ᠬᠠᠪᠤᠳᠠᠯ ᠳᠦᠪᠢᠳᠬᠡᠯ

ᠬᠠᠪᠤᠳᠠᠯ ᠳᠦᠪᠢᠳᠬᠡᠯ (᠂᠂᠂

	ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܒܢܦܫܐ ܕܝܠܗ	ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܒܢܦܫܐ ܕܝܠܝܢܐ
ܐܝܟܐ ܡܬܐ ܦܝܬܚܐ ܠܚܒܝܒܐ؟	ܦܠܚܦܝܬܐ ܐܗܡܝܬܐܝܬܐ ܕܝ ܥܡܗ ܟܠܗ ܡܕܝ ܕܝܗ ܢܦܩܬ ܒ ܒܢܦܫܐ ܕ telehealth (ܒܢܦܫܐ ܕܐܠܟܘܦܝ)، ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܕܝ ܩܬܠ ܠܚܒܝܒܐ ܟܠܗ ܬܝܗܐ ܒ ܟܠܗ ܣܟܐ ܕܥܒܕ ܕܥܡܗܘܢܐ.	ܟܠ ܡܕܝ ܕܝܗ ܚܝܒܘܬ ܒ ܡܕܝ ܕܝܗ ܢܦܫܐ ܕܒܢܝܢܐ
ܡܐܢ ܝܠܕܐ ܕܝ ܥܡܟܝ؟	ܒܝ ܬܘܠܬܐ ܕܡܝܬ ܒܦܪܘܣܐ، ܡܬܐ ܐܦܬܝܬܐ ܕܝ ܩܬܠ ܠܚܒܝܒܐ 24 ܠ 48 ܫܥܝܢܐ ܒܝ ܬܘܠ ܫܥܐ، ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܕܥܕ ܥܡܬ 4 ܠ 6 ܫܥܝܢܐ ܒܝ ܬܘܠ ܫܥܐ، ܐܦܥ ܬܝܦܐ	ܟܠܠܝܟܐ ܢܦܫܐ ܡܬܥܝܢܐ ܕܝ ܒܝܠܝܬܐ ܥܠ 15 ܝܡܝܢ، ܡܝܥܝܢ ܩܠ ܫܥܝܢܐ ܡܢܦܠܢܐ ܕܝ ܥܡܟ ܡܕܥܢ ܫܥܝܢܐ
ܕܒܝܢ ܦܪܣܡܟ ܕܐܒܘܪܬܐ ܕܝ ܩܬܠ ܠܚܒܝܒܐ ܦܝܬܚܐ ܕܐܒܘܪܬܐ؟	ܒܝ ܢܒܩ ܕܐܒܘܪܬܐ ܩܝܡ ܕܩܬܠ ܣܝܟܐ ܒܢܦܫܐ ܕ ultrasound (ܡܕܥܐ ܕܩܠܝܢ ܕܫܘܦܝܢ ܠܝܠ ܒܝ ܩܠܝܢ ܠܫܘܦܐ ܐܒܘܪܬܐ)، ܐܦܠ ܕܐܒܘܪܬܐ ܩܠܬ ܡܦܩܬ ܠ 9 ܫܥܝܢܐ	ܒܝܬ ܫܥܬܐ ܐܦܬ ܒܢܝܢܐ، ܟܠܠܝܟܐ ܕܝ ܩܬܠ ܠܚܒܝܒܐ ܕܥܕ 6 ܐ 12 ܫܥܝܢܐ ܕܐܒܘܪܬܐ ܕܝ ܩܬܠ ܠܚܒܝܒܐ ܕܥܕ ܬܝܦܐ ܟܕܐ (ܐܦܬ ܬܝܦܐ ܡܠܦܝܢ ܕܝ ܦܡܝܦܝܟܐ ܒܢ ܡܠܦܐ) ܕܦܪܣܡܟ ܢܣܩܝܢ ܕܐܒܘܪܬܐ
ܕܝ ܥܡܢ ܟܐܢ ܦܝܬܚܐ؟	ܦܝܬܚܐ ܩܝܡ ܦܝܠܝܬܐ ܠܚܬܢܐ ܒܝ 10 ܥܕ 16 ܫܒܘܥܝܢ	ܦܝܬܚܐ ܕܝ ܥܡܢ ܟܐܢ ܕܐܒܘܪܬܐ ܒܝ ܝܬܐ ܠܝܬܐ ܡܩܝܡ ܥܡܢ ܡܬܚܐ ܒܝ ܟܬܐ ܦܝܬܚܐ ܩܝܡ ܦܝܠܝܬܐ ܩܠ ܡܕܥܢ ܫܥܝܢܐ ܡܬܩܝܡ ܠܝ ܫܝܢ ܢܒܩ ܕܝ ܥܡܢ ܠܝ ܦܝܩܐ ܕܢܘܬܢܐ
ܡܐܢ ܡܠܐ ܟܒܪܐ؟	ܦܣܝܚܐ ܩܠ ܡܢܝܘܬܐ ܕܝܠܟܐ ܠܦܚܘܠܝ ܦܡܕܟܢܘܬܐ ܕܥܡ ܟܒܪܐ	ܦܣܝܚܐ ܩܠ ܡܢܝܘܬܐ ܕܝܠܟܐ ܠܦܚܘܠܝ ܦܡܕܟܢܘܬܐ ܕܥܡ ܟܒܪܐ
ܢܒܩ ܩܝܡ ܡܟܚܕܢܘܬܐ (ܦܚܟܢܘܬܐ) ܕܐܒܘܪܬܐ ܕܒܪܬܐ؟	ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܕܡܟܚܕܢܘܬܐ (contraception) ܩܝܡ ܕܩܬܠ ܡܬܘܕܝܢ ܒܪܕܝܬܐ ܒ ܟܠܝܠܘܬܐ ܒܝ ܟܕ ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܕܦܩܟܣܐ ܕܒܪܬܐ	ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܕܡܟܚܕܢܘܬܐ ܕܐܒܘܪܬܐ ܩܝܡ ܕܩܬܠ ܡܬܘܕܝܢ ܐܦ ܕܥܐ ܫܥܐ ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܒܢܦܫܐ ܕܝܠܗ

ܦܝܬܚܐ ܐܚܪܢܐ

ܒܝܬ ܦܪܣܐ ܦܝܬܚܐ ܡܬܐ ܥܡܗ ܒܝ ܐܬܪ ܦܪܣܝܢ ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܕܥܡ ܦܝܬܚܐ ܕܐܒܘܪܬܐ ܟܠ ܡܕܝܬܐ ܕܐܒܘܪܬܐ ܕܥܡ ܕܝ ܟܕ ܡܬܚܐ ܕܝ ܢ ܒܥܐ ܕܥܡ ܟܒܪ ܒܝ ܐܝ ܣܝܡ:

- ܒܢܦܫܐ ܦܝܬܚܐ ܕܐܒܘܪܬܐ — ܒܢܦܫܐ ܕܝܠܗ
- ܒܢܦܫܐ ܦܝܬܚܐ ܕܐܒܘܪܬܐ — ܒܢܦܫܐ ܕܝܠܝܢܐ

ܒܝܬ ܠܦܚܘܠܝ ܦܝܬܚܐ

- 1800 my options ܐܠܟܘܦܝ ܡܝܬܐ 1800 696 784 ܡܟܕܠܬܐ 131450
- ܒܝܬ ܦܝܬܚܐܟܝ
- Family Planning Victoria ܐܠܟܘܦܝ ܡܝܬܐ (03) 9257 0100 ܒ ܡܝܬܐ ܦܝܟܝܬܐ 1800 013 952
- ܡܠܦܐ ܕܣܘܠܬܐ ܕܒܢܝܢܐ: https://www2.health.vic.gov.au/primary-and-community-health/community-health/community-health-directory
- Pregnancy, Birth and Baby Helpline ܐܠܟܘܦܝ ܡܝܬܐ 1800 882 436

ܡܬܦܪܣܐ ܡܦܬܒܐ ܕܒܝ ܬܪܠܝܬܐ ܕܒܒܚܦܬܐ، 1 Treasury Place, Melbourne .
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ܩܝܡ ܕܩܬܠ ܡܢܬܐ ܒܟܠ ܬܘܩܐ ܢܟܝܚܘܬܐ: <http://healthtranslations.vic.gov.au/>