



ဟံၣ်ဖိဃီဖိဒီးဟံၣ်ပူၤဃီပူၤတၢ်စုဆူၣ်ခိၣ်တကး

ပုၤကိးဂၤဒဲးအိၣ်ဒီးခွဲးယၢ်လၢကတူၢ်ဘၣ်တၢ်ပူၤဖျဲးလီၤ. ဟံၣ်ဖိဃီဖိဒီးဟံၣ်ပူၤဃီပူၤတၢ်စုဆူၣ်ခိၣ်တကးန့ၣ်တဘၣ်ဝဲဘၣ်.

တၢ်လၢဟံၣ်ဖိဃီဖိဒီးဟံၣ်ပူၤဃီပူၤတၢ်စုဆူၣ်ခိၣ်တကးမ့ၢ်မနုၤလဲၣ်

ဟံၣ်ဖိဃီဖိဒီးဟံၣ်ပူၤဃီပူၤတၢ်စုဆူၣ်ခိၣ်တကးန့ၣ်မ့ၢ်တၢ်သကဲၣ်ပဝးတမံၤလၢလၢအမ့ၢ်တၢ်စုဆူၣ်ခိၣ်တကး, မၤပျံၤတၢ်, ဖိၣ်ဃံးတၢ်မ့ၢ်တမ့ၢ်မၤကဲထီၣ်န့ၣ်မ့ၢ်တမ့ၢ်န့ၣ်ဖိလၢအကတူၢ်ဘၣ်တၢ်ပျံၤဒီးတၢ်တပူၤတဖျဲးဘၣ်န့ၣ်လီၤ.

တၢ်သကဲၣ်ပဝးတခါအံၤန့ၣ်ကဲထီၣ်အသးလၢတၢ်ရ့ၤလိာ်မုၢ်လိာ်တမံၤလၢလၢတကွၢ်သးန့ၣ်, မ့ၢ်ခွါမ့ၢ်သ့ၣ်ထံးဘၣ်န့ၣ်သ့လီၤ. ဘၣ်တဘၣ်အကမ့ၢ်-

- ကတီၢ်အံၤမ့ၢ်တမ့ၢ်တၢ်ရ့ၤလိာ်မုၢ်လိာ်လၢအပူၤကွၢ်
- ဃုာ်ဒီးဟံၣ်ဖိဃီဖိတဖၣ်ဒီးဘူးတၢ်တဖၣ်
- ဃုာ်ဒီးပုၤကွၢ်ထွဲကဟုကယၢ်တၢ်ဒီးပုၤကွၢ်ထွဲလုၢ်ဒိၣ်ထီၣ်တၢ်ဖိးသဲးစးတဖၣ်

တဘၣ်ဝဲဒၣ်နီၣ်တဘျီလၢပုၤနီၣ်တဂၤအဂီၢ်ဘၣ်-

- မၤကဲထီၣ်န့ၣ်န့ၣ်မ့ၢ်တမ့ၢ်န့ၣ်ဖိလၢအကတူၢ်ဘၣ်တၢ်ပျံၤဒီးတၢ်တပူၤတဖျဲး
- မၤဆူၣ်မၤစိးထီၣ်ဒါန့ၣ်
- ဟံၣ်န့ၣ်ယံၤဒီးနတံၤသကိးမ့ၢ်တမ့ၢ်ဟံၣ်ဖိဃီဖိတဖၣ်
- တပျဲးနဟံၣ်ဃာ်နစ့ဘၣ်
- မၤပျံၤန့ၣ်လၢနဘၣ်စ့န့ၣ်တၢ်ကထုးသံကွၢ်အီၤ
- ဖိၣ်ဃံးန့ၣ်လၢနကဘျီဘၣ်တၢ်ဘျီတၢ်ဘၣ်န့ၣ်လီၤ.

တၢ်မၤစၢၤမနုၤတဖၣ်အိၣ်လဲၣ်.

ဖဲန့ၣ်မ့ၢ်ဘၣ်ဒိဘၣ်ထံးဒီးဟံၣ်ဖိဃီဖိဒီးဟံၣ်ပူၤဃီပူၤတၢ်စုဆူၣ်ခိၣ်တကးန့ၣ်ပမၤစၢၤသ့လီၤ.

ပကသမံသမိးမၤန့ၣ်တၢ်ဟ့ၣ်အလဲလၢပအိၣ်သ့ဒါန့ၣ်လီၤ.

တၢ်အံၤဘၣ်တဘၣ်ကမ့ၢ်စ့တၢ်ဟဲန့ၣ်အတၢ်ဆိၣ်ထွဲအလဲမ့ၢ်တမ့ၢ်" Crisis Payment (တၢ်သဘၣ်သဘၣ်အတၢ်ဟ့ၣ်အလဲ)" န့ၣ်လီၤ.

ပမၤစၢၤစ့ၢ်ကိးလၢတၢ်ထၢဖိၣ်န့ၣ်ဖိအတၢ်ဆိၣ်ထွဲမ့ၢ်တမ့ၢ်မၤန့ၣ်တၢ်ပျံၤဖျဲးတခါလၢန့ၣ်ဖိအတၢ်ဆိၣ်ထွဲအဂီၢ်ဖဲန့ၣ်မ့ၢ်ပျံၤတၢ်မ့ၢ်တမ့ၢ်ဘၣ်ယိၣ်ဘၣ်ဃးနတၢ်ပူၤဖျဲးန့ၣ်သ့လီၤ.



ပကျဲန့ၢ်န့ၢ်လၢနကကတိတၢ်ဒီးပုၤဂ့ၢ်ဝီအပုၤမၤတၢ်ဖိတဂၤသ့လီၤ.

ပပုၤဂ့ၢ်ဝီအပုၤမၤတၢ်ဖိတဖၣ်ဟ့ၣ်န့ၢ်ဒီးတၢ်တၢ်ပိၣ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃး-

- ပတၢ်ဟ့ၣ်အလဲတဖၣ်ဒီးတၢ်မၤစၢၤတဖၣ်, ပၣ်ဃုာ်ဖဲန့ၣ်ကမၢ်မ့ၢ်အိၣ်ဒီးပုၤအခါ
- သဲစးအတၢ်မၤစၢၤအတၢ်ဖိးတၢ်မၤတဖၣ်
- တၢ်ဆိၣ်ထွဲအတၢ်မၤစၢၤအတၢ်ဖိးတၢ်မၤတဖၣ်လၢဟံၣ်ဖိဃီဖိဒီးဟံၣ်ပူၤဃီပူၤတၢ်စုဆူၣ်ခိၣ်တကးအဂီၢ်
- ဂ့ၢ်ဂီၢ်အူတၢ်အိၣ်ကဒုအလီၢ်

နကိးဝဲဒၣ် Centrelink ကျိၣ်အါကျိၣ်အလီၤတဲစိအကျိၤဖဲ **131 202** လၢတၢ်ကကတိတၢ်ဒီးပုၤလၢနကျိၣ်န့ၣ်သ့လီၤ.
လီၤကျိၤတခါအံၤန့ၣ်တၢ်အိးထီၣ်ဃာ်အီၤလၢဂီၤ 8 န့ၣ်ရံၣ် တုၤဟါ 5 န့ၣ်ရံၣ်မုၢ်ဆၣ်တုၤမုၢ်ဖိဖးန့ၣ်လီၤ.

နလဲၤအိၣ်သကိး service centre (တၢ်မၤစၢၤအလီၢ်ခၢၣ်သး) သ့စ့ၢ်ကိးလီၤ.

ပအိၣ်ဒီးပုၤကတိၤကျိးထံတၢ်ဒီးတၢ်ကျိးထံတၢ်အတၢ်မၤစၢၤအတၢ်ဖိးတၢ်မၤတဖၣ်လၢအအါန့ၢ်ကျိၣ် 200 ကျိၣ်လၢကမၤ
ညီလီၤတၢ်လၢနဂီၢ်လၢတၢ်ကဆဲးကျိးဖိးမၤတၢ်ဒီးပုၤအဂီၢ်န့ၣ်လီၤ. ဒုးသ့ၣ်ညါဘၣ်ပုၤဖဲန့ၣ်မုၢ်လိၣ်ဘၣ်ပုၤကတိၤကျိး ထံတၢ်
ဖဲနကိးမ့တမ့ၢ်လဲၤအိၣ်သကိးပုၤအခါ, ဒီးပကကျဲၤကလီၤန့ၢ်ပုၤတဂၤလီၤ.

ဖဲန့ၣ်ဃုထီၣ်တၢ်ဟ့ၣ်အလဲတခါမ့တမ့ၢ်တၢ်မၤစၢၤအတၢ်ဖိးတၢ်မၤအခါပကသံကွၢ်န့ၢ်ဒီးလံာ်တီလံာ်မိတဖၣ်ဒ်သိးက့ၢ်ပနီၣ်
အတၢ်အုၣ်သးန့ၣ်လီၤ. ဖဲလံာ်တီလံာ်မိမ့ၢ်တအိၣ်လၢအဲကလံးအကျိၣ်န့ၣ်, ပကျိးထံန့ၢ်ကလီၤအီၤသ့လီၤ. ထဲဒၣ်တဲဘၣ်ပုၤ
လၢနလိၣ်ဘၣ်တၢ်မၤစၢၤလၢတၢ်ကကျိးဝဲဒၣ်နလံာ်တီလံာ်မိတဖၣ်ဖဲနကိးမ့တမ့ၢ်ဟဲဆူပအိၣ်အခါတက့ၢ်.

ပုၤကတိၤကျိးထံတၢ်ဒီးပုၤကျိးထံတၢ်လူၤပိာ်မၤထွဲတၢ်သကဲာ်ပဝးအသနီၣ်အတၢ်သိၣ်တၢ်သီတခါ, အဃိအဝဲသ့ၣ်တဲဘၣ်န
နီၣ်တဂၤအဂ့ၢ်အကျိၤဆူပုၤအဂၤတသ့ဘၣ်.

လၢတၢ်ကမၤန့ၢ်သ့ဝဲဒၣ် 24 န့ၣ်ရံၣ် တနွံ 7 သီတၢ်တၢ်ပိၣ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီးတၢ်ဆိၣ်ထွဲအဂီၢ်, ကိးဘၣ် 1800RESPECT
လၢ **1800 737 732**. တက့ၢ် နဃုထီၣ်ပုၤကတိၤကျိးထံတၢ်တဂၤသ့လီၤ.



Family and domestic violence

Everyone has the right to feel safe. Family and domestic violence is not okay.

What is family and domestic violence

Family and domestic violence is any behaviour that is violent, threatening, controlling or makes you or your children feel scared and unsafe.

This behaviour can happen in any type of relationship regardless of age, gender or sexuality. It may be:

- in current or past relationships
- with family members and relatives
- with carers and guardians

It is never okay for anyone to:

- make you or your children feel scared and unsafe
- be violent against you
- keep you away from your friends or family
- not let you have your money
- threaten to get your visa cancelled
- control the way you practice your religion.

What help is available

We can help if you are affected by family and domestic violence.

We will check if you can get payment from us. This may be an income support payment or a Crisis Payment. We can also help you collect child support or get an exemption from child support if you are scared or worried about your safety.

We can arrange for you to speak with a social worker.

Our social workers can give you counselling and information about:

- our payments and services, including if you have a debt with us
- legal services
- support services for family and domestic violence
- emergency accommodation.

You can call the Centrelink multilingual phone line on **131 202** to speak with us in your language. This line is open 8 am to 5 pm Monday to Friday.

You can also visit a service centre.

We have free interpreter and translation services in over 200 languages to make it easier for you to deal with us. Let us know if you need an interpreter when you call or visit us, and we will arrange one for free.



When you claim a payment or service we might ask you for documents, like proof of identity. If the document is not in English, we can translate it for free. Just tell us you need a document translated when you call or visit us.

Interpreters and translators follow a code of ethics, so they can not tell anyone your personal information.

To access 24/7 counselling and support, call 1800RESPECT on **1800 737 732**. You can ask for an interpreter.