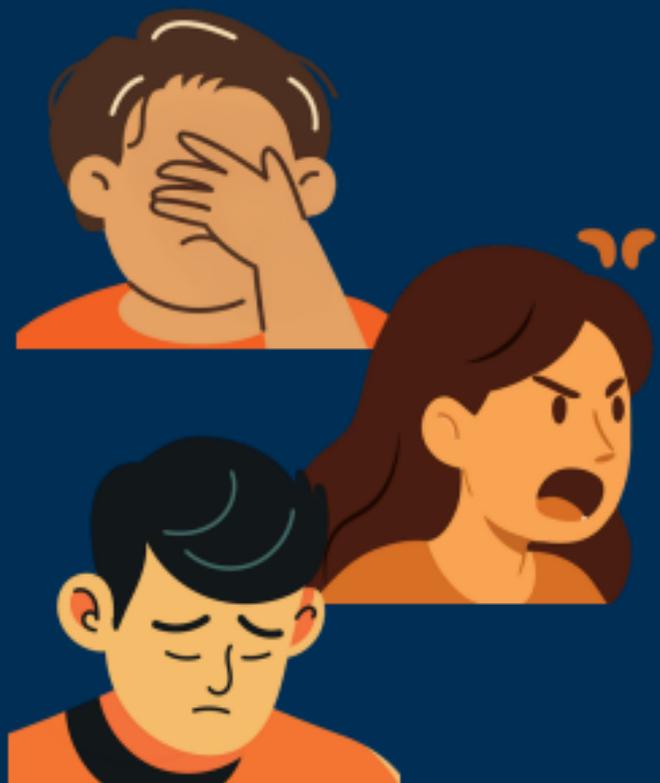


Rit-hai sii asilole
zu hmannak nih a
hnorsuan
khawhmi:



**NGANDAMNAK
I PEHTLAIHNAK PAWL
RIAN ASILOLE TANGKA
UPADI**

NGANDAMNAK

Rit-hai sii hmannaak nih
na **ngandamnaak** a
hnorsuan ahcun -
bawmhnaak ngah

HMELCHUNHNAK PAWL:

- Paw fah, lu fah, haa fahnaak pawl
- I hngilh khawh lo, chinchiah i harhnaak pawl
- Ngaihchiatnaak asilole thinphannaak
- Lunglennaak le umharnaak



I PEHTLAIHNAK PAWL

Rit-hai sii hmannaak nih nan
i pehtlaihnak a hnorsuan
ahcun -bawmhnak ngah

HMELCHUNHNAK PAWL:

- Chungkhar bia-ainak pawl
- Ngakchia tihnak asilole
lungrawhnak
- Lunglennak
- Puarhrannak (zeitikhmanh
ah a THA lo)



RIAN ASILOLE TANGKA

Rit-hai sii hmannak
nih na **Rian asilole**
Tangka a
hnorsuan ahcun -
bawmhnak ngah



HMELCHUNHNAK PAWL:

- Rian tlohnaK
- Rian sunghnaK
- Sianginn baunaK
- Tangka halmi, rawl
asilole inn hlannaK
caah tangpa pek
khawh lo

ZU LE RIT-HAI SII MIBU BAWMHNAK KAT

Nunphung phunphun in a rami
dihlak hna cu Rit-hai sii le Zu
hmannak nih a hnorsuan

khawh hna.

Bawmhnaq cu Ngahkhawh a si!



UPADI

Rit-hai sii hmannaak nih **upadi**
lei na dirhmun a hnorsuan
ahcun - bawmhnaak ngah

HMELCHUNHNAK PAWL:

- Palik pehtlainnak
- Rit-hai sii le zu rit in mawtaw
mawng h ruangah
sualphawtnak pawl
- Tlainnak



NGAH KHAWHMI BAWMHNAK PAWL

(sml 24)

Rampumpi Zu le Adang Rit-hai sii kong Chawnhkhawhnak	1800 250 015
Lifeline	13 11 14
Lakhruak thilcang chawnhnak caah	000

Holh lei bawmhnak na herh ahcun, TIS 131 450 chawn

**Nangmah, na chungkhar,
le na mibu caah bawmhnaak**

=

**A thazaang thawngmi pumpak
A thazaang a thawngmi
chungkhar
A thazaang a thawngmi mibu**



Hi project cu
Tasmania Cozah
nih a thawkmi
Healthy Tasmania
Fund nih a
bawmhmi a si

