

Chin Hakka | Chin (Hakha)

# Na lungthin sinah zawnruahnak ngei



Phoenix Centre, Mipeem Bawmhnak Hmun  
Tasmania (Migrant Resource Centre Tasmania) i  
Bawmhnaknak nih Thinlung lei bawmhnak Thilri  
pawl siang ngaiin pekchanhnak sinah lunglawmhnak  
langhter a duh: An ngeihmi thilri ihrawmhnak caah  
'vawlei cung huap in a fianglomi lakah thinphannak  
le lungretheihnak he nunnak.'

*Hi procek cu Ngandamnak Phuthen (Department of Health)  
hmangin Crown nih a bawmhmi a si.*

*Australia Acozah i Abiapimi Ngandamnak lei Pehtlaihnak  
Prokarem (Australian Government's Primary Health Networks  
Program) tangah Abiapimi Ngandamnak Tasmania (Primary  
Health Tasmania) nih a bawmhmi*

*Australia Acozah Ngandamnak Phuthen (Australian Government  
Department of Health) nih a bawmhmi*



# Thinphannak le lungretheihnak he nunnak

Kan vawlei aa thleng lengmang i, a caancaan ah cun cu thlennak pawl nih voidang nakin thinphang in a kan tuah. Cu thlennak nih a kan hnorsuan dingmi le kan dawtmi kong ah kan thin a phang kho.

Thil pawl kha ningcang tein a kal ko hmanh ah thinphannak le lungretheihnak cu a um pengmi a si – asinain a caacaan ah cun kan ngandamnak kha a lak khawh i kan phorh khawh lomi thilrit ah a cang.

Hi ca-uk pante nih hin ‘thinphannak’ le zeitindah kan tawlrel khawh lai timi kha a chim lai. Mah tein ibawmh dingin ruahnak cheuhmi pawl le eksisai tuahnak pawl cu na thinphannak kha tahamang a si tiah na ruah lio caah na tuah dingmi ah an i tel.

Na herh hna ahcun, bu pawl le bawmhnak lei pehtlaihnak pawl a dikthlir le fon nambar pawl zong an um ko hna.

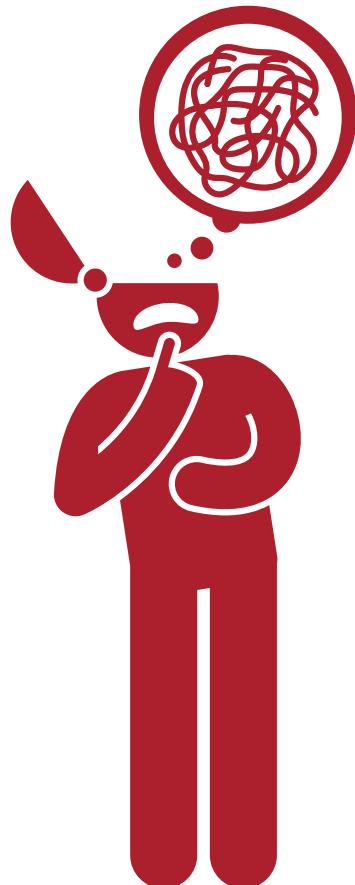


# Thinphannak cu zeidah a si?

Minung hi hmailei thilcang ding pawl kong ruah khawhnak ngeih a si. ‘Ahlananh in khuaruahnak’ a sullam cu harnak pawl kha a hlankanh in kan ruah chung khawh i tawlrelnak pawl timhtuah dingah caantha sunglawi a kan pek. Kan itinhmi hmuh dingah hi nih a kan bawmh lio ah, ‘ahlananh in khuaruahnak’ cu san a tlaimi a si kho.

Tahchunhnak ah, kut itawlnak le takpum ihat in umnak hna cu zawtnak hrik pawl an karhnak kham dingah tuah dingin bia kan khiah khawhmi a thahnemmi thil an si.

Sihmanhsehlaw, thinphannak cu ‘ahlankanh in khuaruahnak’ phun a si caah cu nih cu lungretheihnak le tihnak a kan pek theo tawn. Tamtuk lawmmaam in kan thinphan tikah, a chiabikmi thil a cang khomi kong kha kan ruat theo tawn i kan tawlrel kho ti lo.

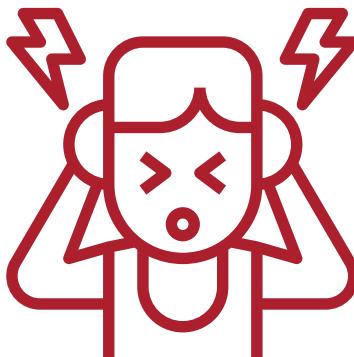


# Thinphannak lei khuaruahnak cu zei he dah aa lawh?

A caancaan ahcun thinphannak cu humzual khawhnak lo in a um, asilole a dang ruahnak vialte kha a lak dih bantukin a um. Cu bantuk thinphannak cu kan ruahnak lawng ah a um ti lo. Cucu tamtuk ah aa chuah tikah kan takpum ah lungre a theimi bantukin kan um.

**Thinphannak le lungtheihnak i takpum ah a langmi hmelchunhnak ah aa telmi pawl cu:**

- Titsa hnuhnak asilole fahnak pawl
- Umthiamloin umnak le zalong tein um khawh lonak
- Thinlung dihlak in bunghnak lei iharhnak
- Ihngilh khawh lonak
- Atu le atu thabatnak



# Thinphannak le lungretheihnak cu zei nih dah a chuahpi?

Thinphannak caah zei paohpaoh nih a chuahpi khawh. Thil pawl ningcang tein a kal ko hmanh ah, “pakhat khat ningcang loin um sual sehlaw?” timi na ruah khawh men.

Thinphannak kha punghmaan nak in a tamdeuhnak hmun thilsining pawl tampi an um fawn. Thinphannak tamdeuh a kan petu thil pawl cu:

**A tharmi** – Hlan ah hi dirhmun ah kan rak um bal lo, cucaaah pehtlaipter dingah hmuhtonmi kan ngei lo, cucaaah zeihmanh tuah khawhmi ifianlo a si kho men.

**Chimchung khawh lomi** – Zeitindah thil a can lai kha kan hngal lo.

**Aa fiang lomi** – Thil pawl kong kha aa khat in ahohmanh nih an ifian lo – na ruahmi kha midang ruahmi he aa dang kho men.

# Thinphannak a phunphun

Thinphannak cu santlai a si kho i santlailo zong a si kho, cheukhat minung nih ‘a tak a simi harnak pawl’ asilole ‘sisehlaw tiah ruahmi harnak pawl’ pakhat khat bantukin thinphannak pawl kong ruah dingah san a tlaimi a si tiah an hmuh.

**A tak a simi harnak kong thinphannak** - A tak a simi harnak kong thinphannak pawl cu atu lio bak ah nangmah an hnorsuangmi a tak harnak pawl kong kha a si i atu ah na tuah khawh. Tahchunhnak ah, COVID-19 tibantuk zawtnak rungrul hrik pawl cu, kut itawlnak le midang sinin takpum ihlat in umnak tibantuk zawtnak hrik nih an kaih khawhnak lam pawl ikham dingah na tuah khawh dingmi thil tampi an um hna.

**Sisehlaw tiah ruahmi thinphannak pawl** - Sisehlaw tiah ruahmi thinphannak pawl cu atu lio ah a cangmi an si lo, asinain hmailei ah a cang kho dingmi an si. Hi thinphannak pawl cu “Ka thih sual ahcun?”, “Ka hngalhmi minung an thih dih ahcun?” tibantuk a cang kho dingmi a chiabikmi thil pawl kong kha a si theo tawn.



# Thinphannak cu zeitik caan ah dah harnak ah aa chuah?

Aho paoh nih a caancaan ah cun an thinphang cio i, cheukhat thinphannak nih cun tuah dingmi ahlankanh in khuaruah ding le timhtuah dingin a kan bawmh. Nun na duh ningin nung kho lo in an tuah tikah asilole thaba tuk lawmmaam in an umter asilole ruahchannak um lo in an chiah tikah thinphannak kha harnak ah aa chuah, kan ti.



Na duhmi ngah dingah an bawmh lai

Na nunnak i harnak pawl tawlrel  
dingah an bawmh lai

Ruahchannak umlo, ngaihchia, asilole  
thaba tuk lawmmaam in an umter

Nangmah nih hruai na duhmi nunnak  
in nun ning chungah an umter

# Na lungthin sinah zawnruahnak ngei

Aho paoh nih thlennak le  
harnak pawl kha  
phundang cio in an  
tawlrel. A liamcia caan ah  
thil har pawl na rak  
tawlrel bal cang maw?



Hi tawlrelnak lei tuahto  
ning pawl cheukhat cu  
na hawikom pawl le  
innchungkhar sin ah na  
chim kho hna lai maw?

# Thinphannak kongah zeidah ka tuah khawh?

Na ca-uk pante i hika thennak chung ah hin, na ngandamnak lei na tawlrelnak dingah an bawmtu ding a simi thawngthanh cheukhat le eksai pawl papek in kan zoh lai. Hi pawl nih hin an bawmh dingmi cu:

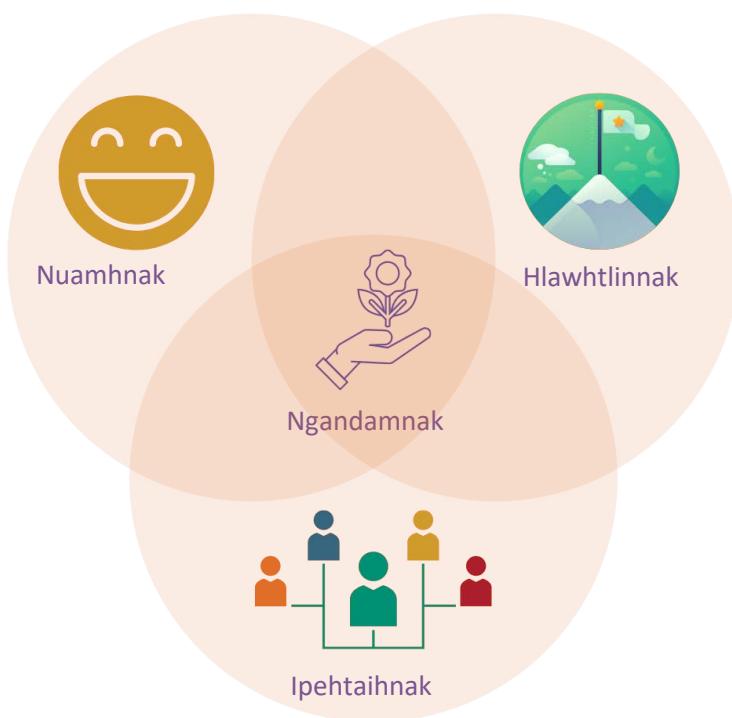
Nan nunnak kha ningcang tein umter peng dingah – cheukhat minung nih cun ngandamnak cu nuamhnak, hlawhtlinnak le inaihniamnak (midang pawl he ipehtlai in umnak) an petu cawlcanghnak pawl he ningcang tein nunnak in a rami a si tiah an ruah.

Nuamhnak, hlawhtlinnak, le inaihniamnak lei i ningcang in um lonak nih kan umtu ning a hnorsuan khawh. Tahchunhnak ah, inuamhnak asilole mi sinah iteltumnak caah caan ngei loin riantuannak caah na caan a tam-u na hman ahcun, na khuaruhnak lei der hram a thawk khawh men i mah lawngin um hram na thawk khawh men. Na caan a tam-u kha nuamhnak caah na hman i nangmah caah a biapimi thil pawl tuah lonak zong nih na umtu ning kha a hnorsuan khawh thiamthiam.

Zanlei nitlak fatin  
nangmah le  
nangmah kha ichek  
law ruat than, nihin  
ka thil tuahmi nih  
hawhtlinhnak  
bantuk a ka pemi a  
um maw tiin?  
Nuamhnak? Midang  
he naihniamnak?  
Ningcang tein ka um  
kho maw asilole  
thaizingah phundang  
deuh in ka tuah kho  
lai maw?

A fianglomi caan ah cheukhat a fiangmi hmuh dingah a bawmh. A si khawh ahcun, nifatin cawlcanghnak kha ichinchiah – thawnak, riantuannak, einak, eksisai tuaknak le aa khatmi caan ah nifatin idinhnak.





Nuamhnak – nuamhnak a si i an lawmhtertu cawlcaughnak cheukhat kha ni fatin tuah dingin timtuah. Tahchunhnak ah, a thami ca-uk asilole mekazin relnak, muvi zohnak, laamnak asilole na uar bikmi hla pawl saknak, zalong te'n le siarem tein ti ikholhnak, asilole na duhbikmi rawl einak.



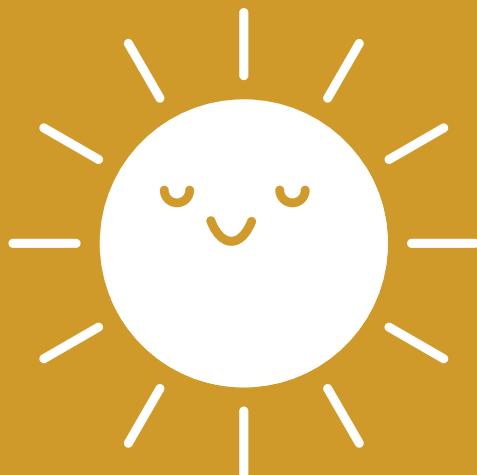
Hlawhtlinnak – Thil pakhat khat kan ngah khawh asilole kan lim khawh tikah kan ilawm, cuacaah hlawhtlinnak na hmuu dingmi cawncanghnak pawl nifatin telchihh kha a thahnemmi a si. Tahchunhnak ah, rian tuannak, tamhnak, dum tuahnak, pek dingmi rian tuannak, chuan bal lomi rawlchuannak, tuah lengmangmi eksisai tuah ilimnak, asilole pek dingmi tangka tibantuk ‘nunnak lei he aa pehtlaimi rian ilimnak.



Ipehtlaihnak – A bu in a ummi saram kan si kha ichinchiah – hlawhtlin ding le karhcho dingah ipehtlaihnak pawl kan herh. A bu in tuahmi cawlcaughnak cheukhat pawl kha a tlawmbik ah tuah khawh izuam law midang sin ah iteltum. Hi bantuk caan lio ah hin, a langlat in ibiakchawnhnak tuah dingah lam cheukhart na kawl a hau men lai. Tahchunhnak ah, online asilole fon hmangin pehtlaihnak ngei peng.

# Na lungthin sinah zawnruahnak ngei

Na innpa chakthlang le  
anmah lawngin a  
ummi hna na dothlat  
khawhnak dingah  
takpum lei in aa hlatmi  
lam an um maw?



Na tuah tikah  
minung pahnih kha  
na lawmhter hna lai.

# Na lungthin sinah zawnruahnak ngei

Ichinchiah – na hawikom  
pawl cu na angki zal ah an  
um ko... na auh hrimhrim  
hna awk a si

Na chawnh tik hna  
ah hawikom pawl  
le innchungkhar nih  
a naihniam deuhmi  
in an... hna



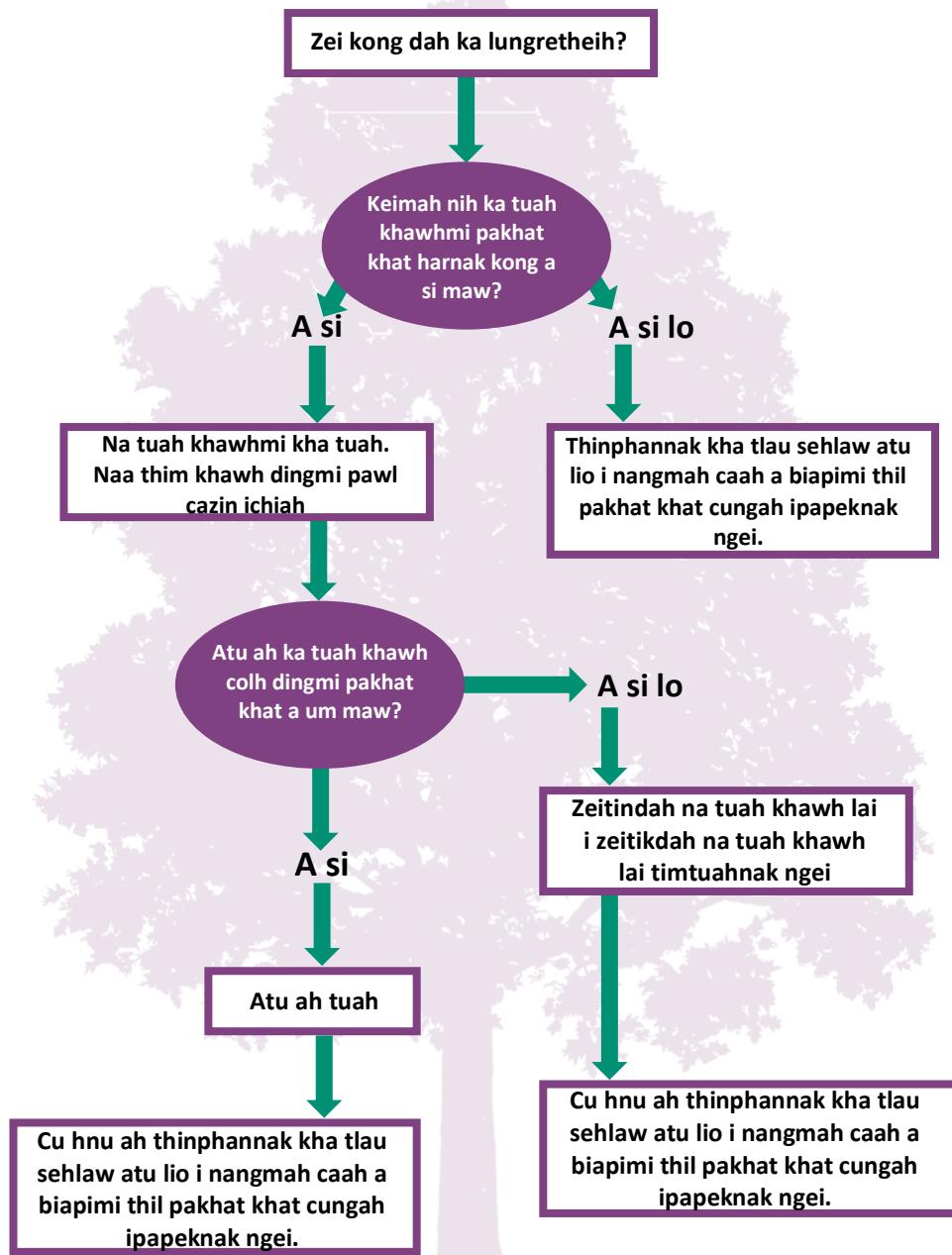
# Thinphannak Thingkung



Na thinphanmi hi 'a taktak' thinphannak maw a si, asilole 'si sehlaw tiah ruahmi' thinphannak dah a sit i fianternak tuah.

Thinphannak lei Biakhiahnak Thingkung cu na thinphannak kha zeibantuk dah a si timi biakhiah bawmhnnak caah a thahnemmi thilri a si. Si sehlaw tiah ruahmi thinphannak a tamtuk na ngeih ahcun, na ruahnak kha harnak cungah aa hngat lo ti kha nangmah tein ruahthan ding kha a biapi tuk, cuticun atu bakah na tuah ding na theih khawh lai, cu hnu ah thinphannak a tlaunak ding lam pawl kha na hmuh khawh lai i, pakhat khat cungah papek in na tuah khawh lai. Tawlrel dingah an iharh ahcun, ngakchia pawl he hi thil hi na hman khawh men fawn.

# 'A taktak' thinphannak le 'si sehlaw tiah ruahmi' thinphannak hngalhnak bawmh dingah hi biakhiahnak thingkung cu hmang



# Zaangfahnak

Zaangfahnak he nangmah le nangmah kha ichawn.  
Thinphannak cu siaherhnak hmun in a ra kho – midang pawl  
kong kan ruah i kan zawnruah hna tikah kan thinphang.

Nangmah le nangmah kha nem tein ichawn. Na hawikom  
thabik nih an chawnhmi bantukin ruat ko.

Midang pawl na dawt hna ruangah na thinphannak a hung  
chuakmi a si kha nangmah le nangmah thazaang ipe.

Na lungretheihnak asilole thinphannak lei na ruahmi pawl  
kha dawtnak le zawnruahnak he lehnak tuah lengmang.



# Na lunghthin sinah zawnruahnak ngei



Nangmah le midang pawl  
kha thawng deuh le nuam  
deuh in an umter khotu  
dingmi zawnruahnak a  
thawnnak kha hmang.

Minung pakhat kha kat (card)  
na kua kho maw, rawl  
cheukhat pe in, a duh bikmi  
ca-uk asilole hla na hrawmh  
kho maw?



Zaangfahnak le zawnruahnak  
langhternak nih a thawng deuhmi  
intuar khawhnak, a ngan deuhmi  
lawmhnak le lungretheihnak le  
lungdonghnak a niam deuhmi  
level lei ah a hruai khawh.

# Na lunghthin sinah zawnruahnak ngei

Lungretheihnak le ifianlonak tampi kha a luancia i lungrethei caan philh khawh lomi pawl chuahter dingah a caan a si theo tawn. Hi bantuk hi tampi a can na hmuh ahcun, na ruahnak kha atu lio caan sining ah kirpi than dingin izuam, hihi theihternak in:



Na hmuh khawhmi thil 5



Na theih khawh dingmi thil 4



Na tongh khawh dingmi thil 3



Arim na theih khawh dingmi thil 2



Cun na thaw voi 1 in dawp

# Lungdai tein chiahnak

Lungdai tein chiahnak cu hlanlio asilole hmailei kong nak in, atu lio kong papek in ruahmi kha a si. Lungdai tein chiah lei cawnnak le hmannah nih thinphannak a tlaunak ding le kanmah kha atu lio caan i kirpi thannak dingah a kan bawmh khawh lai.



**Na thaw dinte na chuahmi cungah papek in um,  
asilole atu lio na pawngkam i na theihmi asilole  
na hmuhmi cungah papek in um.**

# Mah tein izohkhenhnak lei icheknak

Kan nunak ah thlennak pakhat khat a ummi kan tuahmi pawl hngalhnak hmangin punghmaan in icheknak tuah kha san a tlai khomi a si. Icheek dingah aa tel dingmi cheukhat pawl cu:



**Khuaruahmi pawl:** Na khuaruahmi pawl ah a thar thlennak pakhat khat a um maw? Atu le atu na ngaihchia maw, asilole voi dang nak in na tuah tawnmi nifatin rian pawl (rawlchuannak, thilsuknak, thil iheruknak tbk.) kha a har deuh in na thei maw?



**Takpum:** Na takpum ah thlennak pakhat khat a um tiah na hngal maw? Lungtur, liang cawn/fah; thawchuah iharh in na um maw?



**Ihngilhnak:** Naa hngilhnak ah thlennak a um maw? Ihngilh naa harh maw, asilole zan ah ithangh in ihngilh khawh ti lo in na um maw? Asilole **tamdeuh naa hngilh i thawh dingah iharhnak na ngei maw?**



**Thinphannak pawl:** Nangmah nih zeihmanh na tuah khawh lomi pawl cungah aa hngatmi 'siseh law tiah ruahmi thinphannak pawl' na ngei maw? A thalobikmi thil pawl a cang kho timi kongah na thin a phang peng maw?



**Ziaza:** Na ziaza a thar in aa thlengmi a um cang maw? Voi dang nak in tihnung deuhmi pawl na tuah maw; atu le atu midang cungah tamdeuh thinhunnak na ngei maw; na khuaruahmi thumhnak dingah zuu/ritsii-ai na hmang maw asilole a tamdeuh/tlawmdeuh rawl na ei maw?

# Mah tein izohkhenhnak lei icheknak

Nangmah na ngandamnak a hnorsuan dingmi hi thil pawl ah thlennak pakhat khat a um tiah na theih ahcun, hi kong ah zeidah na tuah lai timi kha timlamhnak ngei. Na timhtuahmi ah aa tel khomi cu:

**Hi thlennak pawl kong kha nangmah he aa  
naihniammi pakhat khat asilole siibawi asilole  
ruahnak petu sinah biaruahnak**

**Hi ca-uk pante chungah cheukhat eksisai pawl  
tuahnak tch. lungdai tein chiahnak, zawnruahnak,  
lawmhnak chimnak tbk.**

**Ni fatin eksisai tuah izuam law thli thianghlim  
dawp**

**Nifa na nunnak ah lungretheihnak, hlawhtlinnak  
le ipehtlaihnak kha iruang tein ngeih dingah  
ichinchiah.**

# Na lungthin sinah zawnruuhnak ngei

Nihin ah na tuah  
cang maw:



Eksisai na tuah  
cang maw?



Na ni cang maw?



Na innchungkhar a  
si lomi a lengmi  
pakhat khat  
pehtlaihnak na tuah  
cang maw?



A ngandammi  
pakhat khat na ei  
cang maw?

Ichinchiah, kan dihlak  
in hika ah hmun khat  
tein kan um hna.



# Na lungthin sinah zawnruahnak ngei

Lawmhnak chim  
lengmangnak nih na  
thinlung ngandamnak ah  
thatnak lei hnorsuannak a  
pek khawh, a hlei in  
lungtheih tuk lio asilole  
thlennak a um lio ah.



Nangmah, asilole  
hawikom asilole  
innchungkhar chungtel  
pakhat khat paoh nih  
ni fatin thil 3 a min  
chim izuam uhlaw cu  
nih cun na nunnak ah  
lawmhnak an pek lai.

# Hmailei Bawmhnnak



Nangmah hnorsuan dingah thlennak pakhat khat aa thawkmi na hngalh i hi ca-uk pante chungah ruahnak cheuhmi pawl, tuah dingmi pawl le tuahto ningcang pawl na tuah dih cang nain, na caah ‘a tha lo’ tiah na ruah ahcun, a tanglei i pakhat khat hi chawn asilole pehtlaihnak tuah.

**Lifeline (ni khat ah suimilam 24, ni fatin)**

13 11 14

**Suicide Call Back Service (ni khat ah suimilam 24, ni fatin)**

1300 659 467

**The Phoenix Centre (zing 9am – zanlei 5pm, Cacawn Nikhat in Cacawn Ninga)**

Hobart 03 6221 0999 | Launceston 03 6724 2820

# Ichinchiah dingmi pawl

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