



**EASTERN COMMUNITY
LEGAL CENTRE
(NISUAHNA LAM KHUA
UPADI ZUM)**

**LEGAL
INFORMATION
(UPADI TAWH KISAI
THEIHDING THUTE)**

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THUPATNA

Hih laibu-ta sunga thute in upadi lam tawh kisai vaibuaina na neih ciangin na hopih dingte hong thei sak ding hi.

Hih sazian sunga kigelh nasemte (services) na hopih ciangin, nop nasak pen pau tawh kamphen kingen thei hi. Phone hong kisan lian leh “Zomi interpreter please” ci in, na lunggulh pau pen gen ziau lecin, vaipuak late (service) kiang pan mikhat in na phone nambat hong la dinga, kamphen tawh phone hong sam kik ding uhhi. Tua huhna pen a mawkna hi a, sum bangmah beilo ding hi.

THUPATNA

[Eastern Community Legal Centre](#) (ECLC) Melbourne khuapi nisuahnam khempeuh ah upadi tawh kisai theihhuai thute leh panpihna a mawkna in pia uhhi.

ECLC in nang hong huhzo ding maw, huhzo lo ding cih a kicianin na theih keileh, hong hopih inla, ka team uh tawh nuamtakin kiho in. Kong huhtheih kei uh leh zong, na vai hong huh thei ding khatpeuh kong zonsak ding uhhi.

Phone 1300 325 200

ECLC vaipuak la (services) te tawh kisai theihding thute pau dang tawh na etnop leh, hih [website](#) ah pai, ahik keileh lailet kik ahi [a kizam bulpite](#) en in.

SITNI TAWH NASEPKHOPZIA DING

[The Victorian Legal Services Board](#) in Victoria gamke sungah upadi lam bulpuh nasem khat ahihi. Na sitni teelzia ding leh nasepkhopzia ding hih munah kizong thei hi. Upadi lam nasemte tung muanmawhna na neih leh, khat nading hopih theih dingte zong hipah hi.

Theihding laite - [Sitna tawh nasepzia ding](#)

Na sitni tawh nasepkhop nading laite Manglai simloh [pau](#) nam 22 in om hi.

Victorian Legal Aid - Victoria Gamke sunga om khempeuh ading upadi tawh kisai theihding thute leh ngaihsut piaknate a khawkhong ahihi.

Theihding thute Manglai banah pau nam tuamtuum tawh om lai hi.

Victorian Legal Aid [laikilette](#)



INNKUAN SUNG NGONGHTATNA

THEIHDING THUTE LEH PANPIHNA

Hamsatna na tuakkhak ciangin, 000 hopih inla Palikte huhna ngen in

[EDVOS](#) in innkuansung leh innsung ngonghtatna a thuak ahik keileh a thuak ngei numei naupangte ading innkuansung ngonghtat huh khat ahihi.

Phone 03 9259 4200

[1800RESPECT](#) nulepa vai zawhthawhna, innkuansung leh innsung ngonghtatna tawh kisai mipi theihhuai thu-le-late nai 24 genpihna vaipuk nasem khat a hihi.

Phone 1800 737 732

[Kidopzia dingte](#) - Victoria Gamke ii nipikal khat ni 7, nikhat nai 24 innkuan sung ngonghtat huh vaipuk nasem

[\(Chinese Arabic Persian Turkish Tamil Italian Tagalog Hindi Dari Vietnamese Greek\).](#)

Phone 1800 015 188

[Inn ah Kikepzia Ding](#) A kal lakah thupiakna ngetzia ding tawh kisai theihding thute [\(Arabic Chinese Vietnamese\).](#)

[Police Fact Sheets](#) Palik nasep tawh kisai thute.



INNKUANSUNG NGONGHTATNA

INNKUANSUNG NGONGHTATNA

UPADI LAM PANPIHNA

[Eastern Community Legal Centre](#) Upadi lam theihding thute, ngaihsut piakna leh panpihna.

Phone 1300 325 200

[Legal Aid](#) Upadi lam tawh kisai a khawnhong ngaihsut piakna leh theihding thute.

(Upadi Lam Panpihna tawh kisai theihding thute [Tualsung pau nam 23](#) tawh zong kisim thei hi.

Phone 03 9269 0120 (Gam tawh kisai 1300 792 387)

[In Touch Multicultural Centre against Family Violence](#) Victoria gamke sunga om innkuansung ngonghtatna a thuak ahih keileh a thuak ngei gambeel peemta numeite ading a khawnhong leh a simthamin panpih vaipuak nasemte.

Phone: 1800 755 988

[Magistrates Court](#) Innkuansung Ngonghtat Khaamtheihna Thuneihna nget ding a kisap leh na pai nading mun (ahih keileh hopih ding te).



UHAMTE ZAWHTHAWHNA

THEIHDING THUTE LEH PANPIHNA

[Respect Victoria](#) in uhamte zawhthawhna a kipan, innkuansung ngonghtatna tuamtuam aom loh nading na a sem kipawlna khat ahihi.

Uham zawhthawhna tawh kisai minam tuamtuam pan laite [Arabic, Chinese, Greek, Italian, Vietnamese.](#)

Victoria Gamke Minam Kipawlna Council in uhamte zawhthawhna tawh kisai thute khuasung gamsung ah a kitheih nadingin paunam tuamtuam tawh video bawl uhhi. Tua video-te With My Walls kici a, a nuai-a paute tawh ki-en thei hi.

Within my walls video-te: [Arabic, Chinese, Greek, Hindi, Italian, Macedonian, Polish Russian, Serbian, Turkish, Vietnamese.](#)

UPADI LAM PANPIHNA

[Eastern Community Legal Centre](#) Uham zawhthawhna a thuak khathei ding mimalte ading upadi lam tawh kisai ngaihsut piakna leh taangpi huhna.

Phone 1300 325 200

[Seniors Rights Victoria](#) Victoria gamke sunga om uhamte ading upadi lam tawh kisai a khawnkhong panpihna.

Phone 1300 368 821



LUNGSIM CIDAMNA

THEIHDING THUTE LEH PANPIHNA

Beyond Blue Australia-gammi khempeuh ading lungsim cidamna tawh kisai theihding thute leh panpihna a pia a khawnkhang nasepna.

Phone 1300 22 4636

Headspace Kum 12 leh 25 kikal khangnote leh innkuante ading panpihna ahi a khawnkhang online leh telephone service piakna

Phone 03 9801 6088

Embrace Multicultural Mental Health in ngeina leh pau namkip kigawm (CALD) innkuan pan a khangkhia-te ading lungsim cidamna leh ei-le-ei kithahlupna aom loh nading ngimna tawh, ngeina tawh kizui aa ngah theih ding, a kizam bulpita, panpihnate leh theihding thute hong pia hi.

Victoria Legal Aid has information about Mental Treatment Orders.

Zatokah ding sawlna cih ciangin kumpi zato ahih keileh lungsim cidamna lam zato khatpeuh in lungsim damlohna hong bawlsak nading thuneihna lai ahihi.

UPADI TAWH KISAI PANPIHNA

Mental Health Legal Centre in Victoria gamke sungah lungsim damlohna a thuak mimalkim a khawnkhang leh kuamah theihloh in upadi lam panpihna pia hi. Victoria gamke ah upadi lam buaina pen lungsim lam damlohna tawh kizom hi.

Phone 9629 4422 or 1800 555 887 (Victoria gamke a gamla khuanote pan sum beilo aa hopih nading)

Legal Aid Phone 1300 792 387

LUNGSIM CIDAMNA



NASEMTE NGAHDING HAMPHATNATE

THEIHDING THUTE LEH PANPIHNA

[Fair Work Ombudsman](#) in nasepna tawh kisai mimal kim ngahding hamphatnate leh tavuante hong telsak hi.

[Jobwatch](#) Victoria gamke nasepna ah a ngahding hamphatnate tawh kisai huhna panpihna a pia nasepna hamphat ngah nang upadi zum. [Ciaptehna laite leh a kisas bulpita](#)

[Migrant Workers Centre](#) in Vitoria gamke gambeel nasepna in a ngahding uh hamphatnate a ngah nading, nasepna munte ah tuate a kizat nading leh gambeel nasep dangte tawh kizopna a om nading a hihi [\(Arabic English Chinese Spanish Korean Tamil Italian\)](#).

Appointment lak nang [Hihmun Mekin](#)

UPADI LAM PANPIHNA

[Jobwatch](#) In Vitoria, Queensland leh Tasmanian ah nasepna ah a ngahding hamphatnate tawh kisai panpihna a pia nasep silbawl hamphat ngahna upadi zum a hihi.

Phone **03 9662 1933** (Melbourne Khuano) or **1800 331 617** (VIC, QLD, TAS Khuanolam)

[Legal Aid](#) Phone **1300 792 387**



INNSAAP HUN

THEIHDING THUTE, PANPIHNA LEH UPADI LAM HUHNA

Tenancy Victoria in innsaap aa om Victoria gamke gammite ngahding hamphatnate a taanloh nading theihding thute, ngaihsut piakna leh, upadi tawh kisai gennate panpih in pia hi.

INNSAAP HUN



KIPAWLNA MINSAZIANTE

Eastern Community Legal Centre <https://www.eclc.org.au/>

The Victorian Legal Services Board <https://lsbc.vic.gov.au/contact-us>

Victorian Legal Aid <https://www.legalaid.vic.gov.au/>

EDVOS <https://www.edvos.org.au/>

1800RESPECT <https://www.1800respect.org.au/>

Police Fact Sheets <https://www.police.vic.gov.au/resources-and-fact-sheets-2>

Women's Legal Service <https://womenslegal.org.au/>

In Touch Multicultural Centre against Family Violence <https://intouch.org.au/>

Magistrates Court <http://www.familyviolence.courts.vic.gov.au/>

Respect Victoria <https://www.respectvictoria.vic.gov.au/campaigns/respect-older-people-call-it-out>

The Ethnic Communities' Council of Victoria <https://eccv.org.au/>

Within my walls videos <https://eccv.org.au/elder-abuse-prevention/>

Seniors Rights Victoria <https://seniorsrights.org.au/>

Beyond Blue <https://www.beyondblue.org.au/get-support/national-help-lines-and-websites>

Headspace <https://headspace.org.au/>

Embrace Multicultural Mental Health <https://embracementalhealth.org.au/>

Mental Health Legal Centre <https://mhlc.org.au/>

Fair Work Ombudsman <https://www.fairwork.gov.au/>

Jobwatch <http://jobwatch.org.au/>

Migrant Workers Centre <https://www.migrantworkers.org.au/>

Tenancy Victoria <https://www.tenantsvic.org.au/>