



ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကး.ဆၢကတီၢ်တုၤလၢကဘဉ်တဲ “ဘဉ်ဝဲလံ” န့ဉ်လီၤ.

ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖၣ်တၢ်တူၢ်လိာ်အိၤတသ့ဝဲဘဉ်.

ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖၣ်မ့ၢ်လုၢ်လၢ်သကးပဝးတခါလၢပုၤတဂၤကဘဉ်ပျံၤဘဉ်ဖုးအဂီၢ်လီၤ.

တၢ်အံၤကမ့ၢ်ဝဲ-

- နီၢ်ခိၣ်သ့သး.မ့ၢ်ခါသ့ၣ်ထံးမ့တမ့ၢ်သးခိဉ်န့ဉ်တၢ်မၤတရီၤတပါအသိး
- တၢ်လဲၤကဟံက့ၤကဟံ
- ကျိဉ်စုတၢ်ဂ့ၢ်တၢ်မၤတရီၤတပါ
- တၢ်ကွၢ်ဟ့ဉ်ကွၢ်စ့ဉ်
- ခိဉ်စိခိဉ်ကမိၤလၢပုၤအကတဂၤအဖိခိဉ်
- မၤဆူးမၤဆါပုၤ.ဆဉ်ဖိကီၢ်ဖိမ့တမ့ၢ်ဟံဉ်ပူတၢ်ပိးတၢ်လိတဖၣ်
- ဆိကတီၢ်ပုၤတဂၤအတၢ်စ့ၢ်တၢ်န့ဉ်မ့တမ့ၢ်တၢ်ဆဲးတၢ်လၢအတၢ်န့ဉ်လီၤပဉ်ယုာ်.ဒီး
- ပျံၤဖိဒီးသ့သးတဖၣ်ထံဉ်ဘဉ်တၢ်မၤအသးဒ်အံၤတဖၣ်အသိး.

ပုၤကိးဂၤဒဲးကတုၢ်ဘဉ်ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖၣ်သ့ဝဲလီၤ.ကကဲထီဉ်လၢတၢ်ရူလိာ်သးကိးကလုာ်ဒဲးအပူပဉ်ယုာ်-

- တၢ်ရူလိာ်သးလၢအပူကွၢ်မ့တမ့ၢ်တကီၢ်ခါတဖၣ်.တလိဉ်လၢကမ့ၢ်မုဉ်ခါဖဲလဲဉ်တခါဘဉ်သ့ဝဲ
- ဒီးဘူးဒီးတၢ်ဒီးပုၤလၢအကွၢ်ထွဲတၢ်တဖၣ်
- ပုၤလၢအကွၢ်ထွဲသ့ဉ်က့သးပုၤ.ပုၤလၢအိဉ်ဒီးကွၢ်ဂီၤတလၢပျံၤမ့တမ့ၢ်ဘဉ်ဆူးဘဉ်ဆါ.ဒီး
- ဟံဉ်ဖိယိဖိလၢအိဉ်ဒီးတၢ်ဟံပနီဉ်အထူသန့တၢ်ဆဲးတၢ်လၢတဖၣ်.

ပုၤလၢအတုၢ်ဘဉ်ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖၣ်ကအိဉ်ဝဲလၢတၢ်ပျံၤတၢ်ဖုးအပူလၢအဝဲသ့ဉ်အဂီၢ်ဒီးအဟံဉ်ဖိယိဖိအဂီၢ်သ့ဝဲလီၤ. တၢ်အံၤကထီဉ်သးသ့ဉ်လဲာ်ဖဲအဟံတုၢ်ကွၢ်တၢ်ရူလိာ်သးလၢအိဉ်ဒီးတၢ်စုဆူဉ်ခိဉ်တကးအပူသ့ဝဲန့ဉ်လီၤ.



တၢ်ဆိၣ်ထွဲမၤစၢ

န့ၤမ့တမ့ၢ်ပုၤတၢ်ကၤလၢန့ၣ်ညါမ့ၢ်တၢ်ဘၣ်တၢ်အံၤ.ပကသုဒုးဘၣ်ဘျးန့ၤဒီးတၢ်ကရၢကရိတဖၣ်လၢပုၤတၢ်အပူၤ.ပၣ်ယုၣ်ပုၤလၢအသ့အဘၣ်လီၤဆီလၢတၢ်ဂ့ၢ်အံၤတဖၣ်.ဂ့ၢ်ဂီၢ်အုဟံၣ်ယီၤလၢကအိၣ်အဂီၢ်.ဟံၣ်ယီၤဒီးသဲစးတၢ်ဆိၣ်ထွဲန့ၣ်လီၤ.

ပကကွၢ်လီၤတၢ်စ့ၢ်ကိးန့ၤန့ၢ်ပကၣ်တၢ်ဆိၣ်ထွဲတဖၣ်ကသ့အဂီၢ်.ပၣ်ယုၣ်-

- ကျိၣ်စ့တၢ်ဟဲန့ၣ်တၢ်ဆိၣ်ထွဲမၤစၢ
- Crisis Payment (ကျိၣ်စ့တၢ်မၤစၢလၢတၢ်ယံးတၢ်ကၤအပူၤ)
- တၢ်ဂ့ၢ်ပျဲပုၤလၢကဘၣ်ယုဖဲးယုမၤအဂီၢ်
- ထၢဖျိၣ်ကျိၣ်စ့လၢတၢ်ဆိၣ်ထွဲဖိဒဲးဖိသၣ်အဂီၢ်
- ပုၤဂ့ၢ်ဝီတၢ်မၤစၢတဖၣ်.

ပအိၣ်ဒီးလိတဲစိကျိးထံဝဲကျိၤလၢတလၢဘၣ်လၢစ့ဘၣ်န့ၣ်လီၤ.လၢနကတိၤတၢ်ဒီးပုၤလၢနကျိၣ်ကသ့အဂီၢ်-

- ကိး **131 202** ဘၣ်ယးဒီး Centrelink ကျိၣ်စ့တၢ်ဆိၣ်ထွဲတဖၣ်.မ့တမ့ၢ်.
- တၢ်ကတိၤဒီးလိတဲစိကျိးထံဝဲကျိၤ (Translating and Interpreting Service (TIS National)) ဝဲ **131 450** ဘၣ်ယးဒီး Medicare ဒီး Child Support ကျိၣ်စ့ဒီးတၢ်ဆိၣ်ထွဲတဖၣ်အဂီၢ်တက့ၢ်.

န့ယုကွၢ်သ့စ့ၢ်ကိးဝဲ humanservices.gov.au/enough မ့တမ့ၢ်လဲၤဆူဝဲၤဒီးအအိၣ်တက့ၢ်.

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်

Family Safety Pack တၢ်ဂ့ၢ်တၢ်ကျိၤတဖၣ်န့ၤဒီးန့ၢ်အိၣ်လၢအကလံးကျိၣ်ဒီးကျိၣ်အဂၤအါမံၤသ့ဝဲလီၤ.အိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ယးဒီးအိးစကြၢ်လံၤဟံၣ်ဖိယီၤတၢ်သိၣ်တၢ်သီဘၣ်ထွဲဒီးဟံၣ်ဖိယီၤတၢ်ပုၤတၢ်စ့ဆူၣ်ခိၣ်တကး.မ့ၣ်ခွါသ့ၣ်ထံးတၢ်မၤဆူၣ်. တၢ်ဖျိန့ၢ်ဆူၣ်လၢတၢ်တဘၣ်သးအပူၤဒီးဒိမၤတၢ်ဟဲန့ၣ်လီၤကိၢ်ပူၤအိၣ်ခွဲး (visas) တဖၣ်န့ၣ်လီၤ.ကွၢ်ဝဲ- dss.gov.au/familysafetypack

ပုၤတၢ်တၢ်ဆိၣ်ထွဲအကျိၤအကျဲအကတဖၣ်အိၣ်အါမံၤစ့ၢ်ကိး.ပၣ်ယုၣ်-

- 1800RESPECT
ကိး **1800 737 732**-တၢ်ကတိၤဒီးလိတဲစိကျိးထံဝဲကျိၤတၢ်ဆိၣ်ထွဲမၤစၢအိၣ်ဝဲ-မ့တမ့ၢ်ကွၢ်ဝဲ 1800RESPECT.org.au
1800RESPECT မ့ၢ်ထံလီၢ်ကိၢ်ပူၤဟံၣ်ဖိယီၤတၢ်စ့ဆူၣ်ခိၣ်တကးဒီးမ့ၣ်ခွါသ့ၣ်ထံးတၢ်မၤဆူၣ်မၤစိးအတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတၢ်မၤစၢတဖၣ်န့ၣ်လီၤ.ကရၢတဖၣ်အံၤကလိဝဲဒီးတၢ်ပၣ်တၢ်ဂ့ၢ်တဖၣ်လၢတၢ်ခူသ့ၣ်အပူၤလီၤ.နထံၣ်န့ၢ်အိၣ်သ့လၢ**24**န့ၣ်ရံၢ်အတီၢ်ပူၤ.တန့ၣ်ရံၢ်ရသီလၢလီၤ.

- Family Relationship Advice Line
ကိး **1800 050 321** မ့တမ့ၢ်ကွၢ်ဝဲ familyrelationships.gov.au
The Family Relationship Advice Line ဟ့ၣ်ထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဒီးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးလၢဟံၣ်ဖိယီၤတၢ်ရုလိၣ်သးအပူၤတၢ်ဂ့ၢ်ကိတဖၣ်ဒီးတၢ်ကဲမိၢ်ကဲပၢ်အတၢ်ရဲၣ်ကျဲဖဲဒိမၤတၢ်ဟဲန့ၣ်လီၤ.အဝဲသ့ၣ်အိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်ကျိးထံအိၣ်လၢပုၤအပူၤဒီးကဆုၢ်ခိယီၤန့ၤဆူၣ်လီၢ်ကဝီၤကရၢလၢမၤစၢန့ၤသ့တဖၣ်အအိၣ်သ့ဝဲလီၤ.
အိးထီၣ်ဂီၤ**8**န့ၣ်ရံၢ်တုၤဟါ**8**န့ၣ်ရံၢ်မ့ၢ်ဆၣ်တုၤမ့ၢ်ဖိဖးဒီးဂီၤ**10**န့ၣ်ရံၢ်တုၤဟါ**4**န့ၣ်ရံၢ်(မ့ၢ်ဘျဲ)န့ၤသ့ၣ်တဖၣ်တအိၣ်ထီၣ်ဘၣ်).

• **MensLine Australia**

ကိ: **1300 789 978** မှတစ်ကွက်ဖဲ **mensline.org.au** တ်ဂုတ်တင်ကျိထဲအဲကလံးကျိင်ဇိလိ.

MensLine Australia အိင်ဒီးလိတဲစိဒီးအံထာနဲးအပူတင်ဆိင်ထွဲလာပိင်ခွါတဖင်,တင်ဂုတ်တင်ကျိဒီးတင်ဆာဒိအဂီနီနီလိ.
ဟ့င်ထိင်တင်ဆိင်ထွဲမၤစၢဆူတင်ဆိင်ထွဲမၤစၢကရၢလိဆိဆူပုလၢအတူင်ဘင်ဒီးလဲခိဖျိဟံင်ဖိယိဖိဒီးဟံင်ပုလၢပုတင်စုဆူင်ခိင်တကးတဖင်အဂီလိ.
အိးထိင်တနံၤ၂၄န့င်ရံၢ်,တနံၤရသီလာ်

• **Financial Counselling Australia**

ကိ: **1800 007 007** မှတစ်လဲဆူ **financialcounsellingaustralia.org.au** ထဲအဲကလံးကျိင်ဇိလိ.

Financial Counselling Australia ဟ့င်ထိင်ကျိင်စုဂုတ်ဝိတင်ဟ့င်ကျိင်ဟ့င်ဖးကလိလၢပုလၢအခိဖျိဘင်ကျိင်စုတင်ဂုတ်
ကိတဖင်အဂီလိ.ကမၤစၢပုတဖင်လၢကထုင်ဖျဲးထိင်ဝဲလၢဒုင်ကမၤအပူန့င်လိ.

နဆဲးကျိးအဝဲသ့င်သ့ဝဲဂိ.9.30တၢဟါ4.30ဖဲမု်ဆင်တုမု်ဖိဖးအနံၤတဖင်(နံၤသဘူ အတီပုတအိးထိင်ဘင်).
နမု်ဆဲးကျိးနီင်ဂံၢ်အံၤကဆာဒိယိန့ဆူကရၢလၢနကီၢ်ဖဲအပူမု်တမု်လိကဝီလၢအဘူးကတၢဒီးန့န့ၢ်မ့



Family and domestic violence. It's time to say enough.

Family and domestic violence is not acceptable.

Family and domestic violence is behaviour that can cause a person to be fearful.

It can be:

- physical, verbal, emotional, sexual or psychological abuse
- neglect
- financial abuse
- stalking
- control of someone
- harm to a person, animal or property
- stopping spiritual or cultural participation, and
- exposing children to these behaviours.



All people can experience family and domestic violence. It can happen in all types of relationships including:

- past or current relationships, it doesn't matter the gender or sexuality
- relatives and guardians
- carers of older people, people with disability or a medical condition, and
- culturally recognised family groups.

People affected by family and domestic violence may live in fear for themselves and their family. This can happen even when they've left a violent relationship.

Support

If you or someone you know is affected, we can connect you to services in the community, including specialists, emergency accommodation, housing and legal assistance.

We can also check if you are eligible for our payments and services, including:

- income support payments
- Crisis Payment
- exemptions from seeking employment
- collecting child support
- social work services.

We have free interpreters and translators. To speak to us in your language:

- call **131 202** about Centrelink payments and services, or
- the Translating and Interpreting Service (TIS National) on **131 450** about
- Medicare and Child Support payments and services.

You can also go to humanservices.gov.au/enough or visit a service centre.

More information

A *Family Safety Pack* is available in English and in a range of languages. It has information about Australia's laws regarding family and domestic violence, sexual assault, forced marriage and partner visas. Go to dss.gov.au/familysafetypack

There are also a range of community support services available, including:

- 1800RESPECT

Call **1800 737 732**—interpreting services are available—or go to 1800RESPECT.org.au

1800RESPECT is the national family violence and sexual assault counselling service.

The service is free and confidential. Available 24 hours a day, seven days a week.

- Family Relationship Advice Line

Call **1800 050 321** or go to familyrelationships.gov.au

The Family Relationship Advice Line provides information and advice on family relationship issues and parenting arrangements after separation. It has translated information on its website and can refer you to local services that can help.

Available 8 am to 8 pm Monday to Friday and 10 am to 4 pm Saturday (closed public holidays).

- MensLine Australia

Call **1300 789 978** or go to mensline.org.au for English information only.

MensLine Australia provides telephone and online support for men, information and a referral service. It also provides specialist support to those who inflict or experience family and domestic violence.

Available 24 hours a day, seven days a week.

- Financial Counselling Australia

Call **1800 007 007** or go to financialcounselingaustralia.org.au for English information only.

Financial Counselling Australia offers free confidential financial counselling for people experiencing financial problems. It can help people to get out of the cycle of debt.

Available 9.30 am to 4.30 pm Monday to Friday (closed public holidays). The number will automatically direct you to a service provider in a state or territory closest to you.