



Nau hrawhnak,
nau khamnak le
nupa sinak lei
ngandamnak kong
rak kan hal.

NAA THIM DING HNGALH.



1800 My Options nih Victoria ah nau khamnak, timhlamh loin nau ngeih khawhnak, nau hrawhnak le nupa sinak lei ngandamnak kong thawngpang pawl a pek.

Phungning tein nau hrawhnak dirkhamhnak riantuannak cu phone line le online in thim khawhnak le thlithup tein man pek lo in kan tuan.

Ngandamnak riantuannak pawl kha kawl

Kawl ding kan in bawmh lai:

- Khuaihlai (Surgery) le sii lei in nau hrawhnak siizung
- Nau khamnak IUD le minung takpum chungah khumh asiloah remh in riantuannak
- STI le CST checknak
- Nau Ngeihnak Thimnak Ruahnak cheuhnak

Na herhmi he aa tlakmi riantuannak pawl kan in kawlpiaik khawh (tahchunhnak ah hmunhma, tangka hmanna le holh).

**Pehtlaihnak
rak kan tuah**



1800 696 784

Zarhpini le zarhte a si lomi ni poah, Zinglei 9am - zaan lei 5pm
Online Chat zinglei 9am - zaanlei 4:30pm

1800myoptions.org.au
info@1800myoptions.org.au

Holhlettu: 13 14 50
National Relay Service (Ram Pumpi Relay Riantuannak) in auhnak kan cohlan.



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