawmhnak kan herh ahcun zeitindah a si lai?

Thinlung Damnak le Lawmhnak Mah umnak hmun cu mah le mah asilole midang pawl fahnak a pe colh dingmi tihunnak a tongmi pawl caah lakhruak in lehnak a tuahtpiakmi a si lo.

Lakhruak a cangmi a si i nunnak a thihpheihami asilole minung pakhat khat fak piin fahnak a pe colh dingmi a si ahcun, Zero Pathum (000) kha chawn. Lakhruak thilcang a si i zeitin tuah ding naa fian lo ahcun, Zero Pathum kha chawn.

Mah umnak hmun riantuanpiaknak pawl cu suimilam 24 chung hung an si. Suimilam 24 chung harnak bawmhnak caah, zaangfahnak in 13 11 14 ah Lifeline kha chawn.

Thawngthanhmi tamdeuh khoika dah ka hmuh khawh lai?

Thinlung Damnak le Lawmhnak Mah umnak hmun dirhna kongah a hnuvik thawngthanhmi theihnak caah, zaangfahnak in [Thinlung Damnak le Lawmhnak Mah](https://www.health.vic.gov.au/mental-health-reform/local-adult-and-older-adult-mental-health-and-wellbeing-services) <https://www.health.vic.gov.au/mental-health-reform/local-adult-and-older-adult-mental-health-and-wellbeing-services> umnak hmun page kha Victoria Ngandamnak Phuthen website ah zoh.

Victoria pumpaluk chungah thinlung damnak le lawmhnak thlenremhmi kong tamdeuh hngalh na duh ahcun, zaangfahnak in [Thinlung Damnak Phuthen thinlung](https://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform) <https://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform> le lawmhnak thlenremhmi webpage kha zoh.

Hi ca in chuahmi cu hmuh khawhmi format in ngah dingah a herh ahcun National Relay Service 13 36 77 hmangin (03) 9096 7183 kha chawn, asilole email kua localservices@health.vic.gov.au

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