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au.gov.carergateway.www
•)Lifeline) ܒܚܙܘܼܩܝܵܐ ܕܛܵܒ݂ܘܼܬܵܐ
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/Pages/carers/services/mentalhealth/au.gov.nsw.health.www • ܚܸ�ܠܡܲܬ ܕܗܲ� ܡܙܲ�ܡܬܵܐ ܒܬܹܠܝܼܦ̮ܘܿܢ ܥܲ� �ܡܡܲܚܒܸܪܵܢܹ̈ܐ ܒܘܼܬ ܨܒܘܼܝܵܬܹ̈ܐ ܕܩܛܵ�ܠܢܲܦ̮ܫܵܐ
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• Wayahead Anxiety Support Groups • Beyond Blue
1300 22 46 36 /locations-group-support/programs-anxiety/au.org.wayahead.www
• YARN13
13 92 76
• ܠܘܼܡܵܕܹ̈ܐ ܕ Beyond Blue ܐܬܵܥܪܸܘܼܬܕ ܐܬܹܝܵܪ̈ܙܲ�ܓܵܕ ܐܹ̈ܢܪܵܡܥܵܘ ܐܝܹ̈ܠܵܨܲܐ� ܐܹ̈ܢܪܵܡܥܵܐܩܵ ܐܵܢܨܵܠܘܼܐܕ ܐܵܢܕܥܸܵܒ ܐܬܵܕܢܵܣ
au.org.beyondblue.forums ܣܪܸܘܿܬܕ
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1800 55 1800 org.saneforums.www
• Headspace
• ܒܵ�ܬܲܝ ܓܵܘܣܵܐ ܫܲ� ܝܢܵܝܹ̈ܐ 1800 650 890 Safe))Havens
aspx.haven-safe/Pages/towardszerosuicides/au.gov.nsw.health
• SANE Australia
1800 187 263
• ܚܸ�ܠܡܲܬ ܕܡܵܘܕܥܵܢܘܼܬܵܐ ܒܘܼ�ܬܐܲܠܟܘܿܗܘܿܠ ܘܣܲ� ܡܡܵܢܹ̈ܐ
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support-find/au.gov.mentalhealthcommission.www� ܟܹܐ ܗܲܲܝܸܪܝܼ ܒܡܲܲܫܲܲܟ݂ܚܬܵܐ ܕܚܸܠܡܲܲܬ ܬܪܝܨܼܬܵܐ ܕܚܘܼܠܵܡܵܢܐ ܕܗܵܘܢܵܐܓܵܘ NSW
• QLife
1800 184 527
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Taking Steps on WellbeingYour Journey Assyrian

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ܥܝܵܕܵܝܬܵܐ، ܝܲ�ܢ ܦܘܼܟܪܹܐ ܝܬܘܿܢ ܕܐܝܼ�ܬܚܲܕ ܦܘܼܪܫܘܼܢܝܵܐ ܒܘܼܬ ܕܵܐܟ݂ܝܼ ܬܲ� ܚܡܘܼܢܹܐ �ܚܲܕ ܢܝܼ�ܫܲܢܩܵܐ ܕܚܲ� ܝܠܵܐ. ܐܵ�ܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܝܵܕܥܝܼܬܘܿܢ ܐܝܼ�ܡܲܢ ܐܲ� ܚܬܘܿܢ ܡܵܨܝܼܬܘܿܢ ܐܲ
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�ܝܲܢ ܛܠܵܒܬܵܐ ܕܗܲ� �ܝܲܪܬܵܐ ܚܲ� ܒܝܼܪܬܵܐ.
ܛܼܘܦ̮ܵܣܐ: ”ܫܲ� ܪܘܼܝܹܐ ܝܬܘܿܢ ܒܸܪܓ݂ܵܵܫܐ ܕܚܲ� ܕ ܡܸܢܕܝܼ ܝܼܠܹܗ ܚܸܠܛܵܐ – ܒܲ� ܠܵܟܐ ܒܸܪܓ݂ܵܵܫܐ ܝܬܘܿܢ ܛܼܘܦ̮ܵܣܐ: ”ܐܲ�ܚܬܘܿ�ܢܡܲܘܕܘܼܝܹܐ ܝܬܘܿܢ ܕܸܡ�ܬܩܲܒܠܵܢܬܵܐ ܝܠܵܗ̇ ܐܸܢ ܐܵ݇ܢܫܵܐܛܵܠܸ�ܒܗܲ�ܝܪܲܬܵܐ.
ܒܘܼܫ ܫܘܼܪܫܸܝܹܐ ܝܲ�ܢ ܛܒܝܼܚܹܐ ܡ̣ܢ ܕܒܥܸܵܕܢܵܬܹ̈ܐ ܥܝܕܵܵܝܹܐ̈. ܐܲ�ܝܐܵ ܝܼܠܵܗ̇ ܦܵܣܘܿܥܬܵܐ ܩܲ� ܕܡܵܝܬܵܐ ܛܠܵܒܬܵܐ ܕܗܲ� �ܝܪܲܬܵܐ ܝܼܠܵܗ̇ ܚܕܐܵ ܦܵܣܘܿܥܬܵܐ ܣܵܠܵܲ�ܡܬ ܘܐܲܵ�ܢܢܩܵܝܬܵܐ، ܐܸܢ ܗ̇ܝ ܝܼܠܵܗ̇
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�ܕܚܲܝܵܘܟ݂ܘܿܢ. ܢܸܣܝܵܢܵܐ ܕܟܠܚܲܕ ܝܼܠܹܗ ܦܪܝܼܫܵܐ، ܘܬܵܡܵܐ ܠܲܝܬ ܐ݇ܢܵܫܵܐ، ܝܲ�ܢ ܟܠܵܝܵܐ ܠܬܲ� ܚܡܘܼܢܹܐ ܩܵܐ ܚܲ� ܕ ܪܦܵܦܵܐ، ܡܵܨܝܵܐ
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ܚܕܵܐ ܐܘܼܪܚܵܐ ”ܬܪܝܼܨܬܵܐ“ ܠܚܘܼܕܵܝܬܵܐ ܠܸܐ݇ܙܵܠܵܐ ܒܝܼܘܿܗ̇ �ܕܗܲܝܸܪܵ�ܐܠܲܢ ܕܕܵ�ܥܪܲܚ ܠܫܒ݂ܝܼܠܵܐ ܬܪܝܼܨܵܐ. ܐܲ� ܢܹܐ ܥܒ݂ܵܕܹ̈ܐ ܙܥܘܿܪܹ̈ܐ
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�ܚܲ�ܡܲܝܬܵܐ ܕܚܲ� ܕ ܣܦܲ� ܪ ܥܘܼܗܕܵܢܵܐ /articles/health-mental/support-health/au.com.medibank.www /apps-tools-digital/support-resources/au.org.blackdoginstitute.www://https
ܟܬܘܿܒ݂ܘܼܢ ܠܗܘܿܢ ܬܲ� �ܚܡܲܢܝܵܬܵܘܟ݂̈ܘܿܢ ܘܪ̈ܓ݂ܵܫܝܵܬܵܘܟ݂ܘܿܢ ܒܢܝܼܫܵܐ ܕܒܘܼܫ ܨܦܵܝܝܼ ܦܲ� ܪܡܝܼܬܘܿܢ /health-mental-for-tools-digital
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app-mind-smiling/au.com.smilingmind.www ܠܵܩܵܕ݇ܡܵܐ. ܒܐܵܗܵܐ ܝܲ�ܪܚܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܗܵܘܢܵܐ ܐ݇ܬܹܝܡܘܼܢ ܕܠܵܐ
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