# ܐܝܼܬܠܵܘܟ݂ܘܿܢ ܐܲܚܬܘܿܢ ܚܕܵܐ ܫܲܦܠܘܼܬܵܐ؟ ܗܝܼܟ̰ ܗܘܝܼܬܵܐ ܝܠܵܗ̇ ܕܚܲܕ ܦܲܪܨܘܿܦܵܐ ܐ݇ܚܹܪ݇ܢܵܐ ܡܘܼܡܪܸܥܝܵܘܟ݂ܘܿܢ ܝܼܠܹܗ، ܝܲܢ ܡܲܥܡܲܠܬܹܗ ܥܲܡܵܘܟ݂ܘܿܢ ܗܘܝܼܬܵܐ ܝܠܵܗ̇ ܚܸܪܒܵܐ ܝܲܢ ܡܘܼܦܠܸܚܵܘܟܼܘܿܢ ܝܼܠܹܗ ܩܵܐ ܝܘܼܬܪܵܢܵܐ ܕܓܵܢܹܗ؟

ܐܸܢ ܐܵܗܵܐ ܡܸܢܕܝܼ ܩܘܼܘܸܡܵܐ ܝܠܹܗ ܐܸܠܵܘܟ݂ܘܿܢ، ܐܲܚܬܘܿܢ ܒܲܠܟܵܐ ܕܣܵܢܩܝܼܬܘܿܢ ܠܣܢܵܕܬܵܐ ܪܸܓ݂ܫܵܢܵܝܬܵܐ ܝܲܢ ܠܗܲܝܲܪܬܵܐ ܠܸܢܛܵܪܲܝܗܝ ܙܸܕܩܵܘܟ݂̈ܘܿܢ. ܡܵܨܝܼܬܘܿܢ ܕܩܲܒܠܝܼܬܘܿܢ ܣܢܵܕܬܵܐ ܡܲܓܵܢܵܝܬܵܐ ܘܫܪܝܼܬܵܐ ܘܐ݇ܪܵܙܵܢܵܝܬܵܐ.

## ܣܢܵܕܬܵܐ ܪܸܓ݂ܫܵܢܵܝܬܵܐ

ܣܢܵܕܬܵܐ ܡܵܠܘܿܟ݂ܵܝܬܵܐ ܡܵܨܝܵܐ ܕܗܲܝܸܪܵܐ ܩܵܐ ܐ݇ܢܵܫܹ̈ܐ ܕܐܝܼܬܠܗܘܿܢ ܚܕܵܐ ܫܲܦܠܘܼܬܵܐ ܘܩܵܐ ܒܲܝܬܘܼܝܵܬܲܝܗܝ ܘܡܲܣܸܡܵܢܹ̈ܐ ܕܒܵܠܵܐ ܐܸܠܲܝܗܝ.

ܚܲܕ ܡܵܠܘܿܟ݂ܵܐ ܡܵܨܹܐ ܕܣܵܢܸܕ ܠܵܘܟ݂ܘܿܢ:

* ܒܕܪܵܫܬܵܐ ܕܪ̈ܓ݂ܵܫܝܵܬܵܘܟ݂ܘܿܢ ܘܪܸܓ݂ܫܵܘܟ݂̈ܘܿܢ ܓܵܘ ܚܲܕ ܡܲܚܕܘܼܪܵܐ ܫܲܝܢܵܝܵܐ ܘܐ݇݇ܪܵܙܵܢܵܝܵܐ
* ܒܫܪܵܝܬܵܐ ܕܚܲܕ ܩܸܛܪܵܐ ܝܲܢ ܕܚܕܵܐ ܨܒܘܼܬܵܐ
* ܒܡܲܫܲܟ݂ܚܬܵܐ ܕܣܢܵܕܝܵܬܹ̈ܐ ܦܪܲܩܛܝܼܩܵܝܹ̈ܐ ܐ݇ܚܹܪ݇ܢܹ̈ܐ ܕܐܝܼܬ ܩܲܕ݇ܡ ܐܝܼܕܵܐ ܩܵܐܠܵܘܟ݂ܘܿܢ.

## ܣܢܵܕܬܵܐ ܕܣܢܹܐܓ݂ܪܘܼܬܵܐ

ܣܢܹܐܓ݂ܪܘܼܬܵܐ ܡܵܨܝܵܐ ܕܗܲܝܸܪܵܐ ܩܵܐ ܐ݇ܢܵܫܹ̈ܐ ܕܐܝܼܬܠܗܘܿܢ ܚܕܵܐ ܫܲܦܠܘܼܬܵܐ ܘܩܵܐ ܗܲܕܵܡܹ̈ܐ ܕܒܲܝܬܘܼܬܲܝܗܝ ܘܡܲܣܸܡܵܢܹ̈ܐ ܕܒܵܠܵܐ ܐܸܠܲܝܗܝ ܕܦܠܵܚܵܐ ܝܢܵܐ ܡ̣ܢ ܓܹܝܒܲܝܗܝ.

ܚܲܕ ܣܢܹܐܓ݂ܪܵܐ ܡܵܨܹܐ ܕܗܲܝܸܪܵܘܟ݂ܘܿܢ:

* ܒܢܛܵܪܬܵܐ ܕܙܸܕܩܵܘܟ݂̈ܘܿܢ
* ܒܦܲܫܲܩܬܵܐ ܕܩܸܛܪܵܘܟ݂̈ܘܿܢ
* ܒܡܲܫܲܟ݂ܚܬܵܐ ܕܣܢܵܕܝܵܬܹ̈ܐ ܕܝܵܗܒ݂ܫܩܵܠܵܐ
* ܒܡܛܵܝܬܵܐ ܠܣܢܵܕܝܵܬܹ̈ܐ ܐ݇ܚܹܪ݇ܢܹ̈ܐ ܐܲܝܟ݂ ܚܸܠܡܲܬܹ̈ܐ ܩܵܢܘܿܢܵܝܹ̈ܐ ܝܲܢ ܟܸܣܦܵܢܵܝܹ̈ܐ.

ܣܢܵܕܬܵܐ ܐܵܦ ܡܵܨܝܵܐ ܕܦܵܝܫܵܐ ܡܘܼܩܪܸܒ݂ܬܵܐ ܩܵܐ ܐܵܢܝܼ ܐ݇ܢܵܫܹ̈ܐ ܕܬܲܚܡܘܼܢܹܐ ܝܢܵܐ ܒܫܲܘܬܲܦܬܵܐ ܓܵܘ ܣܝܼܥܬܵܐ ܡܲܠܟܵܝܬܵܐ ܕܫܲܦܠܘܼܬܵܐ (Disability Royal Commission). ܡܵܨܝܼܬܘܿܢ ܕܠܵܐ ܡܲܠܝܸܙܝܼܬܘܿܢ ܟܲܕ ܐܚܬܘܿܢ ܬܲܚܡܘܼܢܹܐ ܝܬܘܿܢ ܒܘܼܬ ܩܲܒܲܠܬܵܐ ܕܣܢܵܕܬܵܐ.

ܣܢܵܕܬܵܐ ܠܲܐܟ݂ܵܐ ܝܠܵܗ̇ ܐܝܼܡܲܢ ܕܐܲܚܬܘܿܢ ܗܕܝܼܪܹܐ ܝܬܘܿܢ ܕܩܲܒܠܝܼܬܘܿܢ ܠܵܗ̇.

ܡܲܚܒܸܪܘܼܢ ܩܵܐ ܚܸܠܡܲܬ ܐܘܼܡܬܵܝܬܵܐ ܕܡܵܠܘܿܟ݂ܘܼܬܵܐ ܘܕܡܲܦܫܲܛܬܵܐ (National Counselling and Referral Service)   
ܥܲܠ ܡܸܢܝܵܢܵܐ 1800 421 468 ܝܲܢ ܡܸܢܝܵܢܵܐ 02 6146 1468 ܝܲܢ ܣܲܚܒܸܪܘܼܢ ܠܫܵܘܦܵܐ ܐܹܠܸܟܬܪܘܿܢܵܝܵܐ   
[dss.gov.au/disability-royal-commission-support](http://dss.gov.au/disability-royal-commission-support).

ܐܸܢ ܐܲܚܬܘܿܢ ܗܵܫܵܐܝܼܬ ܡܢܲܣܘܼܝܹܐ ܝܬܘܿܢ ܟܠ ܦܸܨܠܵܐ ܕܥܢܵܦܵܐ ܝܲܢ ܕܒܝܼܫܘܼܬܵܐ ܕܗܵܘܹܐ، ܝܲܢ ܐܸܢ ܒܸܙܕܵܥܝܵܐ ܝܬܘܿܢ ܒܘܼܬ ܫܲܝܢܵܘܟ݂ܘܿܢ، ܩܪܘܿܢ ܩܵܐ ܦܘܿܠܝܼܣܹ̈ܐ ܥܲܠ ܡܸܢܝܵܢܵܐ ܕܬܠܵܬܵܐ ܨܝܼܦܵܪܹܐ (000).

## ܡܛܵܝܬܵܐ

ܡܵܨܝܼܬܘܿܢ ܕܝܵܠܦܝܼܬܘܿܢ ܒܘܼܫ ܙܵܘܕܵܐ ܒܘܼܬ ܣܢܵܕܝܵܬܹ̈ܐ ܕܡܵܨܝܼܬܘܿܢ ܕܩܲܒܠܝܼܬܘܿܢ ܠܗܘܿܢ ܒܚܕܵܐ ܐܘܼܪܚܵܐ ܡܸܬܦܲܪܡܝܵܢܬܵܐ ܐܲܝܟ݂ ܒܐܘܼܪܚܵܐ ܕ Easy Read، Auslan ܘܕܡܠܘܿܐܹ̈ܐ ܡܬܘܼܪ̈ܓܸܡܹܐ ܥܲܠ ܫܵܘܦܲܢ ܐܹܠܸܟܬܪܘܿܢܵܝܵܐ:   
[dss.gov.au/disability-royal-commission-support](http://dss.gov.au/disability-royal-commission-support)

ܐܵܢܝܼ ܐ݇ܢܵܫܹ̈ܐ ܕܟܲܪܹܐ ܝܢܵܐ ܝܲܢ ܕܐܝܼܬܠܗܘܿܢ ܚܕܵܐ ܙܲܒܘܼܢܘܼܬܵܐ ܕܫܡܲܥܬܵܐ ܘ\ܝܲܢ ܕܡܨܲܘܲܬܵܐ ܡܵܨܝܼ ܕܡܲܚܒܸܪܝܼܠܲܢ ܒܐܘܼܪܚܵܐ ܕܚܸܠܡܲܬ ܐܘ݂ܡܬܵܝܬܵܐ ܕܡܲܡܛܵܝܬܵܐ (National Relay Service (NRS)). ܐܸܢ ܒܲܣܡܵܐܠܵܘܟ݂ܘܿܢ ܩܪܘܼܢ ܥܲܠ ܡܸܢܝܵܢܵܐ **133 677**.

ܐܸܢ ܣܢܝܼܩܹܐ ܝܬܘܿܢ ܠܣܢܵܕܬܵܐ ܒܚܲܕ ܠܸܫܵܢܵܐ ܐ݇ܚܹܪ݇ܢܵܐ، ܡܵܨܝܼܬܘܿܢ ܕܡܲܦܠܸܚܝܼܬܘܿܢ ܚܸܠܡܲܬ ܕܬܲܪܓܲܡܬܵܐ ܘܲܕܦܲܫܲܩܬܵܐ   
(Translating and Interpreting Service (TIS National)) ܡܲܓܵܢܵܐܝܼܬ. ܡܵܨܝܼܬܘܿܢ ܕܩܵܪܝܼܬܘܿܢ ܥܲܠ ܡܸܢܝܵܢܵܐ:

* **1800 421 468** ܘܛܵܠܒܝܼܬܘܿܢ ܚܲܕ ܡܬܲܪܓܡܵܢܵܐ. ܡܵܠܘܿܟ݂ܵܐ ܒܸܕ ܥܵܒܸܕܠܗܘܿܢ ܡܲܪ̈ܝܲܙܝܵܬܹܐ ܕܐܵܢܲܢܩܵܝܹܐ ܝܢܵܐ، ܝܲܢ ܩܪܘܿܢ ܩܵܐ
* TIS National ܥܲܠ ܡܸܢܝܵܢܵܐ **131 450** ܘܛܠܘܿܒܘܼܢ ܕܦܵܝܫܝܼܬܘܿܢ ܐ݇ܣܝܼܪܹܐ ܒܡܸܢܝܵܢܵܐ **1800 421 468**.

## ܕܵܐܟ݂ܝܼ ܠܩܲܒܘܼܠܹܐ ܣܢܵܕܬܵܐ

ܡܲܚܒܸܪܘܼܢ ܩܵܐ ܚܸܠܡܲܬ ܐܘܼܡܬܵܝܬܵܐ ܕܡܵܠܘܿܟ݂ܘܼܬܵܐ ܘܕܡܲܦܫܲܛܬܵܐ (National Counselling and Referral Service) ܥܲܠ ܡܸܢܝܵܢܵܐ **1800 421 468** ܠܸܛܠܵܒܵܐ ܣܢܵܕܬܵܐ ܕܡܵܠܘܿܟ݂ܘܼܬܵܐ، ܝܲܢ ܛܠܘܿܒܘܼܢ ܕܦܵܝܫܝܼܬܘܿܢ ܐ݇ܣܝܼܪܹܐ ܒܚܲܕ ܡܵܠܘܿܟ݂ܵܐ ܝܲܢ ܣܢܹܐܓ݂ܪܵܐ ܕܩܘܼܪܒܵܐ ܝܠܹܗ ܐܸܠܵܘܟ݂ܘܿܢ. ܐܲܝܵܐ ܚܸܠܡܲܬ ܦܬܝܼܚܬܵܐ ܝܠܵܗ̇ ܡ̣ܢ ܣܵܥܲܬ 9 ܒܩܲܝܕܲܡܬܵܐ ܗܲܠ 6 ܒܪܲܡܫܵܐ ܒܝܵܘܡܵܢܹ̈ܐ ܕܦܘܼܠܚܵܢܵܐ، ܘܡ̣ܢ ܣܵܥܲܬ 9 ܒܩܲܝܕܲܡܬܵܐ ܗܲܠ 5 ܒܪܲܡܫܵܐ ܒܝܵܘܡܵܢܹ̈ܐ ܕܚܘܼܬܵܡ ܫܵܒ݂ܘܿܥܵܐ ܘܕܒܸܛܠܵܢܹ̈ܐ ܖ̈ܘܼܫܡܵܝܹܐ.

ܐܵܦ ܡܵܨܝܼܬܘܿܢ ܕܡܲܫܟ݂ܚܝܼܬܘܿܢ ܡܲܘܕܥܵܢܘܼܬܵܐ ܒܘܼܬ ܕܵܐܟ݂ܝܼ ܠܸܡܛܵܝܵܐ ܠܚܸܠܡܲܬܹ̈ܐ ܕܣܢܵܕܬܵܐ ܥܲܠ ܫܵܘܦܲܢ ܐܹܠܸܟܬܪܘܿܢܵܝܵܐ:   
[dss.gov.au/disability-royal-commission-support](http://dss.gov.au/disability-royal-commission-support)

ܣܢܵܕܬܵܐ ܠܲܐܟ݂ܵܐ ܝܠܵܗ̇ ܩܵܐܠܵܘܟ݂ܘܿܢ.

**NDAP**

ܚܘܼܪܙܵܐ ܐܘܼܡܬܵܝܵܐ ܕܣܢܹܐܓ݂ܪܘܼܬܵܐ ܕܫܲܦܠܘܼܬܵܐ (National Disability Advocacy Program)

Blue Knot Foundation – National Centre of Excellence for   
Complex Trauma

Australian Government