



**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-tjakultjunkunyitja 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](http://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 alpamilantjaku pika panya coronavirus utiringkunyangka



**TALAPAUNANGKA**  
**TJAPINMA ALPAU**



**INTERNET-WANUNGU**  
**WANGKAMA**

**KUTJUPA-KUTJUPA**  
**KULINTJIKITJANGKU**  
**MUKURINGKULA NYANGAMA:**

**SA Government COVID-19 website**  
[www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au)

**AHCSA COVID-19 website**  
[www.ahcsa.org.au](http://www.ahcsa.org.au)



Government  
of South Australia



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