

2022/23

# Pawngkam Rianttuanpiaknak Lamhmuhsaknak



  
Cardinia



*Hi lamhmuhsaknak hi a biapimi rianttuanpiaknak petu ramchung agency pawl le pawngkam rianttuannak bu pawl ruahnak peknak caah ruahchanmi a si – a tling dihmi cazin cu a si lo.*

*Hi lamhmuhsaknak chung ah langhtermi agency pawl le pawngkam rianttuannak bu pawl cu Cardinia Shire Council rianttuanpiaknak an si lo. Hi agency pawl silole rianttuannak bu pawl sin ah council nih zeibantuk aamahkhaannak pawl silole biakamnak pawl hmanh a tuah lo cun an rianttuanpiaknak silole theihternak(information) bawmhnak ah ttuanvo laaknak a cohlaang lo.*

*Hi lamhmuhsaknak khawmhnak ah an i teltumnak caah council nih Cardinia Shire pehtlaihnak chung ii Pawngkam Rianttuantu(Community Workers) pawl cu a lawmh hna.*

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# Ramhlum hmasa(Aboriginal) le Torres Strait Rilikam Khuasa pawl(Islanders)



## **Bunorong Ngandamnak Rianttuanpiaknak**

Aboriginal Ngandamnak Rian ttuanpiaknak. Nunphung he aa tlakmi ngandamnak le duhdimnun zohkhenhnak.

**Ph:** 8902 9700

## **Elizabeth Hoffman House**

Chungkhar zaangennak(violence) a tongmi Ramhlum hmasa(Aboriginal) nu pawl le an fa le caah bawmhnak le ruahnak cheuhnak rianttuanpiaknak pawl.

**Ph:** 1800 796 112

## **Monash Ngandamnak**

Aboriginal Ngandamnak Rian ttuanpiaknak. Nunphung he aa tlakmi ngandamnak le duhdimnun zohkhenhnak.

**Ph:** 1300 342 273

## Kum upa zohkhenhnak le bawmhnak



### **Australia Hmun Ttha Deuh**

Upa deuh Namnehnak khamhnak le rianttuanpiaknak pawl.

**Ph:** 1800 214 117

### **Fernlea Pawngkam Zohkhenhnak**

Emeral & Pakenham chung ii Upa Ni Dinhnak Hmun pawl(Adult Day Respite Centers) le inn ah zohkhenhnak rianttuanpiaknak pawl

**Ph:** 5968 6639

**Email:** admin@fernlea.com.au

**Web:** www.fernlea.com.au

### **Victoria Upa deuh pawl Nawingeihnak Covo**

Nangmah, rian na ttuanpiakmi(client) silole na hngalhi minung pakhat khat upa deuh namnehnak a ton ahcun, zaangfahnak te'n a lak in a thlithup(confidential) bawmhnak ah ra kan pehtlai.

**Web:** www.seniorsrights.org.au

**Ph:** 1300 368 821

### **Mecwacare**

Kumkhua upa zohkhenhnak umnak, inn zohkhenhnak fun(package) pawl, pawngkam innhmun, pawngkam program pawl, pumtlamtling lo le cawnggramtu(nursing) rianttuanpiaknak pawl peknak.

**Ph:** 1800 163 292

**Pakenham Zung Ph:** 5945 0806

**Web:** www.mecwacare.org.au

### **Monash Ngandamnak**

Thinlung tthawn tthannak, caansau zawtnak bawmhnak telh in rianttuanpiaknak pawl. Khamhnak, tuan te'n i thlaknak program pawl le inn ah zohkhenhnak.

**Ph:** 1300 342 273

### **Kooweerup Ramchung Ngandamnak Rianttuanpiaknak pawl**

Zohkhenhnak, ngandamnak, sii lei, pawngkam le inn zohkhenhnak rianttuanpiaknak pawl rii pakhat tiang a pek.

**Ph:** 5997 9679

**Web:** www.kooweeruphospital.net.au

### **Tianglei Aa Tthialmi Razaam Umnak(Southern Migrant Refugee Centre)**

Upa deuh pawl caah nunphung phun tampi timhtuahnak phu in le a leng ah cawlcanghnak. Kum upa luhnak le bawmhnak(Aged access & support workers) rianttuantu pawl le inn ah tluangtlam te'n lennak rianttuanpiaknak.

**Ph:** 9767 1900  
**Web:** [www.smrc.org.au](http://www.smrc.org.au)

### **Wintringham**

Inn zohkhenhnak fun(packages) pawl ah bawmhnak a herhmi le tangka lei sunghnak a tongmi upa deuh pawl caah Luhnak le Bawmhnak(Access & Support)

**Ph:** 9769 0202  
**Web:** [www.wintringham.org.au](http://www.wintringham.org.au)

### **Cardinia Ram Chung Ka Kum Upa Zohkhenhnak Luhnak Rianttuanpiaknak (My Aged Care Assessment Service Cardinia Region)**

Upa deuh pawl caah fun(packages) pawl le inn zohkhenhnak vialte bawmhnak caah ruahnak peknak le sawhduhmi pawl.

**Ph:** 5945 0800  
**Email:** [RASfeedback@mecwacare.org.au](mailto:RASfeedback@mecwacare.org.au)

## **Zu le ritthaisii pawl**



### **Remhnak**

A hlei in a thiammi(specialist) Zu le a dang ritthaisii thlopnak

**Ph:** 1800 828 466

### **Windana Ritthaisii le Zu Dam tthannak**

A tthami thlennak pawl tuahnak caah minung pawl bawmhnak program phunphun a pek.

**Ph:** 9529 7955

### **Narcotics Minhngalhlo(Anonymous)**

Ritthai sii nih harnak pekmi minung pawl hawikomhnak An nunnak sertthannak le thiang te'n umnak aa ruang in bawmhnak

**Ph:** 9525 2833

**National Phone line:** 1300 652 820

**Web:** [www.navic.net.au](http://www.navic.net.au)

### **YSAS**

Kum

12-21 minung pawl caah ritthaisii le zuu ri pakhat bawmhnak program pawl peknak.

**Ph:** 9701 3488

### **SECADA**

**Ph:** 1800 142 536

## **Ngaihchiatnak rianttuanpiaknak pawl**



### **Hawikom Zaangfahnak(Compassionate Friends) -Victoris Inc**

Ngakchia, pi le pu silole chuahpi unau thihlohnak a tongmi hna chungkhar pawl caah suimilam 24 ngaihchiatnak bawmhnak.

**Ph:** 9888 4944

**Email:** [support@compassionatefriends.org.au](mailto:support@compassionatefriends.org.au)

**Web:** [www.compassionatefriendsvictoria.org.au](http://www.compassionatefriendsvictoria.org.au) or [www.tcfv.org.au](http://www.tcfv.org.au)

# Ngakchia pawl rianttuanpiaknak pawl



## **Monash Ngandamnak**

Tuan te'n i thlaknak ngakchia pawl rianttuanpiaknak pawl le fonhmi ngandamnak rianttuanpiaknak .

**Ph:** 1300 342 273

## **Ngakchia pawl caah Cardinia Pawngkam pawl**

Ngakchia pawl le an chungkhar pawl caah rianttuanpiaknak pawl he a pehtlaih ter.

**Ph:** 9781 6795

## **CahtolicZohkhenhnak(CatholicCare)**

Ngakchia le Tleirawl Ruahnak Cheuhnak

**Ph:** 1800 522 076

**Web:** [www.ccam.org.au](http://www.ccam.org.au)

## **Funtomnak**

Ngakchia pawl le an chungkhar pawl caah rianttuanpiaknak bawmhnak ri pakhat tiang a pek.

**Ph:** 5945 3900

## **Tualleng ah Tuan te'n Thoknak le Cardinia Shire Council Central Min Cazin Peknak**

Tualleng ah min cazin peknak hlatnak caah Central Minpeknak NawIngeitu rak pehtlai.

**Ph:** 1300 787 624

## **Nu le Ngakchia Ngandamnak**

An chuah kaa in Sianginn kai an zat hlaan tiang ngakchia ii ngandamnak le tthanchonak bawmhnak a lak in rianttuanpiaknak. Tonnak laaknak caah rak chawn.

**Ph:** 5943 4250

## **TAHFUNG(SCOPE)**

Tthanchonak lei a nuarmi le pum tlamtinglo ngakchia pawl caah an ngakchiat lio tuan te'n i thlaknak le damhnak(therapy) rianttuanpiaknak pawl.

**Ph:** 1300 472 673

**Web:** [www.scopeaust.org.au](http://www.scopeaust.org.au)

# Nunphung lei le holh lei aa dangmi (CALD) pawngkam pawl



## **Nunphung tampi Cawhnak(In Touch Multicultural Centre) nih chungkhar zaangennak a doh**

CALD pawngkam pawl chung ii chungkhar zaangennak lehnak pawl le rianttuanpiaknak pawl.

**Ph:** 9413 6500

**Web:** [www.intouch.asn.au](http://www.intouch.asn.au)

## **CahtolicZohkhenhnak(CatholicCare)**

Aa tthialmi(migrants) pawl caah Mirang holh in biaruhnak.

**Ph:** 1800 522 076

**Web:** [www.ccam.org.au](http://www.ccam.org.au)

## **Tianglei Aa Tthialmi Razaam Umnak(Southern Migrant Refugee Centre)**

Aa tthialmi pawl le ralzaam pawl caah rianttuanpiaknak pawl.

**Ph:** 9767 1900

## **Monash Ngandamnak**

Sii lei damlonak dirhmun a ngeimi ralzaam pawl/ dornak nawl (asylum) a kawli liomi pawl caah Ngandamnak rianttuanpiaknak pawl

**Ph:** 1300 342 273

## **Tiang Nichuah lei(South East) chung Nu pawl Ngandamnak**

Tthialkaamnak rianttuanpiaknak pawl – holhlettu pek a si.

**Ph:** 9794 8677

**Aboriginal Pa pawl caah Pa in Pa (Brother to Brother) suimilam- 24 chung Harnak Chawhnak.**

**Ph:** 1800 435 799

**Pakenham Nunnak Cawnnak**

**Ph:** 03 5941 2389

**Yarning a Himmi le a Tthawngmi (SafeNStrong) a thlipthup (confidential)**

**bawmhnak chawhnak 24/7**

**Ph:** 1800 959 563

**Calehnak le Holhlehnak Rianttuanpiaknak (TIS)**

**Ph:** 131 452 – rianrang in phone holhlehpianak (24/7)

**Web:** [www.tisnational.gov.au](http://www.tisnational.gov.au)

## Zohkhenhtu bawmhnak



**Funtomnak**

Sianginn khiahmi caan lio ah Toomah Pawngkam Hmun ii Zohkhenhtu Kual(Carer Hub) nih zerh nhii chung ah rian a ttuan.

**Ph:** 1300 277 478

**Web:** [www.unitinglifeassist.org.au/carer-hub](http://www.unitinglifeassist.org.au/carer-hub)

**Fernlea Pawngkam Zohkhenhnak**

Emeral & Pakenham chung ii Upa Ni Dinhnak Hmun pawl(Adult Day Respite Centers) le inn ah zohkhenhnak rianttuanpiaknak pawl

**Ph:** 5968 6639

**Email:** [admin@fernlea.com.au](mailto:admin@fernlea.com.au)

**Web:** [www.fernlea.com.au](http://www.fernlea.com.au)

**Alferd Ngandamnak Zohkhenhtu Rianttuanpiaknak pawl**

Zohkhenhtu nih kum upa, pum tlamtling lo, dementia, thinlung lei zawtnak le mino zohkhenhtu pawl a bawmh hna . Zohkhenhtu Bawmhnak Rianttuantu pawl sin ah Laakhruak dinhnak/ langhternak pawl.

**Ph:** 1800 052 222

**Web:** [www.caresouth.org.au](http://www.caresouth.org.au)

**Email:** [k.wilde@alfred.org.au](mailto:k.wilde@alfred.org.au)

**Zohkhenhtu pawl caah Chungkhar Pehlaihnik Bawmhnak (FRSC)**

FESC cu pum tlamtling lo minung pakhat khat caah chungkhar zohkhenhnak a hlei in bawmhnak petu Victorian Pengkomh Rianttuanpiaknak a si.

Bawmhnak cu kum ri khiahmi um lo in pum tlamtling lo a zohkhenhtu minung he direct in aa pehlai mi sin ah pek a si.

**Web:** [www.each.com.au/service/family-relationship-support-for-carers](http://www.each.com.au/service/family-relationship-support-for-carers)

**Ph:** 1300 303 346

**Email:** [frsc@each.com.au](mailto:frsc@each.com.au)

## Pawngkam ngandamnak



**Monash Ngandamnak**

Ngakchia pawl le a ha ttha lomi upa pawl caah a tlangpi le laakhruak ha lei rianttuanpiaknak.

**Ph:** 1300 342 273

**Kooweerup Ramchung Ngandamnak Rianttuanpiaknak pawl**

Zohkhenhnak, ngandamnak, sii lei, pawngkam rianttuanpiaknak pawl.

**Ph:** 5997 9679

**Web:** [www.kooweeruphospital.net.au](http://www.kooweeruphospital.net.au)

## **Mecwacare**

Kumkhua upa zohkhenhnak umnak, inn zohkhenhnak fun(package) pawl, pawngkam innhmun, pawngkam program pawl, pumtlamtling lo le nursing rianttuanpiaknak pawl peknak.

**Ph:** 1800 163 292

**Pakenham Zung Ph:** 5945 0806

**Web:** [www.mecwacare.org.au](http://www.mecwacare.org.au)

## **Tiang Nichuah lei Melbourne AChekhaan Ngandamnak Rianttuannak(South East Melbourne Primary Health Network ) (SEMPHN)**

SEMPHN cu achekhaan ngandamnak zohkhenhnak a ttha deuhmi tinhnak ah hruaitu, chimhcawnpiaknak petu le mipi hiptu(influencer) a si. Luhnak le Langhternak(Access & Referral) (A&R) team nih tharchuahmi luhnak, thawngpang theihternak a pek cun SEMPHN nih

bawmhnak tangka a pekmi thinlung ngandamnak le zu le a dang ritthaisii rianttuanpiaknak pawl ah a bawmh. Luhnak le langhternak(Access & Referral) team nih a dang ramchung pawngkam le ngandamnak bawmhnak pawl ii hmunkip theihhngalhnak zong an ngeih.

Langhternak(referral) sernak caah A&R pehtlai, tlintlaknak biakhiahnak ah silole hmunhma chung ii rianttuanpiaknak awl kawlnak caah.

**Ph:** 1800 862 363

(zing suimilam8.30-zaanlei suimilam 4.30 rianttuanni pawl)

**Fax:** 1300 354 053

**Web:** Luhnak le Langhternak(Access and Referral)

([semphn.org.au](http://semphn.org.au))

## **Pawngkam tonnak hmun pawl le sangchung inn pawl**



### **Beaconsfield Sangchung Tonnak Hmun**

**Umnak Hmun:** 8 O'Neil Road, Beaconsfield

**Ph:** 03 8768 4400

**Email:** [coordinator@bncinc.org.au](mailto:coordinator@bncinc.org.au)

**Web:** [www.bncinc.org.au](http://www.bncinc.org.au)

### **Bunyip le Pengkomh Pawngkam Inn(District Community House)**

**Umnak Hmun:** Beswick Street, Garfield

**Ph:** 0481895509

**Email:** [manager@bdch.com.au](mailto:manager@bdch.com.au)

**Web:** [www.bdch.com.au](http://www.bdch.com.au)

### **Cockatoo Pawngkam Inn(Community House)**

**Umnak Hmun:** 23 Bailey Road, Cockatoo

**Ph:** 03 5968 9031

**Email:** [cch@taskforce.org.au](mailto:cch@taskforce.org.au)

**Web:**

[facebook.com/cockatoocommunityhouse/](https://facebook.com/cockatoocommunityhouse/)

### **Emerald Pawngkam Inn(Community House)**

**Umnak Hmun:** 356-358 Belgrave-Gembrook Road, Emerald

**Ph:** 03 5968 3881

**Email:** [emhouse@iinet.net.au](mailto:emhouse@iinet.net.au)

**Web:** [www.emeraldcommunityhouse.org.au](http://www.emeraldcommunityhouse.org.au)

### **Lang Lang Pawngkam Tonnak Hmun**

**Umnak Hmun:** 7 Westernport Rd, Lang Lang

**Ph:** 03 5997 5704

**Email:** [llcc@langlang.net](mailto:llcc@langlang.net)

**Web:** [www.langlang.net/llcc.html](http://www.langlang.net/llcc.html)

### **Pakenham Nunnak Cawnnak**

**Umnak Hmun:** 6B Henry Street, Pakenham

**Ph:** 03 5941 2389

**Email:** [admin@livinglearning.org.au](mailto:admin@livinglearning.org.au)

**Web:** [www.livinglearning.org.au](http://www.livinglearning.org.au)



## **Outlook Pawngkam Tonnak Hmun**

**Umnak Hmun:** 24 Toomuc Valley Road,  
Pakenham

**Ph:** 03 5941 1535

**Web:** outlookvic.org.au

## **Beaconsfield a Cung lei Cawhmi Pawngkam (Community Complex)**

**Umnak Hmun:** 10-12 Salisbury Road,  
Upper Beaconsfield

**Ph:** 03 5944 3484

**Email:** office@ubcc.org.au

**Web:** www.ubcc.org.au

# Ruahnak Cheuhnak



### **Nunnakchawhnnak(Lifeline)**

Suimilam-24 chung pumpak harnak  
bawmhnak rianttuanpiaknak

**Ph:** 13 11 14

### **CahtolicZohkhenhnak(CatholicCare)**

Chungkhar le pehtlaihna ruahnak cheuhnak

**Ph:** 1800 522 076

**Web:** www.ccam.org.au

### **Mah le mah nunnak laaknak Chawhnnak**

Mah le mah nunnak laak ding harnak chung  
ah a um lio mi hna caah suimilam 24 chung  
bawmhnak

**Ph:** 1300 651 251

### **Australia Hmun Ttha Deuh**

A man dinmi psycho lei thiamhleingei  
rianttuanpiaknak le pumpak, kawp le ngakchia  
pawl caah ruahnak cheuh bawmhnak. Bunyip,  
Koo Wee Rup le Pakenham ah a ngah.

**Ph:** 1800 639 523

**Web:** www.betterplaceaustralia.com.au

### **Nupa Sinak Hnorsuannak le Chungkhar Zaangennak Dohtu Tlang Nichuah lei Tonnak(South Eastern Centre Against Sexual Assault & Family Violence) (SECASA)**

Suimilam 24 harnak rianttuanpiaknak telh  
in nupa sinak hnorsuannak le chungkhar  
zaangennak rianttuanpiaknak pawl a pek.

**Rianttuantu(Admin) Ph:** 9928 8741

**Harnak Ph:** 9594 2289 (suimilam 24)

**Man Lo:** 1800 806 292 (Suimilam 24)

### **Windermere**

Kum 12 tang ngakchia a ngeimi chungkhar  
pawl caah bawmhnak rianttuanpiaknak pawl.

**Ph:** 1300 WINDERMERE

(1300 946 337)

**Web:** www.windermere.org.au

### **Monash Ngandamnak**

Khamhnak le tuan te'n i thlaknak program pawl.

**Ph:** 1300 342 273

### **Echo Mino le Chungkhar Rianttuanpiaknak pawl**

Tolrelmi program pawl in mino le chungkhar  
bawmhnak a pek.

**Ph:** 5968 4460

### **Miphun(National) Ruahnak Cheuhnak Rianttuanpiaknak**

Nupa sinak hnorsuannak silole chungkhar  
zaangennak a tong bal mi minung a bawmh  
hna.

**Ph:** 1800 UPATNAK (1800 737 732)

### **Pa le pa aa Duhmi le Nu le nu aa Duhmi Thlennak Riattuantu bu (Board)**

LGBT le mah he aa pehtlaimi pawngkam  
sin ah telephone in ruahnak cheuhnak,  
thawngpang theihternak, langhternak(referral)  
le bawmhnak.

**Ph:** 1800 184 527

**Web:** www.mediation.com.au



## **DVJS Rianttuannak Phichuak pawl**

Pumtlamtlinglo silole thinlung lei ngandamnak ah zuamcawhnaak a ngeimi minung a bawmh hna cun tuah liomi rianttuannak a feh ter.

**Ph:** 1300 385 738

**Web:** [www.dvjs.com.au](http://www.dvjs.com.au)

## **ERMHA 365**

Hngalh a harmi(complex) thinlung lei ngandamnak le pum tlamtling lo rianttuanpiaknak, psycho he aa pehtlaimi tlamtlinlonak, theihhngalhnaak tlamtlinlonak, le hngalh a harmi le zuamcawhtu ziaza pawl caah 24/7 a hlei in bawmhnaak.

**Ph:** 1300 376 421

**Email:** [reception@ermha.org](mailto:reception@ermha.org)

**Web:** [www.ermha.org/ndis-services](http://www.ermha.org/ndis-services)

## **NDIS Ramchung Hmun Coordinator (LAC) Rianttuanhawi**

### **LINK Pawngkam Ngandamnak**

LACs nih NDIS naa fiannak ah, timhtuahnak sernak, timhtuahnak a tak in tuahnak, na timhtuahnak zohthhannak ah an bawmh khawh cun na pawngkam chung thawngpang theihternak(information) le bawmhnaak ah an pehtlaih ter lai.

**Umnak Hmun:** 48 John Street, Pakenham

**Ph:** 1800 242 696

**Email:** [info@lchs.com.au](mailto:info@lchs.com.au)

### **Latrobe Pawngkam Ngandamnak**

Ngakchia kum 0-7 pawl caah. ECEI rianttuan hawi pawl nih nangmah le na fa cu pawngkam ngandamnak hmun, fimthiamnak lei sernak le lentecelhnak hmun tibantuk, na hmunhma chung ah aa tlak bikmi bawmhnaak pawl he pehtlaihnaak ah an bawmh lai, caan-tawi tuan te'n i thlaknak tlawmpal an pek lai, na fa nih caan-sau ngakchiat lio i thlaknak bawmhnaak pawl a herh ahcun NDSI luhnak na halnak ah an bawmh lai.

**Umnak Hmun:** 1/7-9 Bakewell Street, Cranbourne

**Ph:** 1800 546 532

**Email:** [ecei@linkhc.org.au](mailto:ecei@linkhc.org.au)

### **Irabna Austism Rianttuanpiaknak**

Paediatric Autism a dikthlir in rianttuanpiaknak petu pakhat leng (transdisciplinary) zohkhenhnak halnak.

**Umnak Hmun:** 145 Henry Rd, Pakenham

**Ph:** 9720 1118

## **ERMHA 365**

Pum tlamtlinlonak, thinlung zawtnak, innlo ngeihlonak, thinlung hmape silole ngeihchiah chawwa zaangennak a tong liomi hna caah bawmhnaak rianttuanpiaknak.

**Ph:** 1300 376 421

### **Chinhchiahtlak Pawngkam Zohkhenhnak**

Kum khua phu pawl vialte, Pumpak hrambunh in bawmhnaak, NDIS petu.

**Email:** [admin@racare.com.au](mailto:admin@racare.com.au)

### **Monash Ngandamnak Inn-ngatchan Rianttuanpiaknak**

Pawngkam he fonhmi ngandamnak lei hrambunh rianttuanpiaknak pawl ah a lut kho lo mi silole inn ah aa cawnghraammi(housebound) hna caah.

**Ph:** 1300 342 273

### **Monash Ngandamnak Thluak lei Khawndennak Rianttuanpiaknak**

Thiamnak tthanchonak le pawngkam luhnak program.

**Ph:** 1300 342 273

**Anglicare**

Autism ngakchia cung ah nulepa nih zohkhenhning.

**Ph:** 9781 6700

**Web:** [www.anglicarevic.org.au/parent-zone](http://www.anglicarevic.org.au/parent-zone)

**TAHFUNG(SCOPE)**

Pum tlamtlin lonak a ngeimi minung hna caah chun caan bawmhna le damhna(therapy).

**Ph:** 1300 472 673

**Web:** [www.scopeaust.org.au](http://www.scopeaust.org.au)

**Khuruahhar**

Austism le Bawmhna a Hlei in a Herhmi Phu.

**Ph:** 0400 596 961

**Pum Tlamtling lo Rianttuanpiaknak Pawngkam Hmun Hmuhning**

Pum tlamtlin lonak a ngeimi minung le an chungkhar pawl a bawmh hna, program ri kau pi in le aa telmi pumpak ii a herhmi pawl tlinna hnga rianttuanpiaknak pawl suaimi a pek. NDIS nih ruanterna bawmhna a bawmh.

**Ph:** 5941 1535

**Email:** [outlookaust.org.au](mailto:outlookaust.org.au)

**Miphun Pekchinmi Rianttuanpiaknak (National Relay Service) – 1300 555 727**

Na hna a cheh ii/silole hnatheihna lei harna na ton ahcun silole phone a hmanmi minung he naa chawn ahcun, Miphun Pekchinmi Rianttuanpiaknak(National Relay Service) (NRS) nih an bawmh khawh. Thawngpang theihterna le minpekna lei a herhmi pawl caah 24/7 Miphun Pekchinmi Rianttuanpiaknak(National Relay Service) website ah rak lut

**Aw in pekchinnak number:** 1300 555 727

**TTY number:** 133 677

**SMS pekchinnak number:** 0423 677 767

**Mecwacare**

Kumkhua upa zohkhenhna umna, inn zohkhenhna fun(package) pawl, pawngkam innhmun, pawngkam program pawl, pumtamtling lo le nursing rianttuanpiaknak pawl pekna.

**Ph:** 1800 163 292

**Pakenham Zung Ph:** 5945 0806 silole

**Tiang Nichuah lei Hmun Rianttuanpiaknak**

**Ph:** 5941 5454

**Web:** [www.mecwacare.org.au](http://www.mecwacare.org.au)

**Little Dreamers Australia**

Little Dreamers cu Australia ii Mino Zohkhenhtu rianttuanna bu hruaitu a si, pum tlamtlin lonak, zawtna silole lemna(addiction) a ngeimi chungkhar chungtel caah tangka pek lo in zohkhenhna petu mino kum 4-25 a bawmh hna.

**Ph:** 1800 717 515

**Email:** [contact@extendedfamilynetwork.org](mailto:contact@extendedfamilynetwork.org)

**Web:** [www.extendedfamilynetwork.org/home](http://www.extendedfamilynetwork.org/home)

**Pathian Hnatlak pimi St John(St John of God Accord)**

Pum tlamtlin lonak a ngeimi minung le an chungkhar pawl a bawmh hna, program ri kau pi in le pumpak pakhat cio ii a herhmi pawl tlinna hnga rianttuanpiaknak pawl suaimi a pek.

**Ph:** 1300 002 226

**Mobile:** 0413 853 705

**Email:** [silvana@sjog.com.au](mailto:silvana@sjog.com.au)

**Web:** [www.accorddisability.org.au](http://www.accorddisability.org.au)

*\* 'Rianttuanna' dal cherhchan in Pum Tlamtling Lo Rianttuanna Rianttuanpiaknak Caah.*



## Chisholm Pehlaihthannak Program

Kum 12 cawnnak a rak lim lo mi le a tu lio cawnpiaknak silole rianttuannak ah a um lo mi kum 17-64 kar cawnnak he aa tthanmi hna caah fimthiamnak lei bawmhnak le rianttuanpiaknak.

**Ph:** 0427 676 860

**Email:** brendan.titford@chisholm.edu.au

## Bunyip le Pengkomh Pawngkam Inn (District Community House)

An zapi caah fimthiamnak lei, duhdim nunnak le mipi he pehlaihnnak program pawl peknak.

**Umnak Hmun:** 2B Beswick Street, Garfield

**Ph:** 0481 895 509

**Email:** manager@bdch.com.au

## Outlook Pawngkam Tonnak Hmun

Nunning daan le IT cawnnak pawl telh in fimthiamnak thimnak ri kaupi a pek.

**Ph:** 5941 1535

**Email:** outlook@outlookvic.org.au

**Web:** outlookaust.org.au

# Laakhruak(Emergency) Rianttuanpiaknak pawl



## Palek, Mei silole Mizawphor Mawtaw

Laakhruak caan chung ah, **Zero Pathum 000** Zero Pathum (000) na chawnh lai:

- Minung pakhat khat faak tuk in aa khawnden silole sii lei bawmhnak zokzok in a herh caan ah
- Na nunnak silole na ngeihchiah tlerhkhawnh na ton caan ah
- Faak piin a cang sualmi(incident) silole tthatlonak(crime) na mit in na hmuh caan ah
- A tuk zok palek an rat ding na herh caan ah

## VicPol Palek Bawmhnak Chawnhnak – 131 444

Palek Bawmhnak Chawnhnak le Online in Theihternak rianttuanpiaknak nih a tu zok a si lomi tthatlonak(crime) pawl silole nikhat suimilam 24, zerhkhat ni sarh chung thieihternak tuahnak an onh lai. Kan bawmhnak na herh le a tu a cangmi ttih awk a um lo ahcun.

## Victoria Ramkomh Laakhruak Rianttuanpiaknak – 132 500

Tilat, Thlichia laakhruak

## Rianttuannak



### **Pum Tlamtling lo Rianttuanpiaknak Pawngkam Hmun Hmuhning**

Pum Tlamtling Lo Rianttuannak Rianttuanpiaknak. Pum Tlamtling Lo minung pawl rian kawlnak ah bawmhnak.

**Ph:** 1300 788 901

**Email:** [employmentmanager@outlookvic.org.au](mailto:employmentmanager@outlookvic.org.au)

**Web:** [www.outlookvic.org.au](http://www.outlookvic.org.au)

### **Campbell Cahmai**

Pum tlamtling lo rianttuannak rianttuanpiaknak petu dirhmun in nangmah na herhmi pawl he aa tlak bikmi caan-sau rian na kawlnak ah kan in bawmh lai.

**Umnak Hmun:** 97 Main Street Pakenham

**Ph:** 9046 5973

**Email:** [hello@campbellpage.org.au](mailto:hello@campbellpage.org.au)

**Web:** [www.campbellpage.org.au](http://www.campbellpage.org.au)

### **Aa Tongthiammi(Matchworks)**

Pawngkam-hrambunh le miaknak caah silo mi, kan mah cu rian lei he pehtlai in Australia ii a nganbik rianttuanpiaknak pawl chung ah pakhat kan si cun kan pawngkam chung ah hram kan thlak tthan.

**Umnak Hmun:** Toomah Community Centre, 18 Golden Green Street, Pakenham

**Ph:** 1300 13 23 63

**Email:**

[reception.pakenham@matchworks.com.au](mailto:reception.pakenham@matchworks.com.au)

### **Tiang Nichuah lei Ramchung Cawnnak le Rian lei Pehtlaihnak (Sout East Local Learning and Employment Network (SELLEN))**

**Ph:** 039794 6921

**Email:** [admin@sellen.org.au](mailto:admin@sellen.org.au)

**Web:** [www.sellen.org.au](http://www.sellen.org.au)

## Chungkhar Zaangennak



### **'Zaangennak Tang ah' Anglicare**

Chungkhar zaangennak a tong balmi nu pawl le an fa le caah program.

**Ph:** 9781 6700

### **Nupa Sinak Hnorsuannak le Chungkhar Zaangennak Dohtu Tiang Nichuah lei Tonnak(South Eastern Centre Against Sexual Assault & Family Violence) (SECASA)**

Suimilam 24 harnak rianttuanpiaknak telh in nupa sinak hnorsuannak le chungkhar zaangennak rianttuanpiaknak pawl a pek.

**Ph:** 9928 8741

**Harnak Ph:** 9594 2289 (suimilam 24)

**Man Lo:** 1800 806 292 (Suimilam 24)

### **A Himmi Kaarhlaannak pawl**

Suimilam 24 chungkhar zaangennak lehnak rianttuanpiaknak.

**Ph:** 1800 015 188

**Email:** [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au)

### **Nunphung Tampi Cawnnak Tonnak nih a doh chungkhar zaangennak**

CALD pawngkam pawl chung ii chungkhar zaangennak lehnak pawl le rianttuanpiaknak pawl.

**Ph:** 9413 6500

**Web:** [www.intouch.asn.au](http://www.intouch.asn.au)

**Nunphung Tampi Cawhnak (In Touch Multicultural Centre) nih Chungkhar Zaangennak a doh**

Victoria chung ii an pawngkam pawl le an chungkhar pawl, aa tthialmi le ralzaam a rak simi nu pawl, he rian a ttuanttimi chungkhar zaangennak lei a hlei in rianttuanpiaknak. Pawngkam chung ah chungkhar zaangennak buainak a phichuah khawh ding ah pawngkam-hrambunh rian(projects) pawl kan ttuan cun, nu pawl, chimhcawnpiaknak, hruainak hlathlainak sin ah ahmuh(case) tolrelnak kan pek.

**Ph:** 1800 755 988

(m-F 9.30am to 4.30pm)

**Web:** [www.intouch.org.au](http://www.intouch.org.au)

**Pa pawl ii Langhternak Rianttuanpiaknak (MRS) - Zaangennak Duhlonak(No to Violence) (NVT) in ttuan a si**

Pa pawl nih zaangennak dir ding ah le an ziaza uknak(controlling) ah bawmhnak caah ruahnak cheuhnak le langhternak.

**Ph:** 1300 766 491

**Web:** [www.mrs.org.au](http://www.mrs.org.au) or [www.ntv.org.au](http://www.ntv.org.au)

**Chungkhar Pehliahnak Hmun**

Chungkhar Pehliahnak Rianttuanpiaknak pawl.

**Ph:** 8768 4111

**WAYS**

Chungkhar zaangennak a hlei in bawmhnak a herhmi nu pawl le ngakchia pawl an dih lak caah luhnak le khingthlainak.

**Ph:** 9703 0044

**Windermere**

Zaangennak tthatlonak(crime) a tong balmi/ mit in a hmu balmi minung hna caah Ingtu Bawmhnak Program Thapeknak.

**Ph:** 1300 WINDERMERE (1300 946 337)

**1800 UPATNAK**

Chungkhar Zaangennak ruahnak cheuhnak rianttuanpiaknak.

**Ph:** 1800 737 732

**Lingmaw Kutkaa(The Orange Door)**

Chungkhar zaangennak a rak tongmi silole a tong lio mi upa pawl, ngakchia pawl le mino pawl caah le ngakchia zohkhenhnak ah a hlei in bawmhnak a herhmi chungkhar pawl caah a lak in rianttuanpiaknak.

**Toomah Pawngkam Tonnak Hmun**

Umnak Hmun: 18 Golden Greet Street

Pakenham

**Ph:** 1800 271 170

**Web:** [www.orangedoor.vic.gov.au/what-is-the-orange-door](http://www.orangedoor.vic.gov.au/what-is-the-orange-door)

**Australia Pa pawl Chawhnak(Mensline)**

Online in ruahnak cheuhnak, thiamnak a ngeimi hna sin in a lak in na ngah khawh, Australia chung ii khoikaa hmun na um zong ah a poi lo.

**Ph:** 1300 789 978

**Web:** [www.mensline.org.au](http://www.mensline.org.au)

**Elizabeth Hoffman House**

Chungkhar zaangennak(violence) a tongmi Ramhlum hmasa(Aboriginal) nu pawl le an fa le caah bawmhnak le ruahnak cheuhnak rianttuanpiaknak pawl.

**Ph:** 1800 796 112



## **Tiang Nichuah lei Pawngkam Pehtlaihnak (South East Community Links) (SECL)**

Thlichia le tilian nih a hnorsuanmi hna le Mawtaw pawl caah NILS ii petu zong a si mi pawl telh in, a lak in tangka lei ruahnak cheuhnak.

**Umnak Hmun:** Toomah Pawngkam Tonnak Hmun, NawIngeitu le Hills Hub Emerald

**Ph:** 9549 5288

**fcs@secl.org.au** ah halnak le langhternak pawl email in kuat khawh a si.

## **Casey Tiang lei Pawngkam Thawngpang Theihternak le Rianttuanpiaknak Bawmhnak**

Tonnak laaknak in Tangka lei Ruahnak Cheuhnak a ngah.

Toomah Pawngkam Tonnak Hmun  
18 Golden Green Street, Pakenham

**Ph:** 9705 6699

**Email:** [cnciss@caseynorthciss.com.au](mailto:cnciss@caseynorthciss.com.au)

## **Miphun Leiba Bawmhnak Chawmhnak (National Debt Helpline)**

Lei ba tolrelnak, tangka suainak le bank rawhnak(bankrupcy) he bawmhnak.

**Ph:** Nikhatni in Ningani tiang

1800 007 007 (man lo)

**Web:** [www.ndh.org.au](http://www.ndh.org.au)

## **St Vincent DePaul**

"Inn chung ah" tangkaa lei harnak he bawmhnak caah tonnak laaknak.

**Ph:** 5995 0211 zaanlei suimilam 2 hlaan ah

timhtuah ding

## **Leiba Karh Umlo Timtuahnak(No Interest Loan Scheme (NILS))**

A herhmi thil pawl cawknak ah a tlingtlakmi khuasa pawl caah Leiba Karh Umlo Timhtuahnak(No Interest Loan Scheme) a ngah.

**Umnak Hmun:** 5 Church Street, Emerald

**Ph:** 0427 895 596

**Email:** [nils@echo.org.au](mailto:nils@echo.org.au)

## **Khamhnak Bawmhnak Tangka Tthathnemnak(Utility Relief Grants)**

Na tthathnemnak(utility) compay chawn hna, harnak lei zungttthen he i chawnh ding in hal hna law Khamhnak Bawmhnak Tangka Tthathnemnak(Utility Relief Grants) hal hna.

## **Khamhnak Ralkap(The Salvation Army) – Kutkaa(Doorways) Program**

Rawl lei bawmhnak, tangkaa lei bawmhnak, thilri bawmhnak, tangkaa lei fimchimhnak, tangkaa lei ruahnak cheuhnak le Rian dirkamhnak pawl a ngah. Nikhatni, Nilini, le Zerhteni zing suimilam 9 in zaan lei 3.30.

**Umnak Hmun:** 51 Bald Hill Road, Pakenham

**Ph:** 5941 4906

## **Victorian Onhnak Theihternak Chawmhnak (Victorian Concessions Information Line)**

Council Khiahmi, mei le ti man pawl cung ah onhnak(concessions) pawl caah tlintlaknak ceihhmai ding ah 1800 658 521 (man lo) ah chawn. Victoria chung chungkhar pawl tlintlaknak ah a ngahmi rianttuanpiaknak pawl le mantthumhnak(discounts) pawl cazin phihmi cu kaa hin a ngah

**Web:** [www.dhs.vic.gov.au/concessions](http://www.dhs.vic.gov.au/concessions)

**Umnak Hmun:** Beaconsfield Neighbourhood Centre, 8 O'Neil Road, Beaconsfield

## **Ningani le Zerhteni zingkaa pawl ii na ngunghuai a kirtthanmi phihnak ah bawmhnak**

**Ph:** 8768 4400

## **Chungkhar Pehtlaihnak KauhnaK**

Hawikomhnak thapeknak in bawmhnak le dumtuah, zohkhenh tibantuk lenglei bawmhnak peknak.

**Ph:** 59682664

**Email:** [contact@extendedfamilynetwork.org](mailto:contact@extendedfamilynetwork.org)

**Web:** [www.extendedfamilynetwork.org/home](http://www.extendedfamilynetwork.org/home)

**Fernlea Dawr ii Caanttha(opportunities) pawl**

Tthutdan cabuai, thilpuan hrukaih, cauk pawl le "Rawl a Lak" chuahnak pawl telh in Chungkhar thilri pawl.

Nikhatni-Ningani zing suimilam 9-zaanlei 4:30, Zerhteni 10-zaanlei 2.

**Umnak Hmun:** 15 Kilvington Drive, Emerald  
**Ph:** 5968 6639

**Ramkomh Sianginn pawl Bawmhnak**

Sianginn thuam he bawmhnak - na fa sianginn ah sianginn-uk, sianginn-uk bawmtu silole tlamtinnak lei tolreftu chawn hna.

**Thlennak Program i Chiahmi**

MY Place Youth Facility, 5-7 Main Street, Pakenham ah tonnak lakmi biahalnak(intervier) caah ttha tein thilhruk aihnak he bawmhnak

**Ph:** 18004YOUTH

**Web:** www.cardinia.vic.gov.au/youth

**A Karh Umlo mi Cawihmi Tangka(Pakenham le Cockatoo)**

Mawtaw minpeknak le remhnak le sianginn laptop pawl telh in a herhmi thil pawl caah a karh umlo he cawihmi tangka

**Ph:** 5941 2268 ah Pakenham  
0427 795 596 ah Cockatoo

**I Retnak Program(Saver Plus Program) (Pakenham)**

Ca a cawng lio mi hna silole ca cawn aa timmi hna caah Pakenham Umnak Cawnnak retnak le tangkaa lei fimthiamnak program.

**Ph:** 1300 610 355 silole 0459 190 144

## Rawl chiahnak

**Rawl Khongtu Van Hnu lei Zulh**

Bourke Park Pakenham (Pakenham Tlanglawng dinhnak hmaitonh) rawl a sami caah Nilini zaanlei suimilam 6-9. Zapi in don nan si, rak chuak uh!

**Ph:** 5943 2137

*A rawk kho lo mi le zunput tikhaan hmanmi thianhnak a ngah.*

**St Luke's Cockatoo**

Nikhatni fatin zing suimilam 10 le chun 2 kar rawl dawr nih rian a ttuan.

**Umnak Hmun:** 1-3 McBride Street Cockatoo  
**Ph:** 0422 737 818.

**Bunyip le Pengkomh Pawngkam Inn (District Community House)**

Rawl Chiahnak Program cu Nithumni fatin zinglei suimilam 10 - zaanlei 3 ah a ngah. A dang caan pawl ah chawn.

**Umnak Hmun:** 2B Beswick Street, Garfield  
**Ph:** 0481 895 509

**Email:** manager@bdch.com.au

**Paddy's Kitchen**

A herhmi hna caah thlakhat ii a voikhatnak le a donghnak Zerhpini paoh ah Zaanriah an tuah.

**Umnak Hmun:** 136 Princes Hwy, Pakenham (St. Patrick's Parish Hall)

**Ph:** 5941 7315



**Khamhnak Ralkap(The Salvation Army) –  
Kutkaa(Doorways) Program**

Rawl lei bawmhnak, tangkaa lei bawmhnak, thilri bawmhnak, tangkaa lei fimchimhnak, tangkaa lei ruahnak cheuhnak le Rian dirkamhnak pawl a ngah. Nikhatni, Nilini, le Zerhteni zing suimilam 9 in zaan lei 3.30.  
**Umnak Hmun:** 51 Bald Hill Road, Pakenham  
**Ph:** 5941 4906

**ADRA Pawngkam Rawl**

Ningani, zaanlei 6. **1800 252 372**ah  
pehtlaihnak in rawl fun a ngah.  
**Umnak Hmun:** Lakeside Adventist Pawngkam Biakinn(Community Church), 50 Lakeside Blvd, Pakenham  
**Web:** [www.lakesidechurch.org.au/adrafoodbank](http://www.lakesidechurch.org.au/adrafoodbank)

**Pakenham Nunnak Cawnnak**

A Lak in Pawngkam Einak Hmun(Community Pantry Free)a rawk kholomi rawl einak  
6B Henry St, Pakenham  
**Ph:** 5941 2389

**Thlafatin Pawngkam Zaanriah (Emerald)**

Thlafatin ii a donghnak Ningani paoh  
Emerald Pawngkam Inn Hmun(House Hall)  
**Umnak Hmun:** 356 Belgrave–Gembrook  
Lampi, Emerald  
**Ph:** 5968 3881

**Mawtaw cung Rawl pawl**

Kum 65 le a cung lei minung pawl caah rawl chanhnak peknak. Boriginal le Torres Strait Islander pawl caah kum 50 le a cung lei caah a ngah.  
**Ph:** 8573 4960

**Gurudwara Baba Budha Sahib Ji**

A herhmi pawl caah a thiangmi tisik anhnak chuanmi rawl pawl peknak. Nifatin zaan 6 – zaan 8 tiang rawl chanhnak. Nikhat cio ii chun suimilam 12 hlaan ah cah  
**Ph:** 0469 826 283 silole 0433 483 335

**A Hlaan Rianttuanpiaknak Pa pawl caah silole RSL Chungtel pawl caah a Kikmi Rawl (Lang Lang)**

RSL Hall Westernport Lampi(Road), Lang Lang in laaknak a ngah lai  
5997 5226 ah pehtlai  
Tonnak laakmi ah a ngahmi rawl bawmhnak Cabuai tthutdan, thilpuan hrukaih, manchester le carelnak mithman pawl he pehtlai in bawmhnak a ngah.  
**Ph:** 5941 4906

## Thaplentecelhnak(Gambling)



**Thaplentecelhtu pawl Bawmhnak Tianglei(Gamblers Help Southern)**

Thaplentecelhnak  
he pehtlai in harnak a ngeimi hna caah a bawmh hna.  
**Ph:** 9575 5353  
**Suimilam rianttuanpiaknak hnu:**  
1800 858 858

**Thaplentecelhtu Bawmhnak Mino chawhnak**

**Ph:** 1800 262 376



## **WAYSS**

Umnak inn ngeihlonak a tong lio mi pawl silole umnak inn ngeihlonak a tong kho mi minung vialte caah luhnak.

**Ph:** 9703 0044

## **DHHS Harnak Tthutdirnak Hmun Peknak Ramkomh Suimilam Hnu Rianttuanpiaknak(DHHS Crisis Accommodation Statewide After-Hours Service)**

Biakhiahnak ah bawmhnak pek le inn hmun harnak ah luhnak ngahnak. Nikhatni-Ningani zaanlei5-zinglei9 le zerhdongh le mipi dinhcaan hna ah chunitlak le zaan khuadei. A herh ahcun, nangmah he aa naih bikmi rianttuanpianak ah na chawnhnak phakter colh a si lai.

**Ph:** 9536 7777 silole 1800 627727 (man lo)

**Harnak Pehlaihnik Hmun Ph:**

1800 825 955 (man lo)

## **Peninsula Pawngkam Phungning Hmun nc(Peninsula Community Legal Centre Inc).**

Pumpak innhlaan in ummi pawl, inn khaandal le a bu pi'n dum ah a ummi hna pawl sin ah bawmhnak.

**Ph:** 9783 3600

**Web:** [www.pclc.org.au](http://www.pclc.org.au)

## **Windermere**

Umnak inn ngeilomi silole umnak inn ngeilo dirhmun a phaah khomi chungkhar pawl sin ah umnak inn hmun bawmhnak.

**Ph:** 1300 WINDERMERE (1300 946 337)

## **Tiang Nichuah lei Dirkamhnak Thazaang Peknak (SEAS)**

Rianttuanpiaknak pawl ngah ding ah a himlomi inn chung ah a um mi minung pawl caah caan-tawi rianttuanpiaknak.

**Ph:** 9792 7579

## **ERMHA 365**

Umnak inn ngeilomi silole umnak inn ngeilo dirhmun a phaah khomi silole bawmhnak um lo in a man fawimi umnak ah khuasami minung pawl he rian a ttuanttimi Pawngkam Pehlaihnik Program. Rianttuanpiaknak le bawmhnak ah dirkamhnak le pehlaihnik le langhternak pawl he bawmhnak.

**Ph:** 1300 376 421

**Web:** [www.ermha.org/housing-support](http://www.ermha.org/housing-support)

## **Wintringham**

Inn hmun le Bawmhnak Rianttuanpiaknak pawl.

**Ph:** 9034 4824

# Minung rianttuanpiaknak pawl



## **Centrelink Mipi Rianttuantu pawl**

132 850 ah chawnh silole 25 Treloar Lane, Pakenham ah laakhruak a cangmi thil caah.

**Ph:** 132 850

## Thawngpang le langhternak



### Casey Cadinia Caruuk(libraries) pawl

**Umnak Hmun:** Cnr. John & Henry Lam(Street)

Pakenham VIC 3810

**Ph:** (03) 5940 6200

**Web:** [www.events.ccl.vic.gov.au](http://www.events.ccl.vic.gov.au)

[www.cclc.vic.gov.au](http://www.cclc.vic.gov.au)

### Pa le pa aa Duhmi le Nu le nu aa Duhmi

#### Thlennak Riattuantu bu (Board)

LGBT le mah he aa pehtlaimi pawngkam sin ah telephone in ruahnak cheuhnak, thawngpang theihternak, langhternak(referral) le bawmhnak.

**Ph:** 1800 184 527

### Anglicare

Chungkhar bawmhnak program pawl le pawngkam puai pawl.

**Web:** [www.anglicarevic.org.au](http://www.anglicarevic.org.au)

### Harnak Langhternak Thawngpang System (CRIS)

Tthatnak bawmhnak, ruahnak peknak le a tlangpi in langhtermi le thazaang pekmi caah online lamhmuh saknak.

**A lak in chawhnak:** 1800 627 727

**Ph:** 9536 7777

**Web:** [cris.crisisservices.org.au](http://cris.crisisservices.org.au)

### Kooweerup Ramchung Ngandamnak Rianttuanpiaknak pawl

Ngandamnak, sii lei le pawngkam rianttuanpiaknak pawl ah bawmhnak le langhternak ri pakhat a pek.

**Ph:** 5997 9679

**Web:** [www.kooweeruphospital.net.au](http://www.kooweeruphospital.net.au)

## Phungning in ruahnak peknak le bawmhnak



### Springvale Monash Phungning

#### Rianttuanpiaknak pawl Inc.

Pawngkam chungtel pawl sin ah a tlangpi in le a hlei in thiamnak ngeimi phung ning hmun pawl le a thlithup in ruahnak peknak, a lak in a pek.

**Ph:** 9545 7400

**Web:** [www.smls.com.au](http://www.smls.com.au)

## Thinlung ngandamnak



### Monash Ngandamnak

Psychiatric Triage Rianttuanpiaknak. Thinlung ngandamnak rianttuanpiaknak pawl ah luhnak

**Ph:** 1300 369 012

### EACH Central Intake Rianttuanpiaknak

Thinlung zawtnak tampi a ngeimi minung pawl caah bawmhnak

**Ph:** 1300 785 358

**Email:** [info@each.com.au](mailto:info@each.com.au)

**EACH**

COVID-19 vawlei huap rai nih a chuahpimi lungretheihnak le ngaihchiahnak pawl ii a phichuak ruang ah thinlung ngandamnak le tthathnak a herhmi lehnak ah timh a si.

**Umnak Hmun:** 5/66 Victor Cres, Narre Warren

**Ph:** 1300 375 330

**Web:** [www.partnersinwellbeing.org.au](http://www.partnersinwellbeing.org.au)

Tam deuh hmuhnak caah

[coronavirus.vic.gov.au/mentalhealthhub](http://coronavirus.vic.gov.au/mentalhealthhub)

ah rak lut

**Windermere**

Chungkhar pawl Dirkamhnak - Chungkhar zaangennak a tongmi kum 12 tang ngakchia pawl le thinlung lei ngandamnak he pehtlai in harnak a tongmi chungkhar pawl caah bawmhnak.

**Ph:** 1300 WINDERMERE

(1300 946 337)

**Web:** [www.windermere.org.au](http://www.windermere.org.au)

**ERMHA 365 CPS – A Tlangpi Sitthatnak**

Psychosocial Bawmhnak

A Tlangpi Sitthatnak Psychosocial

Bawmhnak(Commonwealth Psychosocial

Support) cu pumpak herhmi pawl le

thinlung ngandamnak sii lei tlinhnak,

pumsa ngandamnak le hawi he pehtlaihnak

bawmhnak tuahnak caah psychosocial

rianttuannak hmun sernak ah caan tawi

rianttuanniak a si.

SEMPHN Luhnak le Langhternak(Access & Referral)

**Ph:** 1800 862 363 (zinglei suimilam 8.30 - zaanlei 4 Rianttuanni pawl)

**Outlook Pawngkam Tonnak Hmun**

Pum Tlamtling Lo Rianttuannak

Rianttuanniaknak. Pum Tlamtling Lo minung pawl rian kawlnak ah bawmhnak.

**Ph:** 1300 788 901

**Web:** [www.outlookvic.org.au](http://www.outlookvic.org.au)

**Tiang Nichuah lei Melbourne AChekhaan Ngandamnak Rianttuannak(South East Melbourne Primary Health Network )**

SEMPHN Luhnak le Langhternak

rianttuanniaknak nih thinlung ngandamnak,

zu le a dang ritthaisii, mino le a dang

pawngkam le ngandamnak hmun pawl he

pehtlai in thiamnak le hmuhtonak a ngei.

**Ph:** 1800 862 363

(zinglei suimilam 8.30 - zaanlei 4 Rianttuanni pawl)

**Tthannak**

Thinlung zawtnak in damtthannak ah

Pawngkam hrabunh bawmhnak program.

**Ph:** 1800 558 268

**Web:** [www.grow.org.au/vic](http://www.grow.org.au/vic)

**WISE Rianttuannak**

Pum Tlamtling lo Rianttuannak

Rianttuanniaknak pawl le aa hliplhlaumi rian rianttuannak program pawl.

**Ph:** 1800 685 105

**Mob:** 0439 368 010

**Web:** [www.wiseemployment.com.au](http://www.wiseemployment.com.au)

**Mind Australia**

A kaumi rianttuanniaknak in client pawl bawmhnak.

**Ph:** 1300 286 463

**Web:** [www.mindaustralia.org.au](http://www.mindaustralia.org.au)

**API (Ngahkhawhmi Psycho lei i Thlaaknak(Accessible Psychological Interventions))**

Thinlung damlonak tlawm te a ngeimi minung pawl caah zaangdammi(flexible) psycho lei rianttuanpiaknak pawl.

**Ph:** 1800 862 363

**Web:** [www.semphn.org.au/mhintake](http://www.semphn.org.au/mhintake)

**MHICC (Thinlung Ngandamnak Kankip in Theihharmi Zohkhenhnak(Mental Health Integrated Complex Care))**

Theihharmi thinlung zawtnak a ngeimi minung pawl caah bawmhnak le siikhaan lei rianttuanpiaknak pawl.

**Ph:** 1800 862 363

**Web:** [www.semphn.org.au/mhintake](http://www.semphn.org.au/mhintake)

**Nunnak chawhnak(lifeline) (24/7)**

Thinlung lei a damlomi Australia ram mi vialte suimilam 24 chung bawmhnak le mah le mah nunnak laaknak khamhnak rianttuanpiaknak pawl a pe mi miphun sifak retheibawmtu kan si.

**Ph:** 131114

**Web:** [www.lifeline.org.au](http://www.lifeline.org.au)

**Ngakchia Bawmhnak chawhnak (24/7)**

Ngakchia Bawmhnak chawhnak hi Australia ii a lak in ngahmi pakhat lawng a si (monile sin hmanh in), a thlithup(confidential) 24/7 online le mino kum 5 in 25 hna caah phone ruahnak cheuhnak rianttuanpiaknak a si.

**Ph:** 1800 551 800

**Web:** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Tthatnak ah Rianttuanhawi**

**Ph:** 1300 375 330

**Web:** [www.partnersinwellbeing.org.au](http://www.partnersinwellbeing.org.au)

**Australia Hmun Ttha Deuh**

**Ph:** 1800 639 523

**Web:** [www.betterplaceaustralia.com.au](http://www.betterplaceaustralia.com.au)

**Mah le mah Nunnak Laaknak Chawhnak Victoria (24/7)**

Mah le mah nunnak laaknak Chawhnak Victoria cu Victoria khua chung a lak in ttha tein phone le online in ruahnak cheuhnak petu a si.

**Ph:** 1300 651 251

**Web:** [www.suicideline.org.au](http://www.suicideline.org.au)

## Nulepa/chungkhar bawmhnak



**Anglicare Nulepa Hmun**

Fa le zohkhenhnak(parenting) lei phu pawl.

**Ph:** 5945 2000

**Web:** [www.anglicarevic.org.au/parent-zone](http://www.anglicarevic.org.au/parent-zone)

**Caan ttha bik**

Thawngpang theihternak le ngakchia no a ngeimi chungkhar pawl caah langhternak pawl telh in inn chung nulepa bawhnak.

**Ph:** 1300 224 644

**Web:** [www.bestchance.org.au](http://www.bestchance.org.au)

**CahtolicZohkhenhnak(CatholicCare)**

Tthan hnu ah fa le zohkhenhnak(parenting) Program ning in fa le zohkhenhnak(parenting)

**Ph:** 1800 522 076

**Web:** [www.ccam.org.au](http://www.ccam.org.au)

**Cardinia Shire Council**

Bawhte in kum 1 tiang fa a ngeimi hringtunu no kum 25 cung caah program.

**Ph:** 1800 496884

**Kooweerup Ramchung Ngandamnak Rianttuanpiaknak pawl**

Tuan te'n Fa le Zohkhenhnak bawmhnak a pek, Bawhte Rawlpeknak Siikhaan le Psychologist

**Ph:** 5997 9679

**Web:** www.kooweeruphospital.net.au

**Kawp ngeilomi Nulepa pawl**

A mah pakhat lawng a simi nulepa caah aa ruang in bawmhnak

**Ph:** 9852 1945

**Email:** headoffice@pwpvic.com

**Pehtlaihnak**

A herhbaumi minung hna caah chungkhar thazaang le tuan te'n i thlaknak rianttuanpiaknak pawl.

**Ph:** 5945 3900

**1800 Kaa Thimmi pawl(My Options)**

Ramkomh cozah nih tangka a bawmh ii, Victoria Nu pawl Ngandamnak nih a ttuanmi Victorian rianttuanpiaknak. Ramkomh chung thawngpang theihternak rianttuanpiaknak, nupa sinak lei le nau hrinnak lei thawngpang peknak le langhternak - A bik in nau hlaatnak, ruahlo pi'n nau pawinak le nupa sinnak ngandamnak zohkhenhnak

**Ph:** 1800 Kaa Thimmi pawl(My Options)- 1800 696 784

Rianttuanni pawl, zinglei suimilam 10 - zaanlei suimilam 4

**Web:** www.1800myoptions.org.au

**Nupa sinak hnorsuannak**



**Nupa Sinak Hnorsuannak le Chungkhar Zaangennak Dohu Tlang Nichuah lei Tonnak(South Eastern Centre Against Sexual Assault & Family Violence) (SECASA)**

Suimilam 24 harnak rianttuanpiaknak telh in nupa sinak hnorsuannak le chungkhar zaangennak rianttuanpiaknak pawl a pek.

**Rianttuantu(Admin) Ph:** 9928 8741

**Harnak Ph:** 9594 2289 (suimilam 24)

**Man Lo:** 1800 806 292 (Suimilam 24)

**Mino**



**Ngakchia pawl Bawmhnak chawmhnak**

Suimilam 24 Ruahnak Cheuhnak Rianttuanpiaknak.

**Ph:** 1800 551 800

**WAYSS**

Mino Bawmhnak Rianttuanpiaknak pawl.

**Ph:** 9791 6111

**Mino Pehtlaihnak pawl**

'Hmun chung luhnak(Drop in Centre)' chun fatin on a si, Noble Dum tlanglawng dinhnak hmaitonh.

**Ph:** (03) 9547 0511

**Web:**

www.scaab.org.au/our-services/youth-links



Lamhmuhsaknak cu kum fatin tharchuah a si cun June 2022 ah an rak tharchuah.  
A voihnhnak remhmi cu June 2023 ah chuah a si te lai.

Na rianttuannak bu 2022 chung ah remhmi aa telmi ngeihnak ah silole rianttuannak bu lei  
theihternak thawngpang pawl ngahnak ah **1300 624 787** in silole email **mail@cardinia.vic.  
gov.au** in Cardinia Shire Council ah Pawngkam Bawmhnak Rianttuannak(Community Support  
Facilitator) rak pehtlai.

**Cardinia Shire Council nih phone cung in Mirang holh a holh lomi a  
hmgantu(customer) pawl caah a lak in holh lehpiaknak a pek.**

### **Holh bawmhnak lamhmuhsaknak:**

عربي	<b>9492 8780</b>	Arabic
Chin Hakha	<b>9492 8781</b>	Chin Hakha
普通话	<b>9492 8782</b>	Mandarin
دری	<b>9492 8783</b>	Dari
Filipino	<b>9492 8784</b>	Filipino
हिन्दी	<b>9492 8785</b>	Hindi
Italiano	<b>9492 8786</b>	Italian
ਪੰਜਾਬੀ	<b>9492 8787</b>	Punjabi
සිංහල	<b>9492 8788</b>	Sinhalese
Español	<b>9492 8789</b>	Spanish
For all other languages	<b>9492 8790</b>	

### **Cardinia Shire Council**

Civic Centre  
20 Siding Avenue, NawIngeitu

PO Box 7  
Pakenham 3810 (DX 81006 Pakenham)

Phone: 1300 787 624  
Email: mail@cardinia.vic.gov.au  
Web: cardinia.vic.gov.au

### **Miphun Chanhchinnak Rianttuanpiaknak(National Relay Service) (NRS)**

TTY: 133 677 ((1300 787 624 caah hal)  
Chawnh le Ngaih (chawnhbiaknak chanhchinnak): 1300 555 727  
(1300 787 624 caah hal)

**Caletu Holhlehnak Rianttuanpiaknak**  
131 450 (1300 787 624 caah hal)



**Cardinia**