ဟံၵ်ဖိယိဖိဒီးဟံၵ်ပူၤဃီပူၤတၢ်စုဆူၵ်ခိၵ်တကး-မ့ၢ်ပမၤစၢၤကသ့ဒ်လဲၵ်

ကိးဘၵ် 000 ဖဲနမ့ၢ်အိၵ်လၢသတူၢ်ကလာ်တၢ်လီၤ ပျံၤလီၤဘၵ်ယိၵ်အပူၤတက့ၢ်

တၢ်လၢဟံၵ်ဖိယိဖိဒီးဟံၵ်ပူၤဃီပူၤတၢ်စုဆူၵ်ခိၵ်တကး မ့ၢ်မနုၤလဲၵ်

ဟံၵ်ဖိယိဖိဒီးဟံၵ်ပူၤဃီပူၤတၢ်စုဆူၵ်ခိၵ်တကးနၣ်မ့ၢ် တၢ်သကဵာ်ပဝးတမံၤလၢ်လ်ၢလၢအမ့ၢ်တၢ်မၤဆူၵ်တၢ်, တၢ်မၤပျံၤတၢ်, ဆီၵ်သနံးတၢ်မ့တမ့ၢ်ဖိၵ်ဃံးတၢ်, မ့တမ့ၢ် မၤပျံၤပှၤတဂၤဂၤနၣ်လီၤ.

မ့ၢ်ပမၤစၢၤကသ့ဒ်လဲၵ်

ဖဲနၤမ့တမ့ၢ်ပှၤတဂၤလၢနသ့ၵ်ညါမ့ၢ်ဘၵ်ဒိဘၵ်ထံးခီဖျိဟံၵ်ဖိယိဖိဒီးဟံၵ်ပူၤဃီပူၤတၢ်စုဆူၵ်ခိၵ်တကးနၣ်, ပမၤစၢၤလၢတၢ်ဟ့ၵ်အလဲဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ် မၤတဖၣ်အဂီၢ်သ့လီၤ. နကတိၤတၢ်ဒီးပှၤဂ့ၢ်ဝိအပှၤမၤတၢ်ဖိတဂၤသ့စ့ၢ်ကီး လီၤ.

ပကကွၢ်မ့ၢ်နဒီးန့ၣ်တၢ်ဟ့ၵ်မၤစၢၤအလဲတခါလၢပအိၵ်, အဒိဒ်သိးစ့တၢ်ဟဲနှာ်အတၢ်ဆီၵ်ထွဲတၢ် ဟ့ၵ်အလဲမ့တမ့ၢ် Crisis Payment တခါခါကသ့ဧါနၣ်လီၤ.

အိၵ်ဆိးပူၤပူၤဖျဲးဖျဲးဖဲလီၤဖးအခါ

ဖဲနမ့ၢ်ကျဲၤဟ်လၢကဟ်ပတုာ်တၢ်ရ့လိာ်မှာ်လိာ်တခါအခါအကါဒိၵ်လၢနဒီသဒၢနတၢ်သဒံၵ်သဒၢဒီးမၤလီၤတံၢ်နတၢ်ဂ့ၢ်တၢ်ကျိၤန့ၣ်အပူၤဖျဲးနၣ်လီၤ.

လူၤဟိာ်မၤထွဲတၢ်မၤအပတီၢ်အကါဒိၵ်သ့ၵ်တဖၣ်အံၤဖဲလီၤဖးအခါလၢတၢ်ကမၤစၢၤဟ်နၤဒီးနနိၢ်တဂၤအဂ့ၢ် အကျိၤပူၤပူၤဖျဲးဖျဲးန့ၣ်တက့ၢ်.

1. ဆီတလဲနတၢ်ခူသူၵ်နိၢ်ဂံၢ်ဒီးနိၢ်တဂၤတၢ်ဟ်ဖျါသ့အနိၢ် ဂံၢ်တဖၣ် (PINs) တက့ၢ်

မၤလီၤတံၢ်နဆီတလဲနတၢ်ခူသူၵ်နိၢ်ဂံၢ်တခါလၢ်လ်ၢဒီးနိၢ် တဂၤတၢ်ဟ်ဖျါသ့အနိၢ်ဂံၢ်တဖၣ် (PINs) လၢ myGov ဒီးလီအဟ့ာ်ယဲၤအစရီလၢအဂၤတမံၤလၢ်လ်ၢတက့ၢ်. ဃုထၢတၢ်ခူသူၵ်နိၢ်ဂံၢ်လၢအတဒ်သိးတဖၣ်မ့တမ့ၢ်လံာ်ဖျၢၵ် ဖြၣ်တဖၣ် လၢကီလၢပှၤတယာ်ကသ့တဖၣ်တက့ၢ်. တၢ်အံၤကမၤလီၤတံၢ်လၢထဲဒၣ်နၤတဂၤနအိၵ်ဒီးခွဲးယာ်လၢက နှာ်လီၤန့ၣ်လီၤ. နဃ့နှ်စ့ၢ်ကီးလၢတၢ်ကဟ်တၢ်ခူသူၵ်အနိၢ်ဂံၢ်အါထိၵ်လၢနတၢ်မၤနီၵ်မၤဃါတဖၣ်အဂီၢ်လၢတၢ်ကဒီသဒၢ နတၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်သ့လီၤ.

2. သမံသမိးဘဉ်ပှၤလၢအမၤတၢ်လၢနလီၢ်အတၢ်ရဲဉ်ကျဲၤ ဟ်တဖဉ်တက့ၢ်

ဖဲနမ့ၢ်အိဉ်ဒီးပှၤတဂၤလၢအမၤစၢၤနၤဃုာ်ဒီး Centrelink, Medicare မ့တမ့ၢ် Child Support, နၣ်နကလိဉ်ဆိကမိဉ် ထီဉ်မ့ၢ်တၢ်ရဲဉ်တၢ်ကျဲၤအံၤအပူၤဖျဲးဒံးလၢနဂီၢ်ဧါနၣ်လီၤ. ဖဲနမ့ၢ်တူၢ်ဘဉ်လၢတၢ်ရဲဉ်တၢ်ကျဲၤတခါအံၤမၤကဲထီဉ်တၢ်လီၤ ပျံၤလၢနဂီၢ်နၣ်,ကိးဘဉ်ပှၤလၢတၢ်ကဆီတလဲ အီၤမ့တမ့ၢ်မၤကတၢၢ်တၢ်ရဲဉ်တၢ်ကျဲၤမ့ၢ်ဒ်သိးပှၤအဂၤတဂၤမၤန့ၢ်သူန တၢ်ဂ့ၢ်တၢ်ကျိၤတန့ၢ်ဘဉ်အဂီၢ်တက့ၢ်.

3. မၤသီထိဉ်က့ၤနတၢ်ရ့လိာ်ဘဉ်ထွဲအတၢ်အိဉ်သးအဂ့ၢ်ဒီးပှၤတက့ၢ်

တချုးနမၤသီထိဉ်က့ၤနနီၢ်တဂၤအဂ့ၢ်အကျိၤတမံၤလၢ် လၢ်နၣ်နကလိဉ်ကိးဝဲဒဉ် Medicare, Centrelink ဒီး Child Support တဖဉ်ဒီးဃ့ထိဉ်လၢပကနီၤဖးန့ၢ်နၤနတၢ်မၤနီဉ်မၤဃါတဖဉ်ဒီးမၤသီထိဉ်က့ၤနတၢ်ရ့လိာ်ဘဉ်ထွဲအတၢ်ဂ့ၢ်လီၤ တံၢ်တဖဉ်နၣ်တက့ၢ်. တၢ်အံၤမ့ၢ်ဒ်သိးနမါဝၤလၢညါတဂၤထံဉ်နတၢ်ဂ့ၢ်တၢ်ကျိၤအသီတခါအံၤတသ့ဘဉ်အဂီၢ်လီၤ. ဖဲပ နီၤဖးကွံဉ်နတၢ်မၤနီဉ်မၤဃါတဖဉ်မ့ၢ်ဝံၤနၣ်, နမၤပှၤလၢကဘဉ်မၤဘဉ်က့ၤန့ၢ်နၤနနီၢ်တဂၤအတၢ်ဂ့ၢ်တၢ်ကျိၤဒ်သိးလီတဲ စိနီၢ်ဂံၢ်မ့တမ့ၢ်အိဉ်ဆိးလီၢ်ကျဲနီၢ်ဂံၢ် သ့လီၤ.

4. တၢ်ဆ့ၤဃီၤနကစၢ်သးဒီးနဖိမ့တမ့ၢ်ပှၤဒိးသန့ၤထိဉ်သးလၢနၤဆူ Medicare အသီတခါအပူၤ

တချုးနမၤသီထိဉ်က့ၤနနီၢ်တဂၤအဂ့ၢ်အကျိၤတမံၤလၢ်လၢ်ဒီး Medicare နၣ်နကလိဉ်ဆ့ၤဃီၤနကစၢ်ဒီးနဖိမ့တမ့ၢ်ပှၤ သန့ၤထိဉ်သးလၢနၤတဖဉ်ဆူ Medicare ကးအသီတဘ့ဉ်အပူၤလီၤ. တၢ်အံၤလၢကဟ်ကတိၢ်ပှၤကိးဂၤထံဉ်ဘဉ်နတၢ်ဆဲး ကျိးလီၤတံၢ်အသီတဖဉ်, အိဉ်ဆိးလီၢ်ကျဲနီၢ်ဂံၢ်အသီဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတမံၤလၢ်လၢ်လၢနၤဒီးနဖိ သူအီၤနၣ်လီၤ.

5. မၤသီထိဉ်က့ၤန Medicare Safety Net အတၢ်ဆဲးလီၤမံၤတက့ၢ်

လၢတၢ်ကဟ်ကတိၢ်တၢ်ဒုးသ့ဉ်ညါပှၤတဂၤလၢတၢ်ဃုထၢဟ်လၢအကမ့ၢ်ပှၤလၢတၢ်ဆဲးကျိးအီၤလၢနဟံဉ်ဖိဃီဖိအဂီၢ်ဘဉ် ဃးတၢ်ဆီတလဲလၢနတၢ်ဂ့ၢ်တၢ်ကျိၤလီၤတံၢ်အပူၤနၣ်နကလိဉ်ထုးကွံဉ်နမါဝၤလၢညါတဂၤမ့တမ့ၢ်ဟံဉ်ဖိဃီဖိလၢန Medicare Safety Net တၢ်ဆဲးလီၤမံၤအပူၤလီၤ.

6. သမံသမိးဘဉ်ဖဲနၤ, နဖိမ့တမ့ၢ်ပှၤဒိးသန့ၤထိဉ်သးလၢနၤအိဉ်ဒီး My Health Record ဒီးမ့ၢ်မတၤမၤန့ၢ်သူအီၤ သ့လဲဉ်နၣ်တက့ၢ်

ဖဲနၤ, နဖိမ့တမ့ၢ်ပှၤဒိးသန့ၤထိဉ်သးလၢနၤမ့ၢ်အိဉ်ဒီး My Health Record နၣ်အကအိဉ်ဒီးတၢ်ဆဲးကျိးလီၤတံၢ်တဖဉ် လၢအဒိဒ်သိး နအိဉ်ဆိးလီၢ်ကျဲနီၢ်ဂံၢ်နၣ်လီၤ. ဖဲတၢ်အံၤကဒုးကဲန့ၢ်နဟံဉ်ဖိဃီဖိဒီးတၢ်လီၤပျံၤနၣ်, ကိးဘဉ် My Health Record တၢ်မၤစၢၤအလိကျိၤဖဲ **1800 723 471** တက့ၢ်.

7. မၤလီၤတံၢ်နအိဉ်ဒီးစ့တၢးစရီလၢအအိဉ်လၢနမံၤလၢအပူၤဖျဲးတခါတက့ၢ်

လၢတၢ်ကဟ်နစ့ပူၤပူၤဖျဲးဖျဲးအဂီၢ်,နကြၢးအိဉ်ဒီးစ့တၢးစရီလၢအိဉ်ထဲနမံၤတဖျၢဉ်ဧၤလီၤ. ဖဲနမ့ၢ်အဲဉ်ဒိးလၢပကဆ့ၢန့ၢ်တၢ် မၤစၢၤအလဲလၢနဂီၢ်ဆူစရီတခါအံၤအပူၤနၣ်, နကလိဉ်ဆီတလဲနစ့တၢးစရီအဂ့ၢ်အကျိၤ လၢအလီၤဆီဒီး Medicare, Centrelink ဒီး Child Support နၣ်လီၤ.

ဖဲနစ့တၢးစရီလၢအပူၤဖျဲးဒီးဘံဉ်ဘၢလၢအအိဉ်လၢနမံၤတခါဧၤမ့ၢ်တအိဉ်နၣ်, ဝံသးစူၤဆဲးကျိးဘဉ်ပှၤဒီး ပကကွၢ်ဃုတၢ်ဃုထၢလၢ အဂၤတဖဉ်,အဒိဒ် Electronic Benefit Transfer card နၣ်လီၤ.

8. မၤလီၤတံၢ်နအိဉ်ဒီးနနိၢ်တဂၤအကှၢ်ပနီဉ်အလံာ်တီလံာ် မိတဖဉ်တကွၢ်

လၢတၢ်ကမၤနွၢ်တၢ်အလဲတခါမ့တမ့ၢ်တၢ်မၤစၢၤနၣ်ပကဃ့နၤဒီးနနိၢ်တဂၤတၢ်မၤနီဉ်မၤဃါအလံာ်အလဲၢ်တဖဉ် နၣ်လီၤ. တၢ်အံၤကဲဝဲဒဉ်နပှၤနီဉ်သိလ့ဉ်အလဲးစ့ဉ်, အိဉ်ဖျဲဉ်လံာ် အုဉ်သး, လံာ်ခီကီၢ်, ImmiCard, စ့တၢးအကး မ့တမ့ၢ် myID သ့လီၤ.

ဖဲနကှၢ်ပနီဉ်အလံာ်အလဲၢ်မ့ၢ်တအိဉ်ဒဉ်လဲာ်ပမၤစၢၤနၤသ့လီၤ. ကိးဘဉ်ပှၤဒီးပကမၤသကိးတၢ်ဒီးနၤလၢတၢ်ကထံဉ်နွၢ်တၢ်ဃုထၢလၢအဂၤတဖဉ်နၣ်တကွၢ်.

လၢတၢ်ဂ့ၢ်တၢ်ကျိၤဆူညါအဂီၢ်

- လဲၤဘဉ်ဆူ **servicesaustralia.gov.au/domesticviolence** မ့တမ့ၢ် **servicesaustralia.gov.au/keepinformationsafe** လၢတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအဲကလံးကျိဉ်အဂီၢ် တကွၢ်.
- လဲၤဘဉ်ဆူ **servicesaustralia.gov.au/yourlanguage** တၢ်လီၢ်ဖဲနဖး,ကနဉ်မ့တမ့ၢ်ကွၢ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢနကျိဉ်သ့နၣ်တကွၢ်.
- ကိးဘဉ် **131 202** လၢတၢ်ကကတိၤတၢ်ဒီးပှၤလၢနကျိဉ်ဘဉ်ဃး Centrelink တၢ်ဟ့ဉ်ဘူးလဲတဖဉ်ဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤအဂီၢ်တကွၢ်.
- ကိးဘဉ်ပှၤဘဉ်ဃး Medicare ဒီး Medicare Safety Net **132 011** တကွၢ်. ဒုးသ့ဉ်ညါဘဉ်ပှၤဖဲနမ့ၢ်ကလိဉ်ဘဉ်ပှၤကတိၤကျိးထံတၢ်တဂၤဒီးပကကျဲၤကလီနွၢ်နၤလီၤ.
- ကိးဘဉ် Child Support လၢ **131 272** တကွၢ်. ဒုးသ့ဉ်ညါဘဉ်ပှၤဖဲနမ့ၢ်ကလိဉ်ဘဉ်ပှၤကတိၤကျိးထံတၢ်တဂၤဒီးပကကျဲၤကလီနွၢ်နၤလီၤ
- လဲၤအိဉ်သကိးဘဉ်တၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤအလီၢ်တခါတကွၢ်.

ဖဲနမ့ၢ်ကလိဉ်ဘဉ်တၢ်မၤစၢၤလၢတၢ်ကနၢ်ပၢၢ်တၢ်ဂ့ၢ် တၢ်ကျိၤဘဉ်ဃးပတၢ်ဟ့ဉ်အလဲတဖဉ်ဒီးတၢ်မၤစၢၤ တဖဉ်အခါ, တၢ်ဃုထၢတဖဉ်အိဉ်ဝဲဒဉ်အါကလုာ်လီၤ. နသံကွၢ်ပှၤဖဲနကတိၤတၢ်ဒီးပှၤအခါသ့လီၤ.

တၢ်မၤစၢၤလၢတၢ်လီၢ်အဂၤတဖဉ်

တၢ်လီၢ်အဂၤတဖဉ်လၢအမၤစၢၤနၤဃုာ်ဒီးတၢ်တၢဉ်ပိဉ်ဟ့ဉ်ကူဉ်ဟ့ဉ်ဖး,တၢ်ဆိဉ်ထွဲဒီးတၢ်ဟ့ဉ်ကူဉ်နၣ်အိဉ်ဝဲဒဉ်လီၤ.

လၢတၢ်တၢဉ်ပိဉ်ဟ့ဉ်ကူဉ်ဟ့ဉ်ဖးဒီးတၢ်ဆိဉ်ထွဲ တသိ 24 နဉ်ရံဉ်, တနံ့ 7 သိ, ကိးဘဉ် 1800RESPECT လၢ **1800 737 732** တကွၢ်. နဃ့နွၢ်ပှၤကတိၤကျိးထံတၢ်တဂၤသ့လီၤ.

Leaving Violence Program ဟ့ဉ်ကျိဉ်စ့ဒီးတၢ်မၤစၢၤအဂၤဆူပှၤလၢအကဟ်တ့ၢ်မါဝၤလၢအမၤဆူဉ်မၤစိးတၢ်နၣ်လီၤ. လၢတၢ်ဂ့ၢ်တၢ်ကျိၤဆူညါအဂီၢ်ကီးဘဉ် **1800 253 283** ဒီးယ့ထိဉ်ပှၤကတိၤကျိးထံတၢ်တဂၤ, မ့တမ့ၢ်လဲၤဆူ **leavingviolenceprogram.org.au/resources-other-languages** တက့ၢ်.

တၢ်ဘိးဘဉ်ဟ်ဖျါ-

တၢ်ဂ့ၢ်တၢ်ကျိၤလၢအဟ်ဃုာ်လၢတၢ်ထုးထိဉ်ရၤလီၤတခါအံၤအပူၤနၣ်အတၢ်ပညိဉ်မ့ၢ်ထဲဒဉ်လၢတၢ်ကဟ့ဉ်တၢ်နဲဉ်ကျဲလၢတၢ်ဟ့ဉ်အလဲတဖဉ်ဒီးတၢ်မၤစၢၤအတၢ်ဖံးတၢ်မၤတဖဉ်အဂီၢ်ဧၤလီၤ. တၢ်အံၤမ့ၢ်နမူနဒါလၢနကဆၢတဘဉ်မ့ၢ်နအဲဉ် ဒီးပတံထိဉ်ဝဲဒဉ်လၢတၢ်ဟ့ဉ်အလဲတခါအဂီၢ်ဧါဒီးမ့ၢ်တၢ်ကတိဉ်ထိဉ်လံာ်ပတံထိဉ်တခါလၢအဘဉ်ထွဲဒီးနတၢ်အိဉ်သးလီၤလီၤဆီဆီဧါနၣ်လီၤ.

Family and domestic violence – how we can help

Call 000 if you are in immediate danger

What is family and domestic violence

Family and domestic violence is any behaviour that is violent, threatening, forceful or controlling, or makes a person feel scared.

How we can help

If you or someone you know is affected by family and domestic violence, we can help with payments and services. You can also speak with a social worker.

We will check if you can get a payment from us, such as an income support payment or Crisis Payment.

Stay safe when separating

If you are planning to end a relationship it is important to protect your privacy and make sure your information is safe.

Follow these important steps when separating to help keep you and your personal information safe.

1. Change your passwords and personal identification numbers (PINs)

Make sure you change any passwords and personal identification numbers (PINs) for your myGov and any other online accounts. Choose different passwords or passphrases that are hard for people to guess. This will make sure only you have access. You can also ask for more passwords on your records to protect your information.

2. Check your acting arrangements

If you have someone helping you with Centrelink, Medicare or Child Support, you need to consider if this arrangement is still safe. If you feel this arrangement could put you at risk, call us to change or end the arrangement so the other person cannot access your information.

3. Update your relationship status with us

Before you update any personal information you will need to call Medicare, Centrelink and Child Support separately and ask us to separate your records and update your relationship details. This is so your ex-partner can’t see your new details. After we have separated your records, you can ask us to update your personal information like your phone number or address.

4. Transfer yourself and your children or dependents to a new Medicare card

Before you update any of your personal details with Medicare you need to transfer yourself and your children or dependents to a new Medicare card. This is to stop anyone seeing your new contact details, new address and any services you and your children use.

5. Update your Medicare Safety Net registration

To stop us notifying the nominated contact person for your family about the change in your details you will need to remove your ex-partner or family member from your Medicare Safety Net registration.

6. Check if you, your children or dependants have a My Health Record and who can access it

If you, your child or dependants have a My Health Record it may contain contact details, such as your address. If this could put your family at risk, call the My Health Record Help line on **1800 723 471**.

7. Make sure you have a secure bank account in your name

To keep your money safe, you should have a bank account in your name only. If you want us to send your payments to that account, you need to change your bank account details separately with Medicare, Centrelink and Child Support.

If you do not have a safe and secure bank account in your name only, please contact us and we can look at other options, such as Electronic Benefit Transfer card.

8. Make sure you have your personal identity documents

To get a payment or service we may ask for your personal identity documents. This could include your driver licence, birth certificate, passport, ImmiCard, bank card or myID.

If you do not have your identity documents we can still help you. Call us and we will work with you to find other options.

For more information

- Go to **servicesaustralia.gov.au/domesticviolence** or **servicesaustralia.gov.au/keepinformationsafe** for information in English.
- Go to **servicesaustralia.gov.au/yourlanguage** where you can read, listen to or watch information in your language.
- Call **131 202** to speak with us in your language about Centrelink payments and services.
- Call us about Medicare and Medicare Safety Net on **132 011.** Let us know if you need an interpreter and we will arrange one for free.
- Call Child Support on **131 272**. Let us know if you need an interpreter and we will arrange one for free
- Visit a service centre.

If you need help to understand information about our payments and services, there are many options available. You can ask us when you talk to us.

Help from other places

There are other places that can help you with counselling, support and advice.

For counselling and support 24 hours a day, 7 days a week, call 1800RESPECT on **1800 737 732**. You can ask for an interpreter.

The Leaving Violence Program gives financial and other help to people leaving a violent partner. For more information call **1800 253 283** and ask for an interpreter, or go to **leavingviolenceprogram.org.au/resources-other-languages**

Disclaimer

The information contained in this publication is intended only as a guide to payments and services. It's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.