



For information about contraception,
pregnancy options and sexual health.



Pehtlainnak rak kan tuah:



1800 696 784

Cacawn Nikhat in cacawn Ninga
tiang, zing 9am – zanlei 5pm
(cozah zungkhar ni pawl ah khar a si)



13 14 50



1300 555 727
relayservice.gov.au



1800myoptions.org.au



info@1800myoptions.org.au

Social media ah rak kan zul ve uh:

📷 [instagram.com/1800myoptions](https://www.instagram.com/1800myoptions)

📘 [facebook.com/1800MyOptions](https://www.facebook.com/1800MyOptions)

Nauvarhnak, ruahlo piin naupawimi

caah duhthimnak hna asilole

nulepa idiriamhnak lei ngandamnak

kong theihherhmi pawl

a kawlmni nu na si maw?

*1800 My Options cu Women's Health Victoria (Victoria i Nu pawl
Ngandamnak) lei rian attuantu bu pakhat a si i
Victoria Acozah nih a bawmhmi a si.*



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Aho dah kan si

Kanmah cu Victoria hrambunh in phone le website in zalong tein rian a tuanmi kan si. Man lo tein rian kan ttuanmi rian hi midang sinah kan chim lo i nan sining kongah biaceihnak aum lo . Nu pawl nih nau an pawimi adongh tiah an zulh ding asilole nauhrawh ding kong ah duhthimnak an ngei tihi kan zumhmi asi fawn.

Phone na kan chawnhmi vialte cu nu asimi lawngninih tlaih le leh a si. Kan holhlettu pawl zong nu an si. Nu siibawi lawng ka duh tiah na kan hal ahcun kan si khawh chungin kan in kawl piak fawn lai.

Bomhnak kan pekmi:

- Nauvarhnak, naupawinak lei thim khawh dingmi pawl (nauhrawhnak telhchih in) le nupa diriamhnak lei ngandamnak kong thawngthanah
- Na kal khawhnak ding bomhpeknak riantuan hna pawl kong thawngthanhnak

Sii lei, upadi lei asilole phaisa lei ruahnak acheuhmi asilole lunghtin thazaang pek lei biaruahnak kan pe lo.

Zeitindah kan in bawmh khawh

Nau na pawl khawhnak le nupa diriamhnak lei ngandamnak a herhmi pawl kong ah kan phone a tlaitu pawl nih an in chawnh khawh ko i nangmah caah a ttha dingmi bomhpeknak rian pawl kha an in kawl piak khawh ko.

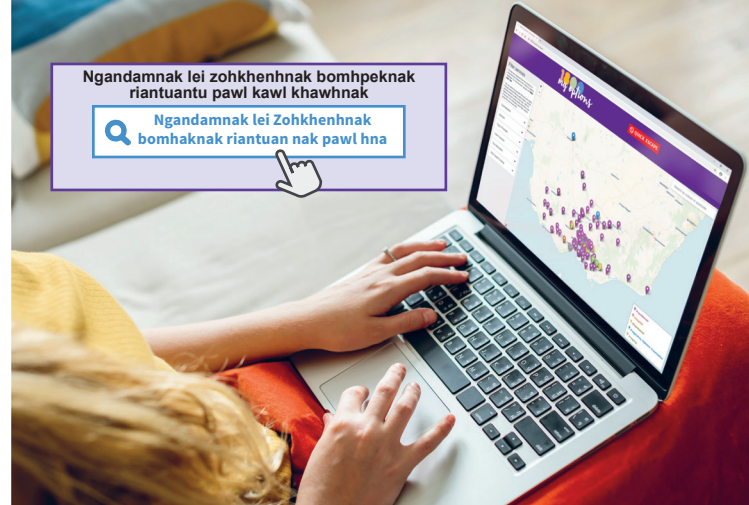
Biahalnak an kan tuah lengmangmi ah aa telmi cu:

- Khoika dah nauhrawhnak ka tuah khawh lai?
- Khoika dah IUD ka hmuh khawh lai?
- Nulepa diriamhnak lei he aa pehtlaimi ngandamnak thlopnak hmun keimah he naih ah a um maw?

Victoria ah nupa diriamhnak le nau pawl khawhnak lei ngandamnak riantuan piaknak in online ah catial chiahmi (database) kan ngeih ko i kan website hmangin na kawl khawh ko.

Kan thiammi

Na herhmi bomhnak thabik in an pek kho dingmi bomhpeknak riantuantu pawl na hmuhnak dingah - Victoria kenkip i bomhpeknak rianttuantu tampi he rian kan tuanti (GPs, mibu ngandamnak lei riantuan piaknak hmun pawl, siizung pawl le siidawr pawl telchih in). Thawngthanhnak kan in pekmi hi atu lio i thilcang kha thiamsang nih dothlatnak an tuahmi chirhchan in kan in pek mi asi



Fawi tein kawlkhawh asi

1800 My Options website ah nangmah caan chung te ah bomhpeknak rianttuantu hna an kawlder khawh. Nau varhnak le nau hrawhnak lei tuahpiaktu pawl, lamhruainak a si lomi nau pawinak lei thim khawh dingmi pawl kong ruahnak petu pawl le siidawr pawl tibantuk riantuan piaknak kha na kawl khawh lai.

Ngandamnak lei thiamsang pawl caah a thami

Ngandamnak lei thiamsang pawl 1800 My Options ah an chawnh khawh asilole an mizaw pawl an herhmi a pe khotu bomhpeknak rianttuantu pawl kawl dingah kan online catial chiahmi (database) ah hin an kawh khawh.

Ngandamnak lei riantuantu pawl nih mizaw pawl kha dairek in kan riantuan piaknak zongah an rak kuat chin khawh hna.

