# Lëk tɛ̈n kɔɔc ɣɔɔc – ŋic yiɛth ku

**Pendhiëc 2025**

Kɔɔc rɛ̈ɛ̈r ke cë thäny döc alɔŋ pial nhom aa leŋ yith cï Löŋ ë Pial Nhom ku Pial Guöp 2022 baai Victoria gäm keek. Yith kä aa leŋ yiic yith bï:

* **Ba rëël ke ŋic ye wɛt ŋo ci yïn tääu löŋ yïn thääny döc ɛ̈k wɛ̈t thɛ̈ny keek döc.**
* **Keek ya ŋɔ̈ɔ̈th ke leŋ riɛl bï kek wël teem alɔŋ döny loi tɛ̈n keek.** Kën wɛ̈tdeyic ee:
* Lëk bï keek lɛ̈k bïk wɛ̈t kaŋ deet ku jalkä gam bë keek gäm döc a dhil kaŋ looi kuat dhël bï yen rot lëu.
* Riɛl bï raan jaai döc kärba (ECT) tɛ̈ yen raan leŋ riɛl bë wël alaŋ de teem.
* **Mɛt bïn rot mat luɔy yic, ku kony yïïn ba wël alaŋ du** ya teem alɔŋ cɛɛth, döc ku ɣɔ̈r bïn ɣɔ̈r alɔŋ pial nhom, ku lon kën a leŋ yic:
* Pïŋ bï wɛ̈l ku piŋ ku thek kä kuun ca lɔc yiic
* Wɛ̈t bï yï gäm kaam la cök ku cïn raan coŋ ya thɛny yïïn ba wɛ̈t lac teem
* Wɛ̈t bïn laŋ kaam bï yïn döny gɛ̈m yïïn kaŋ jääm yic kek akïïm ë tuany nhom
* Kuɔɔny bï yï kony ba wïc wëët dɛ̈d ya kuɔɔny dɛ̈d.
* **Wɛ̈t bï yï gäm kuɔɔny la cök ba rot mat luɔy yic bë wɛ̈t dɔ̈ny du teem ka yï rɛ̈ɛ̈r thok thïn,** ku det lëk cë lueel ku yiɛth ku, ku luel wɛ̈t duun ye tak, kä nhiar yï puöu, ku thiëc kɔc ya ba wël teem.
* **Jam bï kɔc ya jam kek yïïn dhël thööŋ rot kek kä wïc,** cëmën dhël thoŋ ye piŋ, dhël bï kɔc nyuc tɛ̈ path kek yïïn, dhël bï kɔc nyuc tɛ̈ pɛɛth bï gäm riɛl ye yïn jam kek kɔɔc kuun macthok, kɔɔc ruɛ̈ɛ̈y wek, dumuuk, kɔɔc ë kuɔɔny, ya kɔɔc kuny alɔŋ jam.
* **Lëk bï yï alɔŋ döc gɛ̈m yïïn,** ɣet tɛ̈t bï wël kä kä teet yiic:
* Kuat döc cë lueel alä ka gɛ̈m yïïn, kë bï döc lëu, kä pɛth yen, ku kä rɛc yen (cëmën käk muön ke raan döc yic)
* Kuat döc kɔ̈k tɔ̈u, ɣet kä pɛth kek ku kä rɛc kek.

Lëk kën a bë lɛ̈k raan dhël bï yen lëk deet yic ku ye dhël bë kä kuun thiëëc ŋiɛc bɛ̈ɛ̈r. A lëu ba kɔc lɛ̈k bë yï gäm lëk kën ka cë gɔ̈t ku lɛ̈k kɔc bë yï wiëc raan kɔc waar thook tɛ̈ wïc yïn wɛ̈r thok.

* **Tem wël alɔŋ döc bë gäm yïïn ba ɣɔ̈r ku yeen ee döc yic duɛ̈r laŋ käräk thööŋ rot.**
* **Cɔl rot a gɛ̈m döc cïn yic kä thɛ̈ny yïïn, ku loi dhël këc thäny yïïn tɛ̈ cït tɛ̈ bë rot lëu,** tɛ̈ gɛ̈m yïïn döc dhël ca gam, ku dhël bïn ɣɔ̈r ku kuat döc yen tɔ̈u lëu bë gäm yïïn.
* Cɛɛth ya döc cïn yic kä thɛ̈ny kɔɔc tuany apɛy a path bë ya looi ka raan kony **lääu nhom apɛy** tɛ̈ cït tɛ̈ bë rot lëu. Kë ye raan tök yök ka cë thäny a lëu bï raan dɛ̈d yök ka këc thäny yeen.
* Tɛkdä ka a bë gäm döc panakïm **tɛ̈ liiu dhël bï yï gäm döc ka yï cëŋ wut.**
* Wɛ̈t a cë lëu bë teem bë raan thäny döc tɛ̈ ye **käräk lëu bë rëër thïn** yök ka dït rɛ̈k ka wär käräk wïc bë pëën në döc.
	+ Yiny bï yïïn ya **lel thok ya mɛc yï piny** tɛ̈ cïn yen dhël dɛ̈d cë yök ka bï yï muk ya cë keek kaŋ tak yiic.
* **Yiny yïn rot yök yï cïn käräk ku yök rot ka yï thek,** ɣet käkä:
* dɛ̈t bï ducëëk ŋic yïn rot, raan nhiar ba tɔ̈u ke yeen, ducëëk, kuat bïï yïn cök thïn, thoŋ yïn jam, kïn dɛ̈l, yath (gääm ya wëi muk raan), thiɛkic, jiɛɛk muk raan, run, aŋääth, bɛ̈ɛ̈l, ciɛɛŋ, bïdha cëŋ yïn baai ku kä jöör alɔŋ tɛ̈ cëŋ yïn thïn deet ku dhukke nhïïm
* Dɛ̈t bï kä kuun wïc keek alɔŋ kïïm ku **kä kɔ̈k pial guöp** deet ku dhukke nhïïm
* Thɛ̈k bï **thiɛkic du, riɛl yïn kä ku looi rot ku yiɛth ku** theek yiic ku cot luɔn den tueŋ
* kuɔɔny bï yï kony alɔŋ pial nhom ku pial guöp rin ba **ɣɔ̈r** ku mat rot kä ye looi yiic wut.
* Thɛ̈k bï **ciɛɛŋ duun loi thok ku tɛ̈ duun pɛɛth ŋiëc rot** ya theek yiic rin yïn raan ë **Kɔɔc Leŋ Baai** , ku kën a leŋ yic:
* Yinh bï yï caath ku gɛ̈m yï döc dhël **riɛl duun yïn kä ke looi rot** cuɔt tueŋ
* Thɛ̈k bï **ciɛɛŋ** du wek kɔɔc kuun macthok, kuat kɔɔc ruɛ̈ɛ̈y wek, kɔɔc wuön dun, baai alaŋ dun ku pïu dhiɛl theek yic.
* Lëk bï kɔɔc konyh yïïn alɔŋ pial nhom yïïn **ya lɛ̈k alɔŋ yiɛth ku** tɛ̈ cït tɛ̈n *Löŋ ë Pial Nhom ku Pial Guöp 2022*, leŋ yic dhɔ̈l kä:
* **Wël cë gät piny** ku **wël cë teet yiic liep** kaam thööŋ rot kek tɛ̈ bïn wɛ̈t deet
* **Bëër bï ka ca thiëëc ya bɛ̈ɛ̈r** ka cïn wɛ̈t dɛ̈d nyɛ̈ŋ wei thïn ku tet wɛ̈t thoŋ la gai apɛy tɛ̈ cït tɛ̈ bë rot lëu.
* **Gɛ̈t bï lëk alɔŋ pial guäp du ku wël alaŋ du ŋiɛc ya gät piny ke këc wääc yiic ku gät keek dhël athɛ̈ɛ̈k:**
* A lëu ba kɔc lɛ̈k bë kuun alɔŋ pial guöp cë kuöc gät piny **cɔ̈k yiic piny**
* Na jai kɔɔc loi lon pial nhom ku pial guöp bïk kä cë kuöc gɔ̈t cï cök yiic piny, ka yï luel **wɛ̈t ë lëk alɔŋ pial guöp** bë kɔɔc kɔ̈k lɛ̈k kä wïc bë keek waar yiic. Wɛ̈t ca lueel kën a dhil mat athɔ̈r ku yiic.
* **Gät Athör Thɔn Dhɔ̈l ë Muöök Cë Lɔc Piny** bë kɔc cök nhïïm alɔŋ döny duun tuany nhom, dhël muk yïïn, ku dhɔ̈l wïc bï yïïn ya kony:
* Akïmdun ë tuany nhom loi döc tɛ̈n yïïn a dhil wël ca than piny buɔɔth yiic
* Na jai akïm ë tuany nhom bë wël ca than piny cï buɔth yiic kaam gɛ̈m yen yïïn döc, ka wɛ̈t jɛy yen a dhil lɛ̈k yïïn dhël gäät nïn ka 10 ë luɔy yiic.
* **Lɔc raan bï ya kony jam** rin bï ya kony tɛ̈ leŋ yen kë wïc jam, ku lueel kä kuun wïc, ku kony yïïn ba wël cë lueel piŋ, ku kony yïïn ba yiɛth ku kuany cök.
* A leŋ kaam dɛ̈d ye löŋ kɔc lɛ̈k bë Raan Ca Lɔc Bï Ya Kony Jam dhiɛl lɛ̈k alɔŋ döc loi tɛ̈n yïïn.
* **Wïc akïm ë tuany nhom dɛ̈d:**
* Wïc lëk dɛ̈d tɛ̈n kuat akïm ë tuany nhom, ɣet tɛ̈n kɔɔc lui alɔŋ pial nhom ku pial guöp wäär cï yï tuɔɔc thïn ba la wïc döc ya tɛ̈n Akïm ë Tuany Nhom Luɔn De Looi Abac Ku Luui Rot bï lɛ̈k wɛ̈t bï wël ya rou.
* Na jai akïm ë tuany nhom bë kä kuun ca lueel cï buɔth yiic tɛ̈ cït tɛ̈n wɛ̈t ë akïm ë tuany nhom dɛ̈d cïn la thïn, ka path bë wɛ̈t jɛy yen lɛ̈k yïïn dhël gäät. Yeen a apath bï lɛ̈k wɛ̈t jɛy yen dhël gäät nïn ka 10 luɔy yicc. Aya, yïn leŋ yiny bïn Bɛ̈ny ë Akïïm ë Tuany Nhom lɛ̈k bë döc gɛ̈m yïïn caath yic.
* **Kuɔɔny alɔŋ jam.** Tɛ̈ rëër yïn panakïm, ka yiny duun ye yïn jam a lëu bë tek yic tɛ̈ pɛth yen keya rin bë käräk pëën.
* Na cë jam du tek yic, ka wɛ̈t cï jam du tek yic a dhil lueel dhël ë gäät.
* Ku a cïn raan leŋ riɛl pëën yen yïïn ba cï jam kek **malöŋ** kony yïïn, kek **raan lon pial nhom kony yïïn alɔŋ jam**, **Bääny ë Pial Nhom ku Pial Guöp, Luŋ ë Pial Nhom**, **Bɛ̈ny ë Akïïm ë Tuany Nhom**, ya **raan nëm ka bɔ̈ tɛ̈n Mäktam Raanebën Kɔc Kony Jam**.
* Jaam kek **malöŋ** kony yïïn bï wɛ̈ɛ̈t alɔŋ lööŋ.
* Jaam kek **kɔɔc ë IMHA tɔ̈u ke ye kɔc kony jam** bïk yï kony jam. IMHA a bë ya lɛ̈k kuat kaam leŋ wɛ̈t riil wïc bë teem rin bë yï thäny döc. IMHA a bë jam kek yïïn tɛ̈ këc yïn keek lɛ̈k bïk cï ye cool jam kek yïïn.
* **Thiëc kuɔɔny** tɛ̈n raan kɔc kony jam, raan wut bï ya neem ya kuat raan dɛ̈d ca lɔc bï kony.
* **Cuɛt luk tueŋ bë wɛ̈t cë teem thɛ̈ny yïïn döc bɛn la caath yic** dhël bï yïn Luŋ ë Pial Nhom lɛ̈k bë wɛ̈t du bɛn piŋ:
* A lëu ba malöŋ lɛ̈k ya lɛ̈k kuat raan dɛ̈d kony yïïn jam bë wɛ̈t du lueel ya kony yïïn Luŋ ë Pial Nhom yic.
* **Luel wɛ̈t jöör alɔŋ lon looi kɔɔc lon pial nhom ku pial guöp dhël** bï yïn jam kek kɔɔc luɔy ku/ya Bääny ë Pial Nhom ku Pial Guöp. Kën a leŋ yic wɛ̈t jöör ba lueel alɔŋ wël ril ë pial nhom ku pial guöp, ya alɔŋ wël ril këc ŋiɛc buɔɔth yiic.

# Alɔŋ IMHA

Loilooi ë IMHA aa ye looi rot, ku aa ye looi abac ku wël ë raan aa ce nyaai piny.

Na tem wɛ̈t bë yï thäny döc, ka kɔɔc kuaan IMHA tɔ̈u ke ye kɔc kony jam aa lëu bïk:

* Bï kë wïc piŋ ku jɛɛmkä kek yïïn alɔŋ kä lëu bïn lɔc thïn
* Yï lɛ̈k ku konykä yïïn ba yiɛth ku kuany cök
* Luui kek yïïn rin ba yï ciin mat lon gɛ̈m yïïn döc yic ku ba ɣɔ̈r
* Yï tuɔɔc tɛ̈n kɔɔc bï la kony tɛ̈ wïc yïn yeen keya

# Dhël bï yïn jam kek IMHA ku wïc wël kɔ̈k

A lëu ba:

* Nem lɔ̈kaɣukar: [www.imha.vic.gov.au](http://www.imha.vic.gov.au)
* Toc imeel: contact@imha.vic.gov.au
* yuöp IMHA telepun kën **1300 947 820**, yeen a leŋ yic kɔɔc lui kek IMHA
kɔc kony thää 9:30nh – 4:30th nïn ka dhorou wik yic (ku nïn lɔ̈ɔ̈ŋ raanebën aa liu thïn)
* yuöp IMHA telepun ë yith kën **1800 959 353** bë wël cë dɔm alɔŋ yiɛth ku piŋ
* lɛ̈k raan lui lon pial nhom, dumuk, raan ruɛ̈ɛ̈y wek ya kuat raan dɛ̈d kony yïïn bï kony jam kek IMHA
* na leŋ wɛ̈t wïc ba dhuk kɔ̈u ya leŋ kë jöör wïc ba lueel alɔŋ lon IMHA, manha ka yï jam kek ɣook, ya nem lɔ̈kaɣukar abaŋ daan ye wël jöör lueel thïn ku dhuk wël kɔ̈ɔ̈th thïn.

