



ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကး..ဆၢကတီၢ်တုၤလၢကဘဉ်တဲ “ဘဉ်ဝဲလံ” န့ဉ်လီၤ.

ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖဉ်တၢ်တူၢ်လိာ်အီၤတသ့ဝဲဘဉ်.

ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖဉ်မ့ၢ်လုာ်လၢသကးပဝးတခါလၢပုၤတကၤကဘဉ်ပျံၤဘဉ်ဖုးအဂီၢ်လီၤ.

တၢ်အံၤကမ့ၢ်ဝဲ-

- နီၢ်ခိၣ်သး,မ့ၢ်ခွါသ့ၣ်ထံးမ့တမ့ၢ်သးခိဉ်န့ဉ်တၢ်မၤတရီၤတပါအသိး
- တၢ်လဲၤကဟံးကုၤကဟံး
- ကျိဉ်စုတၢ်ဂ့ၢ်တၢ်မၤတရီၤတပါ
- တၢ်ကွၢ်ဟ့ၣ်ကွၢ်စုာ်
- ခိဉ်စိခိဉ်ကမိၤလၢပုၤအကတကၤအဖိခိဉ်
- မၤဆူးမၤဆါပုၤ,ဆဉ်ဖိကီၢ်ဖိမ့တမ့ၢ်ဟံဉ်ယိတၢ်ပီးတၢ်လိတဖဉ်
- ဆိကတီၢ်ပုၤတကၤအတၢ်စုာ်တၢ်န့ၣ်မ့တမ့ၢ်တၢ်ဆဲးတၢ်လၢအတၢ်န့ဉ်လီၤပဉ်ယုာ်,ဒီး
- ပျံၤဖိဒီးတဖဉ်ထံဉ်ဘဉ်တၢ်မၤအသးဒီးအံၤတဖဉ်အသိး.

ပုၤကိးဂၤဒဲးကတူၢ်ဘဉ်ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖဉ်သ့ဝဲလီၤ.ကကဲထီဉ်လၢတၢ်ရူလိာ်သးကိးကလုာ်ဒဲးအပူပဉ်ယုာ်-

- တၢ်ရူလိာ်သးလၢအပူကွၢ်မ့တမ့ၢ်တကီၢ်ခါတဖဉ်,တလိာ်လၢကမ့ၢ်မုဉ်ခွါဖဲလဲဉ်တခါဘဉ်သ့ဝဲ
- ဒီးဘူးဒီးတၢ်ဒီးပုၤလၢအကွၢ်ထွဲတၢ်တဖဉ်
- ပုၤလၢအကွၢ်ထွဲသ့ဉ်ကုသးပုၤ,ပုၤလၢအိဉ်ဒီးကွၢ်ဂီၤတလၢပျံၤမ့တမ့ၢ်ဘဉ်ဆူးဘဉ်ဆါ,ဒီး
- ဟံဉ်ဖိယိဖိလၢအိဉ်ဒီးတၢ်ဟံးပနီၣ်အထူသန့တၢ်ဆဲးတၢ်လၢတဖဉ်.

ပုၤလၢအတူၢ်ဘဉ်ဟံဉ်ဖိယိဖိဒီးဟံဉ်ပူယိပူတၢ်စုဆူဉ်ခိဉ်တကးတဖဉ်ကအိဉ်ဝဲလၢတၢ်ပျံၤတၢ်ဖုးအပူလၢအဝဲသ့ဉ်အဂီၢ်ဒီးအဟံဉ်ဖိယိဖိအဂီၢ်သ့ဝဲလီၤ.
တၢ်အံၤကဲထီဉ်သးသ့ဉ်လဲာ်ဖဲအဟံးတၢ်ကွၢ်တၢ်ရူလိာ်သးလၢအိဉ်ဒီးတၢ်စုဆူဉ်ခိဉ်တကးအပူသ့ဝဲန့ဉ်လီၤ.

တၢ်ဆိၣ်ထွဲမၤစၢ

န့ၤမ့တမ့ၢ်ပုၤတၢ်ကၤလၢန့ၣ်ညါမ့ၢ်တၢ်ဘၣ်တၢ်အံၤ,ပကသုဒးဘၣ်ဘျးန့ၤဒီးတၢ်ကရၢကရိတဖၣ်လၢပုၤတၢ်အပူၤ,ပၣ်ယုၣ်ပုၤလၢအသ့အဘၣ်လီၤဆိၣ်လၢတၢ်ဂ့ၢ်အံၤတဖၣ်,ဂ့ၢ်ဂီၢ်အုၣ်ဟံၣ်ယီၤလၢကအိၣ်အဂီၢ်,ဟံၣ်ယီၤဒီးသဲစးတၢ်ဆိၣ်ထွဲန့ၣ်လီၤ.

ပကကွၢ်လီၤတၢ်စ့ၢ်ကိးန့ၤန့ၢ်ပကျိၣ်စ့ဒီးတၢ်ဆိၣ်ထွဲတဖၣ်ကသ့အဂီၢ်,ပၣ်ယုၣ်-

- ကျိၣ်စ့တၢ်ဟဲန့ၣ်တၢ်ဆိၣ်ထွဲမၤစၢ
- Crisis Payment (ကျိၣ်စ့တၢ်မၤစၢလၢတၢ်ယံးတၢ်ကၤအပူၤ)
- တၢ်ဂ့ၢ်ပျဲပုၤလၢကဘၣ်ယုၣ်ဖဲယုၣ်မၤအဂီၢ်
- ထၢဖျိၣ်ကျိၣ်စ့လၢတၢ်ဆိၣ်ထွဲဖိဖိသၣ်အဂီၢ်
- ပုၤဂ့ၢ်ဝီတၢ်မၤစၢတဖၣ်.

ပအိၣ်ဒီးလိတဲစိကျိးထံဝဲကျိၤလၢတလၢဘျီလၢစ့ဘၣ်န့ၣ်လီၤ,လၢနကတိၤတၢ်ဒီးပုၤလၢနကျိၣ်ကသ့အဂီၢ်-

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

န့ၤမ့တမ့ၢ်သ့စ့ၢ်ကိးဝဲ **humanservices.gov.au/enough** မ့တမ့ၢ်လဲၤဆူဝဲအေးအိၣ်တက့ၢ်.

လၢကသ့ၣ်ညါအိၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်

Family Safety Pack တၢ်ဂ့ၢ်တၢ်ကျိၤတဖၣ်န့ၤန့ၢ်အိၣ်လၢအကလံးကျိၣ်ဒီးကျိၣ်အကၤအါမံၤသ့ဝဲလီၤ.အိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ယးဒီးအိးစကြၢ်လံာ်ဟံၣ်ဖိဖိတၢ်သိၣ်တၢ်သိၣ်ဘၣ်ထွဲဒီးဟံၣ်ဖိဖိတၢ်သိၣ်တၢ်သိၣ်ဘၣ်ထွဲဒီးဟံၣ်ယုၣ်ယုၣ်တၢ်စ့ဆူၣ်ခိၣ်တကး,မုၢ်ခါသ့ၣ်ထံးတၢ်မၤဆူၣ်,တၢ်ဖျိန့ၢ်ဆူၣ်လၢတၢ်တဘၣ်သးအပူၤဒီးမိၤဝဲတၢ်ဟဲန့ၣ်လီၤကိၢ်ပူၤအိၣ်ခွဲး (visas) တဖၣ်န့ၣ်လီၤ.ကွၢ်ဝဲ- **dss.gov.au/familysafetypack**

ပုၤတၢ်တၢ်ဆိၣ်ထွဲအကျိၤအကျဲအကတဖၣ်အိၣ်အါမံၤစ့ၢ်ကိး,ပၣ်ယုၣ်-

- 1800RESPECT
ကိး **1800 737 732**-တၢ်ကတိၤဒီးလံာ်ကျိးထံဝဲကျိၤတၢ်ဆိၣ်ထွဲမၤစၢအိၣ်ဝဲ-မ့တမ့ၢ်ကွၢ်ဝဲ **1800RESPECT.org.au**
1800RESPECT မ့ၢ်ထံလီၢ်ကိၢ်ပူၤဟံၣ်ဖိဖိတၢ်စ့ဆူၣ်ခိၣ်တကးဒီးမုၢ်ခါသ့ၣ်ထံးတၢ်မၤဆူၣ်မၤစိးအတၢ်ဟ့ၣ်ကုၣ်ဟ့ၣ်ဖးတၢ်မၤစၢတဖၣ်န့ၣ်လီၤ.ကရၢတဖၣ်အံၤကလိဝဲဒီးတၢ်ပၣ်တၢ်ဂ့ၢ်တဖၣ်လၢတၢ်စ့ဆူၣ်အပူၤလီၤ.နထံၣ်န့ၢ်အိၣ်သ့လၢ**24**န့ၣ်ရံၢ်အတီၢ်ပူၤ,တနံၣ်န့ၣ်ရံၢ်သိၣ်လၢလီၤ.

- Family Relationship Advice Line
ကိး **1800 050 321** မ့တမ့ၢ်ကွၢ်ဝဲ **familyrelationships.gov.au**

The Family Relationship Advice Line ဟ့ၣ်ထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဒီးတၢ်ဟ့ၣ်ကုၣ်ဟ့ၣ်ဖးလၢဟံၣ်ဖိဖိတၢ်ရဲလိာ်သးအပူၤတၢ်ဂ့ၢ်ကိတဖၣ်ဒီးတၢ်ကဲမိၢ်ကဲပၢ်အတၢ်ရဲၣ်ကျဲဝဲဒီးမိၤဝဲလီၤဖးဝဲအလီၢ်ခဲန့ၣ်လီၤ.အဝဲသ့ၣ်အိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်ကျိးထံအိၣ်လၢပုၤအပူၤဒီးကဆုၢ်ခိယီၤန့ၤဆူၣ်လီၢ်ကဝီၤကရၢလၢမၤစၢန့ၤသ့တဖၣ်အအိၣ်သ့ဝဲလီၤ.

အိးထီၣ်ဂီၤ**8**န့ၣ်ရံၢ်တုၤဟါ**8**န့ၣ်ရံၢ်မုၢ်ဆၣ်တုၤမုၢ်ဖိဖိဒီးဂီၤ**10**န့ၣ်ရံၢ်တုၤဟါ**4**န့ၣ်ရံၢ်(မုၢ်ဘျီ)န့ၤသ့တဖၣ်တအိၣ်ထီၣ်ဘၣ်).

- MensLine Australia

ကိ: 1300 789 978 မှတစ်ဖန်ကွဲ mensline.org.au တစ်ဂိုတင်ကျိထဲအကလံးကျိန်နီလီ.

MensLine Australia အိပ်ဒီးလိတဲစိဒီးအံထနဲးအပူတၢ်ဆိၣ်ထွဲလၢပိာ်ခွါတဖၣ်,တၢ်ဂ့ၢ်တၢ်ကျိးဒီးတၢ်ဆျၢခိအဂီၢ်န့ၣ်လီၤ.

ဟ့ၣ်ထီၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤဆူတၢ်ဆိၣ်ထွဲမၤစၢၤကရၢလိၤဆိဆူပှၤလၢအတူၢ်ဘၣ်ဒီးလဲၤခိဖျိဟံၣ်ဖိယိဖိဒီးဟံၣ်ပူၤယိပူၤတၢ်စုဆူၣ်ခိၣ်တကးတဖၣ်အဂီၢ်လိၤ.

အိးထီၣ်တနံၤ၂၄န့ၣ်ရံၢ်,တနွံရသိလၢာ်

- Financial Counselling Australia

ကိ: 1800 007 007 မှတစ်ဖန်လဲအောင် financialcounsellingaustralia.org.au ထဲအကလံးကျိန်ခိလိ.

Financial Counselling Australia ဟုင်ထီင်ကိုင်စွဲဂု်ဝိတ်ဟုင်ကူင်ဟုင်ဖးကလိလာယုလောအခိဖျိဘင်ကိုင်စွဲတ်ဂု်

ကိတဖှ်အဂီၢ်လီၤ.ကမၤစၢ်ပုၤတဖှ်လၢကထှ်ဖျဲးထီၣ်ဝဲလၢဒှ်ကမၤအပူၤန့ၣ်လီၤ.

နဆဲးကျိုးအဝဲသွန်သုဖဲဂီၤ**9.30**တုၤဟၤ**4.30**ဖဲမုၢ်ဆၢၣ်တုၤမုၢ်ဖိဖးအနံၤတဖၣ်(နံၤသၢၣ် အတီၢ်ပူၤတအိးထီၣ်ဘၣ်).

နမ့်ဆဲးကျီးနီင်ဂံအံကဆုခိယိနဆူကရလနကီဝဲအပူမ့တမ့်လီကဝိလအဘူးကတားဒီးနန့ၣ် မင



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](https://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 **financialcounsellingaustralia.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.