

NYUNTUNKU WALYTJ ANGKU ANTAANTALA

LOOKING AFTER YOURSELF

- Munu paku ngarala pulkara pakuwiyaringama (rest)
- Mai palyakutju ngalkunma (eat well)
- Palya ulanytjaku ngaranyi (cry)
- Wama wantima munu kanpa kutjupa wantima (no drugs or alcohol)
- Munu kapi rawangu tjinima (drink water)
- Nyuntu mukuringkuntja movie (pitja) nyakula pukularima antipina witinma, tjina yanama, munu garden (kaana) ngaratjunama (movies, fishing, gardening)
- Karu kapitjara kutu yanama munta beach kutu (river or beach)
- Mirpan ngarala kalypangu wantiryal (don't stay angry)



If you or your family...

Tjinguru nyuntu munu nyuntumpa walytjapiti iluru-iluru pulka nyinanyi, alpa ngaranyi, kutjupangka wangkama, panya Call Back Service-angka, nampa nyangatja ringamilala 1300 659 467, muntu website <http://www.suicidecallbackservice.org.au/contact-us>

Yaaltjirunguwarn StandBy cost-amilani?

How much does StandBy cost?

StandBy-Ku alpa cost wiya.

StandBy's help is free.

Yaaltjingarana StandBy ngurilku?

How do I contact StandBy?

Nampa nyanga kutjara ringamilala.

Ring this number.

COUNTRY SA

24/7 StandBy Support Mobiles

0438 728 644 (North)

0437 752 458 (South)

Email: standby@unitingcommunities.org

We gratefully acknowledge translator Mrs Lucy Lester, for her generosity in sharing her culture and support in creation of this resource.

Lucy Lester is a proud Yankunytjatjara woman born on Tjeyon Station in South Australia's far north. Lucy is a mother of 3, grandmother of 12 and great grandmother of 2



WWW.STANDBYSUPPORT.COM.AU

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StandBy: An Australian Government Initiative

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YANKUNYTJATJARA

Nyuntu Kutju wiya
walytja tjutatjara munu
malpa tjutatjara

You are
not alone



TJANA PATANI
ALPAMILANTJIKITJA

ALPAMILANTJAKU

SUPPORT

Standby Response Service-angku alpamilani walytja tjuta munu malpa tjuta, panya tjananku walytjangku ilunytjala.

Panya nyuntumpa ngurangka alatjirinyi walytjangku iluntananyi munta tjinguru ngura kutjupala.

Nganana nyuranya alpamilalku nyura iluru-iluru nyinanytjala, tjinguru ara nyanga puriny iriti alatjiringu.

Ka ara iritiya tjana alpamilalku.

Yaaltjingaranta StandBy-lu alpamilalku?

How can StandBy help you?

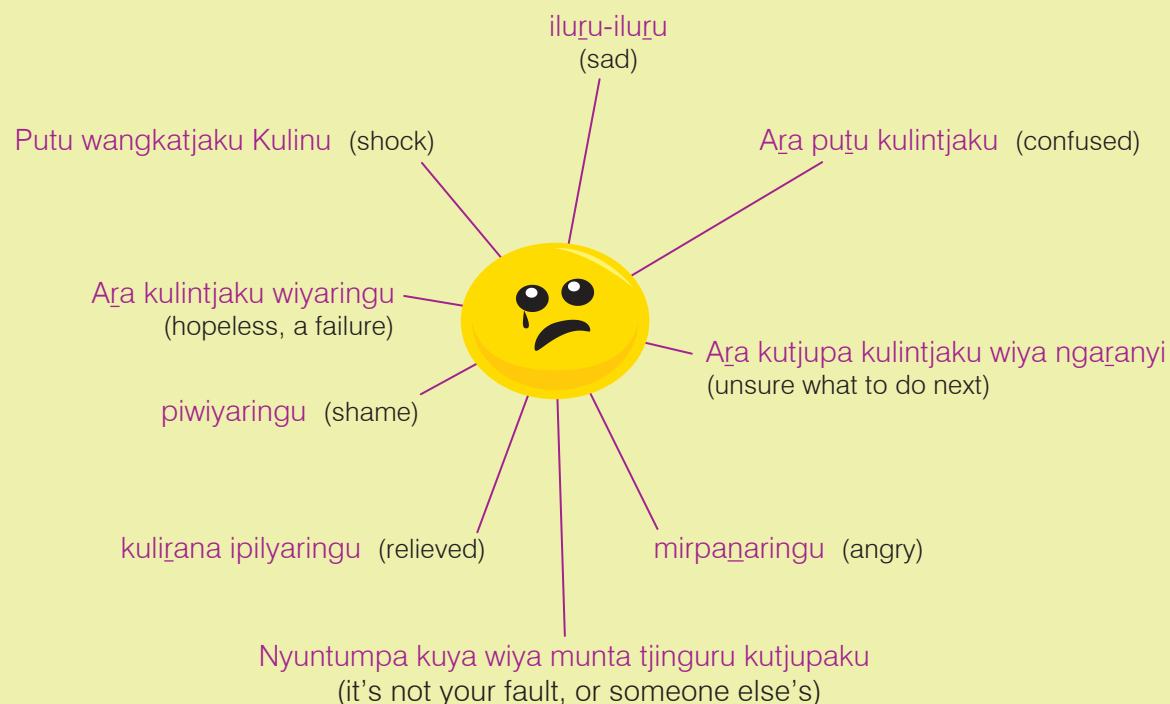
StandBy-ku Mayatjangku alatji kulini

- Nyuntula wangkaku phone-angka
- Nyuntula nyinakatiku, Walytjanga munta malpa tjutangka nyuntumpa ngurangka, munta yaaltjilan nyinara wangkaku.
- Nyuntunku kulila, alpa nyaaku nyuntu mukuringanyi, walytja wanu munta tjuta wanu.
- Nyuntulana wangkanyi yaaltjingarala nyuntumpa walytja munta malpa alpamilalku?
- Nyuntulana wangkanyi ara nyangatja, nyaa pulitjamanungku munu organisations kutjupa tjtangan gku alpamil alku, kutjupa ilunyangka malangka.

Nyanga Standby-ku mayatjangku nyangatja kulu kulini.

- Wangkaku nyuntula ara nyangatja (talk with you about)
- Anangungku munu Torres Strait Islander-ngku (services) tjana kulu alpamilalku.
- Tjinguru alpa kutjupa nyuntumpa ngurangka itingka ngaranya (services) nyara paluru tjana kulu nyuntunya alpamilalku kutjupa wanu.
- Ngalyayankula nganananya nyawa next year, ara palya ngaranytjala.

COPING WITH SORRY BUSINESS – ATATJURA KULINI ARA NYANGA ILURU-ILURU



NGANAMPA KULINTJA ILUNYTJALA MALANGKA NGARANYI!

FEELINGS AFTER A SUICIDE

Tjiguru kutjupa ilunyi, ka ara tjuta ngaranya wangkatjaku. Tjana kutjulingku ara walytjangku kulini. Tjinguru nyuntu ara nyangatja kulini.



NYUPALINKU ANTA-ANTALA

LOOKING AFTER EACH OTHER

- Anangu palyangka itingka nyinama.
- Ngura palya kutu yanama, ara iriti palya nyinanytja kulira.
- Alpamilanma walytja munu malpa tjuta.
- Kutjupaku kuya wiya ka kutjupa ngukalwiyangu wantima.
- Ara panya palya kutju kulinma.