



Australian Government

Miphung thleidannak cu cohlan khawh lomi a si

Miphung thleidannak, tuaitaamnak asilole huatnak na hmuh asilole hmuhto ahcun, um sawhsawh hlah; chim.

Miphung thleidannak lei ziaza nih hliammi na si ahcun

- Puarhrannak he tuk asilole thihphei na ton ahcun, palek pehtlainnak tuah hna.
 - Lakhruak thilcang asilole nunnak a thihphei mi dirhmun ah, Zero Pathum (000) kha chawn law palek kha bawmh hal hna.
 - Palek bawmhna na herh, asinain tih nung tuk a si lo ahcun, Palek Bawmhna lei Chawhna (131 444) ah chawn.
- Puarhrannak aa tel lo i, tuah dingah a himmi a si ko ahcun, tuahsena aa telmi minung he dairek in thil sining kha nangmah pumpaak in tawrel na duh men lai.
- Dairek in pehtlai nih thilsining kha a daihremter lo ahcun, asilole hihi tuah dingah na siarem lo ahcun, Australia mi Nuhrin Covo Kawmisi (Australian Human Rights Commission-AHRC) sinah phunzainak na tuah khawh.
 - AHRC he phunzainak tuah dingah, hika ah zoh www.humanrights.gov.au/complaints asilole AHRC i Rampumpi huap Thawngthan lei Riantuanpiaknak 1300 656 419 asilole 02 9284 9888 ah chawn.

Tehte pawl i thiltikhawhna

Tehte ah a dirmi minung nih miphun thleidan a sinak kong a chim tikah, hi nih hin hliam a tongmi nih bawmhmi a si kha a hngalh i miphun thleidannak a tuahtu kha an ziaza a ruahter khawh hna. Nangmah le nangmah kha tihnung ah ichia hlah. Asinain tuah ding ah a him ko ahcun, chim law hliammi minung kha dirpi. Kutke piah sawhsawh te hmanh hmulngeimi a si ko.

Miphun thleidannak ziaza na hmuh ahcun, hihi na tuah khawh:

- Chim – miphun thleidannak a um tiah au, sualna a tuahtu nih khan cohlan khawh lomi a si kha hngalh seh
- Hliammi kha bawmh – hliammi minung pawl khan dir law zeidah an lawh kha hal hna
- Thilsining kha la – na fon in thilcang kha rikhawt tuah, sualna a tuahtu kha hmaanthla law nawlungeitu pawl sinah ripawt pe

Australia mi Nuhrin Covo Kawmisi nih tehte pawl caah lamhuhsaknak pawl a ngei, hika ah zoh <https://itstopswithme.humanrights.gov.au/respond-racism>

Miphung thleidannak le na covo

Australia ah, miphun, cuar rong, minung pakhat asilole bu i chuahsemnak ram le miphun cungah hngat in zapi lak ah upadi buar in tuahmi pakhat khat a si, cucu **namneh, zomtai, tang ah chia** **asilole hrocer** a si men lai. Hi bantuk ziaza cu miphun lei huatnak a si tiah ruahmi a si.

Miphun huatnak tahchunhna pawl ah hihi aa telmi lai:

- eforums, blogs, mizapi ihrawmmi pehtlainnak hmun pawl le video taarnak hmun pawl telhchih in intanet (internet) chungah miphun lei namnehnak lei thilri

- Catialmi catlap asilole ca-uk pante tibantuk tadinca, mekazin asilole adang cachuahmi ah miphun lei namnehnak lei catialmi pawl asilole hmaanthlak pawl
- mizapi tonpumhna ah miphun lei namnehnak biachimmi
- dawr, rian hmun, pangpar dum, zapi nih hmanmi tlunkalna tibantuk zapi umnak hmun asilole sianginn ah volhpamhna bia chimmi pawl
- lentecelna hmun ah celhti hawi pawl, lentecelh puai zohtu pawl, cawnpiaaktu asilole bawi pawl nih volhpamhna bia chimmi pawl.

Upadi nih aa tinhmi cu zalong tein ichawnhbiakna nawl ngeihna (zalong tein biachimna) le miphun huatna in zalong tein umna nawl ngeihna iruang tein um kha a si. Thil sining zeimawzat ah, “ruah piak khawh ding le tihmi tha he tuahmi” an si ahcun upadi buar a si lo kho men.

Miphung thleidanna cu miphun lei hnulei tuanbia asilole vun muici dang a ngeimi an si ruanga inn pakhat kha hlaanh duhlo tibantuk aa khat bakmi dirhmun ah minung pakhat kha a dang pakhatna in a miphun, vun muici, hrinsor, chuahsemna ram asilole chuahsemna miphun asilole mipem sinak ruang i duh deuh lo tikah a cangmi a si.

Miphun thleidanna cu kompani nih riantuanu pawl kha rianhmun ah luchin chinglo ding asilole adang lu i hrukmi hruk lo ding tibantuk, cheukhat miphun/chuahsemna ram lei hnulei tuanbia a ngeimi miphun cungah ruanna um lo i hnorsuanna a ngeimi a lo i, upadi asilole pawlasi kha aho paoh caah aa khat in ser a si tik, asinain miphun, vun muici, hrinsor, chuahsemna ram asilole chuahsemna miphun asilole mipem sinak a ngeimi minung cungah hnorsuanna a um tikah a cangmi a si fawn.

Miphun he aa pehtlaimi thleidanna asilole huatna na ton ahcun Australia mi Nuhrin Covo Kawmisi sin ah phunzainak na tuah khawh. Phunzainak tuahto ning cu a fawimi, man lo asilole dinhdorh khawhmi a si.

Australia mi Nuhrin Covo Kawmisi he phunzainak tuah dingah, hika ah zoh www.humanrights.gov.au/complaints.

Ram pumpi huap Thawngthanha lei Riantuan piakna

Australia mi Nuhrin Covo Kawmisi i Ram pumpi huap Thawngthanha lei Riantuan piakna (NIS) nih pumpaak pawl, bu pawl le rianngaitu pawl caah nuhrin covo le thleidana kongkau a phunphun kong thawngthanha le sawhpiakmi pawl a pek. Hi riantuan piakna cu manlo le a thlithup a si.

NIS nih a tuah khawhmi cu:

- ramkomh nuhrin covo le thleidana lonak upadi tangah na covo pawl le na tuavo pawl kong thawngthanha an pek khawh
- Kawmisi sin ah phunzainak na tuah kho maw tuah kho lo asilole upadi cu na dirhmun ah zeitindah hman a si lai timi bia an ruah khawh
- phunzainak tuah ningcang, phunzainha tuahmi ah bialehna ning asilole a dikthlir in langhtermi thleidanna kongkau pawl tawlrel ning kong thawngthanha an pek khawh
- nangmah an bawm kho menmi a dang bu ah an kuat chin khawh

NIS cu upadi lei ruahna cheuhna a pe kho lo ti kha zaangfahna in ichingchia.

NIS kha pehtlainha na tuah khawh hihi hmangin:

- Fon: 1300 656 419 asilole 02 9284 9888
- Imel (Email): infoservice@humanrights.gov.au
- Fax: 02 9284 9611
- Rampumpi huap Pehtlaih piak chinnak lei Riantuan piakna: 1300 555 727 (chim le ngaih) asilole internet-relay.nrscall.gov.au

Calehna le Holhlehna lei Riantuanpiakna

Calehna le Holhlehnak lei Riantuan piaknak (TIS National) cu Mirangholh a thiam lomi caah holhlehnak lei riantuan piaknak a si. TIS National riantuan piaknak a tam-u cu Mirangholh a holh lomi sinah manlo in riantuan piaknak a si.

- Fon: 131 450
- Hika ah zoh: www.tisnational.gov.au

Thazaang pek cawnpinak le Thinlung Ngandamnak lei Thatnak

24/7 bawmhnak lei riantuan piaknak a hleiin COVID-19 pulrai nih a tlunhmi hna bawmh dingin suaisamhmi cu Australia mi dihlak caah man lo in riantuan piaknak a ngah.

Bawmhnak lei riantuan piaknak cu hi vuapsaih (website) <https://coronavirus.beyondblue.org.au/> hmang in hmuh khawh a si.

Pumpaak harnak le thinlung ngandamnak bawmhnak lei riantuan piaknak caah Beyond Blue kha 1800 512 348 ah asilole bawmh hal dingin chawh khawhnak 13 11 14 ah zeitik caan paoh ah na pehtlaih khawh hna.

Ngakchia Bawmh hal dingin chawh khawhnak cu mino kum 5 in 25 caah manlo in riantuan piaknak a si. Ngakchia, tleirawl le mino pawl nih zeitik caan paoh ah 1800 551 800 ah hin an chawh khawh.