



PIKA KURA PULKARINGKUNTJAKUTAWARA PALYALKATIMA KUNPU NGARAMA

NYUNTU WANGKANTJIKITJA MUKURINGANYI CORONAVIRUS (COVID-19) NGARANYANGKA? NYUNTU KUTJU WIYA NYUNTUMPA MALPA TJUTA NYINANYI



NYANGA TJANA ALPAMILALPAI:

- SA Aboriginal Mental Health Support and Advice Line (Thirilli): 1800 841 313
- SA COVID-19 Mental Health Support Line (8am to 8pm, 7 days): 1800 632 753
- Emergencies: 000
- Suicide Call Back Service: 1300 659 467
- SA Mental Health Triage: (24/7) 131 465
- Lifeline Australia: 131 114
- Mensline Australia: 1300 789 978
- Kids Help Line: 1800 551 800
- Alcohol & Drug Information Service (ADIS): 1300 131 340
- 1800 RESPECT or 1800 737 732 nyuntumpa tjukurpa kutju wangkara kulintjaku. Palu nyuntumpa tjukurpa ma-tjakultjungkunyja wiya anangu kutjupangka
- SA COVID-19 Information Line: 1800 253 787

Tjinguru nyuntu atunypa wiya nguwanpa nyinanyi ngurangka, alpa palyakutu ringamilala

Visit www.covid-19.sa.gov.au for information on health, housing, business and Centrelink, schools, universities, transport, and other community information.

Tjinguru COVIDSafe app tjura talapauna nyuntumpangka health worker tjutangku nyakula alpamiltjaku pika panya coronavirus utiringkunyangka



TALAPAUNANGKA
TJAPINMA ALPAU



INTERNET-WANUNGKU
WANGKAMA

KUTJUPA-KUTJUPA KULINTJIKITJANGKU MUKURINGKULA NYANGAMA:

SA Government COVID-19 website
www.covid-19.sa.gov.au

AHCSA COVID-19 website
www.ahcsa.org.au



Government
of South Australia



Aboriginal Health Council
of South Australia Ltd.
our health, our choice, our way