

WALYTJANGKUNKU PULKARA ATUNYMANAMA

LOOKING AFTER YOURSELF

- Paku wiyaringkunyitjikitjangku kulinma (rest)
- Mai munu kuka wiru tjuṭa ngalkunma (eat)
- Palya ulanytjaku ngaranyi (cry)
- Wama munu kutjupa-kutjupa kura-kura tjuṭa wantima (drugs)
- Mina/kapi pulka tjinma tjintu winki (water)
- Kutjupa-kutjupa wiru tjuṭa palyanma nyuntu mukuringkula (do things)
 - movie nyangama (movie)
 - tjina unytju anama (walk)
 - maluku anama (hunting)
 - punu maitjara munu wiltja wirutjara pakaltjanganma (gardening)
 - puli katu tatinma (climb a hill)
 - kutjupa-kutjupa tjuṭaku nintiringkunyitjikitjangku mukuringkula tjapinma (ask-learn)
 - anama putikutu nintiringkunyitjikitja (bush-learn)
 - mirpanarira unngu kanyintja wiya, urilkutu pakalytjanganma, kanku kulintja wiruringkuku (let it out)
 - wiru tjuṭa palyara wiyaringkula paku wiyaringama (fun-rest)



Tjinguru nyuntu munu nyuntumpa walytja pulkara tjituru-tjiturinyi kutjupa. Alatji kutjupa ngaranyi alpamilalpai tjuṭaku. Ini munu nampa nyangatja, Suicide Call Back Service 1300 659 467, munu nyangama alatji, website <http://www.suicidecallbackservice.org.au/contact-us>

Yaaltjitu StandBy payamilalpai?

How much does StandBy cost?

StandBy-ku mani wiya.

StandBy's help is free.

Yaaltji-yaaltjinkuna StandBy-ngka wangkama?

How do I contact StandBy?

Nampa nyanga pulanya ringamilanma.

Ring this number.

COUNTRY SA

24/7 StandBy Support Mobiles

0438 728 644 (North)

0437 752 458 (South)

Email: standby@unitingcommunities.org

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We gratefully acknowledge the following contributors towards the creation of this resource:

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WWW.STANDBYSUPPORT.COM.AU

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PITJANTJATJARA

NYUNTU WALYTJA MUNU MALPA TJUTATJARA

You are
not alone



MARKULPAI PATANTJAKU
ALPAMILANTJIKITJANGKU

ALPAMILANTJAKU

SUPPORT

Markulpai Patantjaku Alpamilantjikitjangku

StandBy Response Service

Tjinguru nyuntumpa walytjangku munu malpangku walytjangku iluntananyi ka StandBy Response Service ngaranyi alpamilalpai.

'Service' wangkanyi nyanga tjananya –

- Women's Council-anguru
- Pulitjamunu tjutanguru
- Kilinika nyuntumpa nguranguru
- Munu walytjapiti kutjupa tjutanguru kulu.

Tjanayanku walytjangku iluntananyi ngura walytjanga munu ngura kutjupangka kulu, ka StandBy Response Service-pangku nyuntunya alpamilani tjituru-tjituru nyinanyangka munu tjituru-tjituru ngamanyitjanga kulu.

Yaaltji-yaaltjinta markulpai tjutangku alpamilalku?

How can StandBy help you?

Panya markulpai tjutangku tjinguru –

- nyuntula talapaunangka wangkaku
- nyuntula, nyuntumpa walytja munu malpa tjutangka nyinakatira alpamilalku nyuntumpa ngurangka munta tjinguru palakutu ngura pilunta
- alpamilanma nyuntu wiru tjuta wangkara kulintjaku yaaltji-yaaltjintaya alpamilalku nyuntumpa walytjaku munu malpaku munta nyuntumpangka kutju
- nyuntula wangkaku yaaltji-yaaltji alpamilantjakun mukuringanyi nyuntumpa malpa munu nyuntumpa walytja
- nyuntula wangkanyi panya nyaa pulitjumanungku munu waakaripai kutjupa tjutangku palyalku ilunyangka malangka
- Nyuntula alatji wangkaku (Talk with you about)
 - Anguru maru uwankaraku waaka tjutangku alpamilalpai ngaranyi alatjitu
 - waaka kutjupa tjuta nyuntula itingka ngaranyi munu nyuntumpa ngurangka ngaranyi nyuntunya alpamilantjikitja
- Ma-pitjaku nyuntunya nyakunytjikitja munu nyuntulanguru kulintjikitja yaaltji-yaaltji nyuntu panya tjuta nyinakatingi



URUKULINI PANYA WALYTJANGKU ILUNTANKUNYTJANGURU

FEELINGS AFTER A SUICIDE

Kutjupa ngaranyi walytjangku iluntankunytja, panya kutjupa ilunyi ka kutjupa-kutjupa tjuta ngaranyi, wangkara kulira ngurintjaku.

Nyuntu tjinguru kuruntu unngu kulini nyanga tjananya –



WALYTJANGKU-WALYTJANGKUYANKU ATUNYMANAMA

LOOKING AFTER EACH OTHER

- Anguru kutjupa tjutangkaya tjunguringama
- Anama ngura wirukutu, ngura tjukurtjarakutu, munu kulira waganma tjukurpa wiru tjutatjara
- Tjunguringkula alpamilanma walytja tjuta munu malpa tjuta
- Nyangatja kutjupaku wiya ka kutjupa ngurkantja wiyangku wantima
- Malaku kutura kulira wanalala wiru panya tjutatjara