

Siizung ah Pakhatkhat an Thih Tikah

Eastern Health tawltreitu hna le rianttuantu hna nih hi ngeihchiatnak nan tonmi cungah kan in tuarinpi hna. Eastern Health rianttuantu hna nih siizung ah na chungkhat an thih hnu ah zeidah an sikahawhchung in an in bawmh lai le zeidah tuah na herh timi zong an in chimh lai. A thimi ca zongah zeidah an phunglam, nunphung, biaknak le zumhnak a si i mah he keihkawh in tuah a herh timi zong kha an in ruah piak lai.

Mah catlap nih hin a tanglei pawl biahalnak caah theihnak an bawmh lai:


- Siizung ah pakhatkhat an thih tikah hal deuhmi pawl.
- Thinhnak ton tik ah ngeihchiatnak a ingmi hnemhnak.
- Sang le veng ah bawmhna hmuahkawhna pawl.
- Adang a herhmi pawl theih awk.



HOLHLETTU - Zeitindah inn in na kan chonh khawh lai:

Mirangholh naa harh i chonh na kan duh ahcun telephone holhlehnak hmang in na kan chonh khawh – **131450 ah chawn**. Pakhatkhat nih mirangholh in an in chonh lai i atanglei ning in na zulh a hau:

- 1) Na min le na holhmin kha chim law telephone khaa chia hlah. Na holh a thiammi holhlettu an in auh piak lai, cun
- 2) Holhlettu kha phone chonh na duhnak nambar kha chim
- 3) Na theih ahcun, phone chonh na duhmi a min zong kha chim chih
- 4) Chonh na duhnak an in auh piak tiang kha hngak law holhlettu nih an bawmh lai. Holhlehnak cu manlo* a si.

Cozah zung le cozah nih bawmhmi zung poahpoah ahcun holhlehnak kha manlo* in khan piak a si. 

Eastern Health he pehtleihnak:

Eastern Health: siibawi, siisaya/mah, mibawmtu (social worker), biaknak lei rianttuantu le pastor te nih hal na duhmi lehnak , chimhnak le na herhmi bawmhnak tehna an in pek lai. Rianttuantu pawl kha **Nikhatni in Ningani zing suimilam 9 le zaanlei 5** kar ah chawn hna.

Reception i a tthumi hna kha na chonhduhnak hmun asiloah a min kha chim. An iman h lo ahcun chonh ter tthan ding in na min le na phone nambar na pek taak hna a hau lai.

Zerhte le zerhpi caan ahcun rianttuantu an tlawm deuh.

Angliss Hospital	Ph: (03) 9764 6111
Box Hill Hospital	Ph: (03) 9895 3333
Healesville Hospital	Ph: (03) 5962 4300
Maroondah Hospital	Ph: (03) 9871 3333
Peter James Centre	Ph: (03) 9881 1888
Wantirna Health	Ph: (03) 9955 1200
Yarra Ranges Health	Ph: (03) 9091 8888
Yarra Valley Community Health Service	Ph: 1300 130 381

 Acung hna hi Eastern Health tang l a ummi siizung pawl an si.

Zeidah tuah ding?

Siizung i a thimi ruak zohnak

Mithi ruak zoh cu pakhat cio i an ruahning le nawl a si. Siizung rianttuantu asiloah ruahvuinak tolreltu (funeral director) pawl nih ruak zoh na duh ahcun an in bawmh khawh.

Micheu caah cun ruak zoh kha ngeihchiat ton caan ah an phunglam pakhat a si. Ruak kha siizung chiah lioah zoh naduh ahcun zoh khawh a si. Rianttuantu kha chim hna. Adang chungkhat hngah na duh zongah chim hna. Siizung ahcun umtthutnak zong aa tettawt deuh khomen i asikhawh ahcun ruakinn i zoh kha duhdeuh a si.

Ruakvuinak tolreltu na hmuh hlan le mah tolreltu kha ruakinn ah mithi kal pi dingin nawl na pek hlan cu ruak kha siizung ah chiah a

si lai.

Ruakinn ah ruak zohnak

Ruak zoh duh ahcun ruahvuinak tolrelyu nih khan an timhlahm piak khawh. A man pek zong a hau kho men. Mah nih khan siizung i a thih lioah a hmu manh lomi chungkhat cingla le hawikom caah ruak hmuhnak le a hmanung bik upat peknak caan a pek hna lai. Ruak kha khuadang asiloah ramdang ah vui ding in timhtuah a si ahcun mah kha a donghnak bik ruak hmuh caan zong a si kho.

Ruahvuinak tolrelyu kawlnak

Eastern Health nih mah ruahvuinak tolrelyu khi a ttha tiah an in chim kho lai lo. A thimi nih khan a thih hlaanah a ruak vuinak zong timhlahmnak a rak ngeih khawh cang men asiloah a duhnak kha chungkhat asiloah hawikom zong a rak chimh khawh cang men hna. Asiloah roca zong ah a ttial khawh men. Na chungkhat le hawikom he khan iceih in khuakhaang tti uh. Telephone cauk (directory) chung khan ruahvuinak tolrelyu pawl kawlnak khawh a si. Asiloah siizung rianttuantu kha ruahvuinak tolrelyu pawl cazin na hal khawh hna.

Man pek ciami ruahvuinak tolrelnak

Ruakvuinak tolrelyu na khaan hlaanah a thimi nih a ruakvuinak caah kampani pakhatkhat he hnatlaknak le manpeknak a tuah cia maa ti le ruakvuining a duh daan tehna kha roca le ca tehna attial taakmi a um ma tiah zoh.

Ruahvuinak tolrelyu pakhat le pakhat i an man le an tuahmi tehna aa khat lai lo i biakhiahnak na tuah hlaanah kampani tampi kha chawn hna law an man le an tuahmi tehna kha hal hna. Hnatlaknak na tuah hlaanah an tuah ding kha na lung tlin le tlin lo le a man tehna kha hal cia hna.

Micheu cu ruakvuinak caah bawmhnak pek khawh an si.

Biakhiahnak le Thimnak

Na thimmi ruakvuinak tolrelyu nih an ton lai i ruahvuinak kong he bia nan iruah lai. Ruakvuinak, upat peknak puai asiloah philhlonak ti in thim ding a phunphun an um. Asiloah nan mah siaremning bianaah na phunglam, na nunphung, na biaknak sining zulh zong khan thim khawh a si.

Micheu caah cun an chungkhat nih ruak kha khuadang asiloah ramdang zong ah vui asiloah khangh an duh khawh men. Mahti tuah duh ahcun ruakvuinak tolrelyu kha asikhawh chung in tuante ah chimh ding an si.

Upade tangah mahti hrimhrim in na tuah lai timi ttemttawnnak a um lo. Upade tangah a herhmi cu ruakvuinak asiloah khanghnak kha laisen ngeimi ruakvuinak tolrelyu lawng nih an tuah khawh.

Phunglam le nunphung ning in a herhmi

Phunglam, nunphung asiloah na biaknak nih a herhmi tuah ding a um sual ahcun siizung nan um lio ahkhan Eastern Health rianttuantu pawl kha chim hna.

Biaknak lei hnemhnak

Siizung kip ah biaknak lei rianttuantu an um i an mah nih khan na biaknak nih a herhmi bianaah thlarau lei asiloah zumhnak lei in tuah a herhmi tehna kha an in bawmh khawh lai. Na biaknak upa asiloah pastor tehna zong kha auh an in zuam piak lai.

Zei biaknak na zumh zong ah nangmah biaknak upa asiloah pastor kha hnemtu ding in siizung kip nih an in khan piak khawh. Biaknak ngeilomi na si zongah hnemtu na herh ahcun an in bawmh khawh. Chonh na duh hna ahcun siizung i biaknak lei hnemtu hna kha chawn hna.

Siizung kip ah khan thlacamnak ah tiah tuahmi hmunthiang Sacred Space timi an um.

Eastern Health in Tthialnak

Ruakvuinak tolreltu na thim hnu in ruak kha naa thimnak ruakinn ah an tthial lai.

Ruak kha hlai in cek a hoh ahcun ruakinn tthial kha a rau deuh kho men. Cun cozah lei in zeiruung ah a thih timi hlathlaitu (State Coroner) nih a thihnak hlathlai a hoh ahcun ruak tthial kha a rau deuh lai.

Thihnak Catlap (Death certificate)

Thihnak catlap kha mithi a cawnghrantu siibawi le sayamah te nih an tthial lai. Mah catlap kha ruakvuinak tolreltu sinah an kuat lai.

Ruakvuinak tolreltu nih khan Chuahnak, Thihnak le Aatthiummi Cazin tleihnak zung (Births, Deaths and Marriages bureau) ah an kuat lai.

Thihnak Catlap kha zung nihnawlingeimi chungkhat sinah an kuat lai. Mah catlap kha rengtein na herh ahcun ruakvuinak tolreltu kha chim.

Chungril le taksa hlutnak

Eastern Health rianttuantu nih khan mithi a chunril le taksa tehna hlut ding in khuaruah awk zong an in ceih pi men hna lai.

Mah ahkhan a chungril pakhatkhat asiloah taksa kaa khatkhat kha laak i faaktuk in a zawmi asiloah a thi dengmi mizaw nunnak khamhnak caah an hman lai i na hna a tlak ahcun min thut tehna zong a hau lai. Cheukhat nih cun an thih hlaanahan chungril pakhatkhat asiloah taksa kaa khatkhat kha hlut ding in hnatlaknak min an rak thut ciami a um lai i mah kha hnatlak pi ding in forhfial zong na si kho men. Rianttuantu zong nih khan a thimi nih a thih hlaanah a chungril le taksa hlut a duh lo nak ca a tthialta ma timi an zoh lai i upat an izuam lai.

Mah kong he petlaiin na biaknak le na nunphung nih khamnak a um ahcun rianttuantu pawl kha chim colh hna.

Tamdeuh theih na duh ahcun:

Nunnak khamhnak, Australia Chungril Le Taaksa Hlutnak Le

Bunhpiaknak kong kha www.donatelife.org ah zoh khawh a si.

Ruak hlai in hlathlainak (autopsy)

Ruak hlai in hlathlainak phun hnih a um:

- Cozah lei in zeiruang ah a thih timi hlathlaitu he aapehtlai lo mi hlathlainak: siizung ah tuah a si.
- Cozah lei in zeiruang ah a thih timi hlathlainak: Cozah lei in zeiruang ah a thih timi hlathlaitu nih ttuanvo a laak lai.

Cozah lei in zeiruang ah a thih timi hlathlainak he aapehtlai lo mi

Eastern Health siibawi te nih khan mithi ruak hlainaknawl pek ding in an in hal khawh men. Mah ruak hlai khana lung a tlin lo asilo le na phunglam he aa kalh ahcun na chimh hna ding kha a biapi. Mah ruak hlainak nih khan siibawi te kha a thimi zeiruangahdah a thih timi theihnak ah a bawmh hna lai. Ahleiin ruahlopin a thimi caah. Chungkhar zong nih a thihnak kha theih an duh caan atampi. Bia na khiah hlaanah rianttuantu pawl nih zei an tuah ding a si timi le zeiraungah dah saan a tleih timi kha an in chimh lai. Cun na fian lomi le hal na duh mi zong kha hal ding in forhfial na si lai.

Hlathlainak nih an hmuh mi a phichuak ripawt kha a thimi a rak cawngtu siibawi/sayamah te sinah an kuat lai. Na chungkhar siibawi zong nih mah ripawt kha a hal khawh hna. Chungkhar zongnih mah kha mithi a rak cawngtu siibawi/sayamah te sin in asiloah na chungkhar siibawi sin in hal khawh a si. Mah ripawt tuahnak ding ah zerh 4 hrawng a rau. Ahlei in hlathlainak tuah asiloah ahardeuh sual ahcun arau deuh kho men.

Victoria Cozah lei in zeiruang ah a thih timi hlathlainak


Mithi i a zawtnak kong le a thihnak sullam theih a herh ahcun cozah lei in zeiruangah a thih timi hlathlaitu bawi (coroner) itel in hlathlai a hau. Cozah lei in zeiruangah a thih timi hlathlaitu zung le siizung kha phone ichonh in biakhiah a si lai. Hlathlai a herh ahcun ruak kha cozah lei in zeiruangah a thih timi hlathlaitu zung umnak

Southbank, Melbourne ah tthial a si lai.

Atanglei pawl caan ah Cozah lei in zeiruangah a thih timi hlathlaitu bawi cu upade ning in talnaknawl a ngei:

- Ruahlopi in mi an thih tik. Khawnden sual le hmaput in an thih tik asiloah ningcaang lo in an thih tik
- A thih hlaanahpalek thong ah a um
- Sii lei thlopbulh lioah ruahlotuk in a thih
- Siibawi nih a thihnak theihlo ruang ah thihnak catlap min a thut khawh lo
- A thimi ho si hngalh lo
- A thimi kha Department of Human Services nih zohkhenhmi a si
- Thluak Tlamtlin Lo Upade (Mental Health Act) ningin ithlopbulh ding ah fialmi midamlo a si.

A thihnak cu lunghrinh a si i Cozah lei in zeiruangah a thih timi hlathlaitu bawi aatel a hau tiah ruah a si ahcun Eastern Health nih zung kha pehtleihnak an tuah lai i mahhnu cun chungkhar kha theihter a si lai. A thimi chungkhar zong nih lunghrinnak an ngeih ahcun Cozah lei in zeiruangah a thih timi hlathlaitu zung kha pehtleihnak tuah khawh a si.

Cozah lei in zeiruangah a thih timi hlathlaitu bawi zung (Coroner's Service Centre) 

PH (03) 9684 4444

Khualeng in chonhnak: 1800 136 852 (Chonhman liam a hau lo)

www.coronerscourt.vic.gov.au

Upade tangah Cozah lei in zeiruangah a thih timi hlathlaitu bawi nih atanglei pawl hi ripawt pek ding ah ttuanvo a ngeih:

- A thimi a min
- A thihnak a ruang
- Thihnak catlap caah a herhmi vialte ttial ding

Cozah lei in zeiruangah a thih timi hlathlainak tuahdaan

Mi pakhat i a thihnak a ruang hlat tikah a ruak hlai asiloah a thi, zuun le ek tehna zong kha cek dih a hau kho men. A ruak hlai tehna na duh lo ahcun Eastern Health rianttuantu pawl kha na chimh

hrimhrim hna a hau. Rianttuantu hna zong nih khan na duhnak kha Cozah lei in zeiruangah a thih timi hlathlaitu zung kha an chimh hna lai i an in ruah piak chih lai.

A thih ningcang tuak chih in midang ruahnak hal khawhmi bianaah palek, siibawi, meithattu le a thihnak kong a theitu tette tehna zong auh an hau kho. Biaceihzung chuah i tette le ripawt tehna zoh a haumi zong an um asinatein a tam tuk lo.

Tamdeuh hlathlainak an tuahmi cu lunghrinnak um lo, mah tein a thimi pawl lawng an si. Cozah lei in zeiruangah a thih timi hlathlainak an tuah thawng in mi pakhatkhat nih thihnak kong he pehtlai in teltumnak an ngei ti a si dih lo ti zong kha chungkhar nih theih thiam a hau.

Cozah lei in zeiruangah a thih timi hlathlaitu zung nih chungkhar le aa pehtlaimi hna caah bawmhnak an pekmi a phunphun a um. Mah kong he pehtlai in anttialmi catlap kha Eastern health rianttuantu, palek zung asiloah Cozah lei in zeiruangah a thih timi hlathlaitu zung ah khan na hal khawh hna.

Ruakvui a rohnak

Cozah lei in zeiruangah a thih timi hlathlaitnak tuah a herh ahcun ruak kha nazi 24 chungah laak khawh lo zong a si kho. Hlathlainak tuah dih hnu in cun ruakvuiinak tolrehtu nih ruak kha nangmah aiawh in laak khawh a si.

Ruakvuiinak kha a caanchung thengmang ah tuah a herh ahcun Eastern Health rianttuantu kha chimhpiak ding in nawl hna.

Na Caah Santlai Ding Pawl

Na zumhmi pakhatkhat bianaah na hawikom asiloah chungkhat zong kha bawmhnak na fial khawh hna. Mitampi nih hi bantuk caan lioah bawmhnak hmuh khawh kha saantlai ngai ah an ruah. Tuah ding ah a ttha ti in na ruahmi kha tuah izuam. Bawmhnak na herh ahcun hal ko hna. Midang zong nih khan hi bantuk caan lioah

bawmh an in duh. A zaidah kan in bawmh lai timi an theih lo bia a si.

Roca


Mithi nih a ttial taakmi Roca hmuh kha a biapi. Mah ttialtakmi ca ah khan ruakvuinak le adangkong he pehtlai in a thimi nih a duhnak tehna a ttial khawh men. Cun a ruak vuinak caah ruahvuinak tolreltu pakhatkhat he hnatlaknak a tuah taa ma asiloah tangkaa a pe ciana timi tehna zong a ttialtak khawh men.

Roca kong le a donghnak bik biacahnak kong he pehtlai in upade lei ruahnak hal na duh ahcun a tanglei pawl he pehtleihnak na tuah khawh:

- The Victorian State Trustees 
PH (03) 9667 6444
www.statetrustees.com.au
- The Victorian Legal Aid Commission 
PH (03) 9269 0234 asiloah 677 402 (Khua leng in chonhnak)
www.legalaid.vic.gov.au
- A thimi i a sihni asiloah nangmah nih naa thimmi sihni. Sihni kawl na duh ahcun telephone cauk (directory) ah khan na zoh khawh.

Ro Kong NawIngeitu Biaceihzung (Probate)

Ro kong nawIngeitu biaceihzung (Probate Office) cu Biaceihzung Saangbik (Supreme Court) tang ah a um i mithi nih a ngeihmi innlo kong ah nawl a pekmi (a tamdeuh cu a chungkhar an si tawn) kha cohlanak nawl a ngeitu an si. Ro kong nawIngeitu biaceihzung nih khan mithi innlo kha min ttialnak tehna ah zaidah tuah a herh timi tehna an in chimh lai. Sihni asiloah mah kong tuahnaknawl a ngeimi kampani pakhatkhat zong kha mithi innlo kong ah nawIngeitu ah kxanh khawh a si.


Ro kong nawlgeitu zung(Probate Office) 
PH (03) 9603 9296

Ruahvui Bawmhnak

Ruahvuinak caah tangkaa tlamtling in a ngei lomi hna caah bawmhnak hmuh khawh zong a si kho men. Bawmh na herh ahcun siizung i rianttuanmi social worker kha chawn.

PH (03) 95647778
www.bereavementassistance.org.au

Tangkaa Bawmhnak

Ruakvuinak ah tangkaa tampi a dih kho i a cheu cu Centrelink in tangkaa bawmhnak hmuh khawh a si. Bawmhnak pek khawh na si le si lo theih na duh ahcun na sang i a ummi Centrelink zung kha hal hna. Na sang i a ummi Centrelink Zung theih na duh ahcun a tang ah na zoh khawh. 





www.centrelink.gov.au






Thawngthanh ding pawl

Minung pakhatkhat an thih tikah minung tamnawn le zung pawl thawng thanh ding an herh kho men. Na nupi na va a thih sual ahcun nan pahnih nan rak ihrawm mi bank account tehna zong kha thlen a hau lai.

A tanglei cazin pawl hi ruah chih ding in ttialmi an si:

- Chungkhat cinglaa, hawikom le rianttuan hawi
- Mithi aiawh in a innlo le ngeihchiah kong ah nawlgeitu
- Sihni
- Mithi a rak zohtu siibawi, haa siibawi le adang sii lei rianttuantu pawl

- Baan, Adang tangkaa a chiahnak le Superannuation Kampani tehna
- Mithi a rak ipumhnak biakinn, mosque tibantuk
- Medicare  le adang health insurance a chiahnak tehna
- Insurance kampani pawl (nunak , inn le mawttaw caah insurance a chiahnak tehna)
- Rianttuannak - thihnak thawng thanh le nangmah zong khonh hal tehna na duh ah
-  Centrelink– mithi kha Centrelink in pensen a eimi a si ahcun. Mahhleiin a thimi a nupi/va asiloah zohkhenhtu nih a thih hnu in zerh 14 chung Ngeihchiat Bawmhnak (Bereavement Allowance) na hmuh khawh men. Zohkhenhtu bawmhnak (carer’s allowance) a hmumi na si zong ah Centrelink kha 13 23 00 asilole www.centrelink.gov.auah thawng na thanh a hau
-  Ralhap Pensen Zung (DVA)
(A thimi kha ralkap pensen a eimi a si ahcun a tanglei ah thawng thanh hna)
PH (03) 9284 6000
www.dva.gov.au
- Mithi kha inn hlangmi a si ahcun innngeitu kha thawng thanh
-  Na Sang Kawngsi Zung le Kawngsi nih bawmhnak peknak (a thimi kha Kawngsi Zung nih inn ah bawmhnak pekmi asiloah rawl tehna chanhmi a si ahcun)

-  A thimi thlopbulhnak ah aatelmi siizung le siikhan pawl. Bianaah chungril thlennak siizung/siikhan tehna zong
-  Australia Ngunkhuai Zung (Australian Taxation Office)
-  Me Thimnak Zung (Electoral Office)-Federal and State
-  RACV, Ambulance, Vic Roads
Bianaah, laisen khensel tuahnak asiloah mawttaw min thlennak tehna
- Bu le Hawikomhnak phu tehna itelnak. Bianaah, lentecelhnak phu le hawikomhnak bu tehna
- Saatteih le adang zung tehna. Bianaah, caruk (library)
-  Gas, leekttrik le ti tehna khensel tuah asiloah min thlen ding

Ngeihchiatnak Theihthiam Piak

Ngeihchiatnak le langhternak a phunphun

Mi pakhat a thih hnu in taantak mi hna an ngeih a chia i mah ngeihchiatnak an tuarin daan belte aadangcio. Taksa le thinlung intuardaan kha pakhat le pakhat an ilo lo. Lau, ngeihchiat, thinhun, chambau in um, ttih, lungrawh, lunglen, sual iphawt, hih, lungmih le lungretheih ti in a phunphun in tuar khawh a si.

A cheu caah mah thihnak kha thilrit tthumnak bantuk a si kho. Zeicahtiah a thimi kha a zawtnak a sau i a intuar ning a fah asiloah mah a thimi he khan irem lo ruang zong ah a si kho. A cheu caah cun ka nunnak ruahchan awk a um ti lo tiphun zong in an ruah ko lai. A cheu caah cun mah thihnak nih khan dawn khan lo in nitin nunning le tuah mi kha pehzul tein an tuah ko lai.

Ngeihchiatnak intuar daan le langhter daan ah a hman, hman lo timi a um lo. Innchungkhar chung, rianttuantti hawi le hawikom chung hmanh ah pakhat le pakhat an ngeihchiat daan le intuar daan aa khat lai lo.

Na ngeihchiat na celh lo ahcun an bawm khotu a thiammi counsellor pawl sin zong ah bawmh hal khawh a si kha theih izuam. Na celh lo i na pum le taksa tiang in na tuarin ahcun na siibawi, counsellor asiloah sii lei a thiam mi hna sin ah khan chimh in bawmh hal hna.

Ngeihchiatnak Tuarin

Na ngeihchiat tuarin daan kha midang he aa lo theng lai lo. Micheu caah cun:

- Chungkhar le hawikom he caan hmannti an duh lai. Micheu cu an mah lawng um kha an duh deuh ve lai.
- Micheu cu an phunglam zulh in rawl phun khatkhat ei, thil pakhatkhat tuah, thlaanahva len asiloah hmun kaa khatkhat va len tehna an tuah khawh men. Micheu caah cun a thimi he an rak tlonlennak hmun tehna va kal kha an duh deuh khawh men.
- Micheu cu rian ttuan colh tthan i hlanlio nunning kha fawi deuh in an zulh khawh. Micheu cu rian kha sau deuh khonh laak i duhsah deuh in an ngeihnak kha an philh.
- Micheu cu an ngeihchiatnak kha an zumhmi hawikom, chungkhat, rianttuanti, biaknak lei upa/pastor le counsellor tehna sin chimh khan an tuar daan a zaang deuh. Micheu cu hohmanh chimh lo in an mah tein cattail tibantuk khan an ihm.
- Ttah –ttah hi kan pum in ngeihchiat le lungrawh kan chuah daan a si. Ttah na duh ahcun na siaremnak hmun kha ithim law ttap ko. Micheu cu ttah zong aaharh mi an um.

Nangmah ca i hnemtu ttha a si mi kha midang caah cun santlai lo zong a si kho timi kha theih a hau. Nangmah he aa neih ngaimi hmanh nih khan na tuarin daan kha theih lo a fawi te. Asikhawh ahcun zeidah tuah piak na duhmi kha chim hna. Sau deuh khuaruah hnu le na ngeihchiat a zor deuh hnu zong khan chim ah a ttha deuh kho men. Caan khat teah a hman ti ruah mi khi a hnu ah a hman lo caan zong a tampi.

Pakhat le pakhat ngeihchiatnak an tuarin caan zong kha aa lo lai lo. Micheu cu an ngeihchiat kha an philh kho len lo asinatein a caan a roh deuh hnu cun an tuarin khawh deuh. Na ngeihchiatnak a zor

deuh hnu cun hlanlio kong kha a tthatnak lei deuh in ruah khawh a si i mah le mah thazaang tthawnnak ipek khawh deuh a si.

Thil nganpi caah biakhiahnak fawi tuk in tuah kha hrial izuam. Bianaah, inn zuar, rian iphuah asiloah a thimi thilri pawl hlonh le mi tthenh tibantuk.

A Ngeihchiami ngakchia hlemh

Ngakchia hlemh daan cu pakhat le pakhat phunglam, nunphung le chungkhar sining aa dan bantuk in aa khat cio lo. Nan phung ning te khan ngakchia cu chimh ding chim ko hna law tuah a herh timi pawl kha tuah pi ve ko hna.

Thih timi cu a sullam zeidah a si?

An kum tuak in ngakchia nih thihnak an tuarin daan kha upa he aa khat lo. A thi cangmi kong he pehtlai in biahalnak tampi zong an ngei kho men:

- Khuaikaah an um?
- Zeidah an cang lai?
- Zeitik an ttin lai?
- Khuaikaah an kal?

An dawtmi saram pakhatkhat an thih asiloah minung an thih i zehmanh ngeihchiatnak an langhter lo ahcun mah ngakchia nih khan thih timi a sullam an theih lo caah a si kho. Ngakchia an biahal mi kha an kum tuak in asikhawh chung in hman tein leh kha a biapi. Nangmah asiloah na chungkhar nih an bia kha leh ding in nan sia a rem lo ahcun siizung rianttuantu, ruakvuinak tolrehtu asiloah counsellor kha bawmh ding in fial hna.

Bialehnak a fiang lo mi bianaah khual a tlawng taa tibantuk le aa hngelh tibantuk nih khan ngakchia an lung a tuai hna i an lungre a theih ter chin hna. Pakhatkhat an umnak theih lo ruang ah khan nulepa leng an chuah i an ttin tthan lai timi tehna zong kha zumh ti lo in an um kho. A chelchel ahcun adang upa zong nih an kan kaltak

lai ti tehna zong in an thin a phang kho. Kan in kaltak lai lo, kan in umpi ko lai kan in dawt ti tehna kha zum lak in chimh an hau.

Ngakchia nih khan a thimi zeitik an kiar lai ti tehna kha an ruah khawh. Cun hlanlio ah iton lengmang bu ah a tu itonnak a um ti lo caah pakhatkhat sualnak kan tuah ruang ah a si ti ruah in an mah le an mah zong sual an iphaw kho.

Ngakchia nih ngeihchiatnak an langhter daan

Ngakchia nih an ngeihchiatnak an langhter daan cu upa he aa lo tawn lo. Tuahsernak bianaah thinphannak, rawl duh lo, chunmang manh le hnahnawh buai tibantuk in an langhter tawn. A cheu ngakchia cu an dawtmi a thih zongah a zeipoi lo bantuk in a ummi zong an lo ko lai. A cheu cu tuah tawnmi tuah huam ti lo tibantuk zong khan an langhter lai. Ngakchia hna i anhimnak caah tthi a nun lo ahcun an sining tein ngeihchiatnak an tuarin daan kha theihthiam piak hna law hanhawhnak pek lo izuam.

Ngakchia cheukhat cu an theihmi a thih ruangah ngeihchiatnak langhter lo in um i an langhter daan kha zoh dawh lo zong in a um kho, bianaah lentecelh le nih tibantuk le an tuah tawnmi tuah lengmang tiphun zong in an um kho. Mah ti an um zong ah khan anzei a poi lo tinak a si lo, a caan pektu an herh tinak zong a si kho. An umtu hoiher kha ningcang lo in dah aa thlen ti lo cun ngakchia nih an ngeihchiatnak an langhter lo zong ah thinphan tuk ding a si lo.

Ngakchia zohkhenhtu bianaah an saya/mah tehna zong kha ngakchia nih a theihmi pakhatkhat asiloah chungkhat an thihnak kha chimh i a herh ning in bawmh le an ziaza aa thlengmi tehna ngiat piak ding zong in chimh ah a ttha.

Ruak Ngakchia Zohpi

Nan phunglam he aa pialkaan lo ahcun ngakchia kha ruak zoh ding in fial ding a si ko. A chel ahcun ngakchia nih khan ruakkuang chung ah thil pakhatkhat thlak chih an duh. An mah tein an ithlak khawh lo ahcun ruakvuinak tolreltu kha fial khawh a si.

Ruakkuang an hrenh hlaanah mithi ruak zohtermi ngakchia nih khan a theihmi a thihcangnak, a thaw a chuah tilonak ,a holhlonak le a cawltlonak kha fiang deuh in an theih. Mah nih khan a thi cang i ruakkuang chung le vawlei tang ah an nung ti lo timi kha a fian ter deuh hna i an nung sual hnga ma timi lungretheihnak khan a khamh khawh hna.

Ruakvuinak ah Ngakchia Kalpi

Ruakvuinak, philhlonak puai le ruakvui pumhnak tehna ah kalpi ruang ah khan zeidah a cang timi kha an theih thiam deuh i an mah zong an i lunghmuh deuh. An kum tuak in an duhmi chim ter caan le a thimi an ngeihnak/dawtnak zuk tehna kha suai ter ding an si. Thilhmete a si mi bianaah bulattin phawt le adang thilhme pakhatkhat tuahter tehna kha a zaa ko.

A biapi bikmi cu an bialah mi ttha tein le an kum he aa tlak ning in a let khomi upa an pawng ah umter an hau. Mah upa nih khan zeidah tuah lio a si i zeicaah an tuah cun pakhat cio nih an tuahmi pawl fianh tehna kha aa zuam lai. Mah upa cu zumhmi chungkhat asiloah hawikom zong a si kho.

Ngakchia kha ruak fimtolnak ah talter na duh i a zohkhenhtu ding upa na hmuh khawh lo ahcun ruakvuinak tolreltu kha ruahnak le bawmhnak hal.

A raa laimi caan ah bawmhnak hmuhnak Bawmhnak Hmuh Khawhnak Pawl

A tanglei i ttialmi pawl nih hin taantakmi chungkhar le hawikom pawl bawmhnak an pek. Na ngeihchiatnak kha an in ngeih piak lai i bawmh an in zuam lai:

NALAG (VIC)

Taantakmi le Ngeihchiami Pawl Bawmtu Bu (National Association for Loss and Grief)

NALAG nih na sang i a ummi counsellor pawl he pehtleihnak an in pek khawh.

PH 1800 100 023 (Chonh man liam a hau lo)

www.nalagvic.org.au

Ngeihchiatnak Tongmi nih Phone Chonhnak (Grief Line) 

Nazi 24 telephone in ngeihchiatnak tongtu hnemhnak (Chun 12-Zaanlei 3)

PH (03) 99357400

www.griefline.org.au

Australia Ngeihchiatnak Tongtu Hnemtu Bu (Australian Centre for Grief and Bereavement) 

Ngeihchiatnak tongtu hnemhnak (Bereavement Counselling Service)

PH (03) 92652100

asiluah1800 642 066 (Chonh man liam a hau lo)

www.grief.org.au

Lamcung Thilsual Tongmi le Chungkhat Bawmtu Bu (Road Trauma Support Team)

Ngeihchiatnak tongtu hnemtu bu

PH - 1300 367 797 (Chonh man liam a hau lo)

Eastern Region Community Health Centres

Man fawi tein counsellor hlaannak:

Inner East Community Health Centre 

PH (03) 9818 6703

www.iechs.org.au

Eastern Access Community Health, (EACH) 

PH (03) 9879 3933

www.each.com.au

Knox Community Health Service 

PH (03) 9757 6200

www.kchs.org.au

Monash Link Community Health Service 


PH 1300 552 509

www.monashlink.org.au



Inspiro Community Health Service 
PH (03) 9738 8801 (Lilydale)
www.inspiro.org.au

Whitehorse Community Health Centre 
PH (03) 9890 2220
www.wchs.org.au

Yarra Valley Community Health Service 
PH 1300 130 381
www.easternhealth.org.au/yarra/yvchs

**Hnemtu Bu Pawl (Palliative Care Organisation) - Psychologists,
Social Workers le Counsellors tehna an um**

Telephone cauk chung in khan kawl hna asiloah Eastern Health
rianttuantu kha hal hna

MihmentuBu(The Compassionate Friends) 

Fanu asiloah fapa a thimi an bawmh hna. A thimi a kum zeizat poh
le zeiruang a thih zong ah an bawmh hna.
PH (03) 9888 4944 asiloah 1800 641 091 (Chonh man liam a hau lo).
www.compassionatefriendsvictoria.org.au

**SANDS: Nau aa Rawkmi le Bawhte a thimi Nulepa Bawmtu Bu –
(Still birth and Neonatal Death
Support - Victoria)** 

Nau aa rawkmi le bawhte a thimi nulepa le chungkhat sahlawh an
bawmh hna.
PH 1300 072 637
www.sandsvic.org.au

SIDS and Kids Victoria

PH: 1300 308 307



