ܡܕܘܒ ܕܝ ܥܒܝܕܘܬܐ ܒܝ ܣܝܠ ܟܘܦܐ ܡܠܘܬܐ ܡܗܝܡܢܬܐ ܥܠ ܝܢܝܕܝܣ

ܐܬܘܪܝܐ | Assyrian

ܥܘܦܬܐ ܕܝܢܝܕܝܣ ܐܝܠ ܕܫܘܒ ܥܢܝܬܐ ܡܢ ܚܠ ܐܢܬܪ، ܐܢܬ ܛܠܚܐ ܕܦܐܦܘܒܘܬܐ ܫܒܚܘܬܐ ܡܠܘܬܐ ܕܒܢܐ ܡܗܝܡܢܬܐ ـ ܡܢ ܟܘܪܘܢܐ، ܚܫܒܬ ܕܝܠܝ ܡܫܘܒ ܐܢܬ (ܣܘܪܝܝܐ) ܐܘ ܚܢܦܐ.

ܡܠܘܬܐ ܕܚܢܦܐ ܐܘ ܕܦܒܬܐ ܕܫܘܒܘܬܐ ܬܘܡܐ ܕܫܘܒ ܕܠܡܘܟܬ ܕܦܢܝ.

ܐܣܘܬ ܢܨܝ ܕܐܘܣܬܪܠܝܐ، ܒܝܘܡܐ ܕܒܝܘܬܐ ܐܝܟܬܘܪܝܐ (eSafety Commissioner) ܡܝܠ ܒܝܕ ܣܝܕ ܐܝܟܐ ܕܟܠܬܐ ܡܢ ܫܒ ܥܘܦܐ ܐܝܟܬܘܪܝܐ ܕܥܝܟ ܠܡܠܘܬܐ، ܐܘ ܕܝܕ ܟܝ ܚܕܝܬܐ ܐܝܠ ܢܐ ܫܒܝܬܐ ܕܒܥܝܢܝܬܐ ܐܘܣܬܪܠܝܐ ܡܢ ܣܝܡܬܐ ܕܐܘܢܐ ܡܠܘܬܐ.

ܒܝ ܣܝܠ ܟܘܦܐ ܡܠܘܬܐ ܕܚܢܦܐ ܐܘ ܕܙܘܒܘܬܐ ܕܙܒܢܐ ܟܕ ܫܒ ܥܘܦܐ ܒܥܝܢܐ ܒܝܕ ܝܢܝܕܝܣ، ܠܐ ܒܙܝܚܘܬܐ ܐܝܠ ܬܘܒ ܐܘܒܕ - ܐܟ ܒܝ ܝܢܒܥܘܦܐ ܡܟܝ ܢܐ ܒܝܢܬܐ ܐܘ ܒܝܢܬܐ ܕܒܙܘܬܐ (ܒܥܕܙܝܢܐ) ܕܐܢܬܪ. ܛܠܚܐ ܕܒܝܢܝܬܘܬܐ ܐܢܬܪ ܐܣܝܪܝܐ.

ܒܥܕܙܝܢ (ܒܝܕܝܢܐ)

ܒܝ ܣܝܠܟܘܦܐ ܚܢܦܐ، ܡܠܘܬܐ ܡܗܝܡܢܬܐ ܐܘ ܣܝܚܝܬܐ، ܒܥܕܙܝܢ (ܒܝܕܝܢܐ) ܢܐ ܥܘܦܐ ܐܝܟܬܘܪܝܐ ܐܘ ܢܐ ܣܠܒܐ ܕܝܢܝܕܝܣ ܐܝܟ ܕܝܥܐܣܝܢܐ ܟܠܗ. ܒܥܕܙܝܢ ܢܐ ܣܠܒܐ ܕܝܢܝܕܝܣ ܕܝ ܒܝܕܒ ܢܐ ܥܢܟܐ ܕܡܠܘܬܐ ܟܝܠܕܝܐ. ܚܒܕܘܬܐ ܡܝܒ ܕܣܒܝܠܘܬܐ ܣܒܒ ܠܐܢܬܐ ܐܣܝܪܝܐ ܒܝ ܣܝܡܬܐ ܕܡܠܘܬܐ ܣܕܝ ܟܝܠ ܐܝܕܐ.

ܒܝ ܡܠܘܬܐ ܕܝ ܣܝܡ ܥܒܝܕ ܥܒܝܕ، ܐܘ ܣܝܡ ܒܝܬܝܢ ܣܝܚܝܬܐ، ܡܝܢܐ ܒܥܕܙܝܢ ܒܥܕܙܝܢ (ܒܝܕܝܢܐ) ܕܠܘܙܝ ܝܢܝܕܝܣ ܚܒܕܐ ܕ **'ܥܘܦܐ ܐܝܟܬܘܪܝܐ ܕܒܝܘܬܐ ܐܝܟܬܘܪܝܐ (eSafety) - ܙܝܪܐ ܒܝܬܕܝܢܐ ܫܒ ܥܒܕܙܝ'.**

ܥܒܕܙܝ ܬܘܒ ܡܠܘܬܐ ܕܙܘܒܘܬܐ ܐܚܢܦܐ ܫܟܝܢ ܡܕܡܝܢܐ ܟܝܬ ܒܦܝܬ ܚܒܝܙ ܕܠܘܙܝ ܕܝܠܒܦܐ ܢܐ ܣܘܟܐ ܒܣܝܢ ܕܐܡܒܘܒܘܬܐ ܐܒܕܝܬܐ National Security Hotline ܒܝܕ 1800 123 400.

ܣܒܒܬܐ

ܐܒܝܢ ܡܝܪܘܩ (ܒܥܝܡܝܢ ܒܝܕܐ) ܛܠܚܐ ܕܝܢܒ ܒܝܢ ܒܝܢܝܡ ܬܘܒ ܬܘܒ ܐܘܒܕ ܒܝܕ ܒܝܢܝܡ ܒܝܕ ܡܠܘܬܐ ܡܗܝܡܢܬܐ ܒܝܕ ܝܢܝܕܝܣ.

ܥܘܦܐ ܐܝܟܬܘܪܝܐ ܕܒܝܘܬܐ ܕܒܝܘܬܐ eSafety ܠܘܣܝܢ ܡܚܘܝܬܐ ܡܝܕܝ ܕܐܘܒܕ ܬܘܒ ܙܝܪܐ ܠܒܙܘܝ ܕ **ܫܒܚܬܐ ܕܐܝܟܬܐ ܒܝܕ ܫܘܕܪܐ ܥܘܦܐ، ܐܝܠܢܬܐ، ܣܘܦܬܘܪܐ (apps) ܘ ܒܝܕ ܡܝܪܝܬܐ ܐܝܟܬܘܪܝܐ**. ܐܝܠ ܫܒܚܬܐ ܡܝܒ ܕܡܝܒ ܢܐ ܐܝܟܬܐ ܕܡܟܝܣܒ ܠܕܒܙܘܬܐ ܒܝܕ ܥܘܦܐ ܐܝܟܬܘܪܝܐ ܐܝܟ ܕܒܝܬ ܡܝܟܐ ܬܘܒ ܠܡܘܙܐ ܕܣܝܡܬܐ ܕܡܠܘܬܐ ܡܗܝܡܢܬܐ.

ܐܟ ܠܘ ܐ **ܢܝܒܘܥ ܡܢ ܚܠܝܩܐ** ܬܘܒ ܡܕܘܒ ܡܝܒ ܐܒ ܥܒܕܒ ܟܐܢܘܢ.

ܡܠܘܬܐ ܕܒܢܐ ܘܗܢܕܐ

ܒܝ ܐܣܘܬ ܐܘ ܒܝܕܘܬܐ ܣܝܢ ܡܘ ܡܠܘܬܐ ܡܗܝܡܢܬܐ ܒܝܕ ܝܢܝܕܝܣ، ܕܡܙܡܢܬܐ ܒܝܡ ܫܒ ܐܢܬ ܡܝܢ ܕܥܒܕܐ ܟܝ ܬܘܒ ܕܥܘܡܐ ܡܢ ܕܦܠܒܘܬܐ ܬܘܒ ܡܕܘܒ ܥܒܕܒ ܡܙܠܒܘܬܐ ܒܝܡ ܡܒܝܠܒܘܬܐ (ܟܕ ܕܣܘܪ).

ܫܒܚܬܐ ܥܘܦܬܐ ܕܡܝܒܘܬܐ ܟܠܬܒܘܬܐ ܕܙܒܢܐ ܕܝܬܢ ܢܢ:

- ܫܒܚ ܕܣܝܬ (Lifeline) ܒܝܕ 14 11 13 ܐܘ **lifeline.org.au**
- ܠܘܬ ܕ Beyond Blue ܒܝܕ 4636 22 1300 ܐܘ **beyondblue.org.au**
- ܫܒܚ ܕܙܒܢܐ ܕܥܒܝܕܬܐ (Kids Helpline)، ܡܢ ܐܢܬܝ ܬܘܡܕܐ ܕ 25-5 ܝܬܝ ܒܝܕ 1800 55 1800 ܐܘ **kidshelpline.com.au** (ܐܟ ܠܘ ܥܘܦܐ ܐܝܟܬܘܪܝܐ ܕܙܘܡܢܬܐ webchat)
- ܠܘܬ ܕ Headspace، ܡܢ ܐܢܬܝ ܬܘܡܕܐ ܕ 12 ܙܘܕ 25 ܝܬܝ ܒܝܕ 890 650 1800 ܐܘ **headspace.org.au**.

ܠܘܬܬܐ ܕܗܢܕܐ ܬܘܒ ܐܘܒܕ، ܫܒܚܬܐ ܠܘܬܬܐ ܕܟܠܗ ܠܘܣܕܐ ܡܘܡܕܝܢ ܡܢ ܐܝܟܬܐ، ܒܐ ܡܘܠܬܐ ܒܝܕ ܥܘܦܐ **eSafety.gov.au/counselling-support-services**.