

SAPOS YU STAP WARI ABAOT WAN NARAFALA MAN O WOMAN:



BISLAMA



Yu save askem long
hem se “yu oraet?”



“Mi luk se yu jenis. Yu wantem tokbaot
wetem mi?”



Lisen wetem wan
open maen



“Mi stap blong lisen sapos yu wantem
tokbaot moa?”



Enkarajem olgeta
blong mekem
wan samting



“Yu bin toktok long wan dokta o
helt profesonel?”



Foloap wetem
olgeta long wan
nara taem



“Ol samting i kam gud o i jenis afta we
yumitu bin toktok las taem?” mo
“Yu nidim moa sapot?”

PROFESONEL KRAESIS FON LAEN WE OLI OPEN EVRITAEM (24 HAOA)



BISLAMA

Lifeline..... 13 11 14
Suicide Call Back..... 1300 659 467
Kids Helpline..... 1800 551 800



City of
LAUNCESTON

Primary Health Tasmania oli sapotem risos ia olsem pat blong Tasmanian Suicide Prevention Trial mo anda long Primary Health Program blong Gavman blong Ostrelia.