# Ngaahi kakaa fakataumu’a ki he kau ngaue ‘i he PALM

ʻOku ngaue ʻaki ʻe ha niʻihi ‘i he kau ngaue ʻo e Pasifiki ʻAositelelia ʻa e Fefonongaʻaki (PALM) ʻoku ʻi ai ha ngaahi moʻua lalahi hili hono ʻomi ha fakamatala fakatautaha mo e fakaikiiki ʻo e pangikee ke hu ki he paʻanga.

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| What to look out for |
| * **‘A’ahi ki he tokotaha:** ʻOku tukituki ha taha ʻi ho matapaa pea ne pehe te nau lava ʻo tokoni atu ke ke maʻu ha paʻanga pe ko ha no ʻoku meimei ke laka hake ʻi he $5,000.
* **Fakamatala tautaha pe huu ki ho pangikee:** ʻOku nau kole hoʻo fakamatala fakatautaha, kau ai e ngaahi fakamatala fakapepa, pe huu fakapangike ʻi he ʻInitaneti.
* **Totongi Komisoni:** ʻOku toʻo ʻe he tokotaha ha niʻihi ʻo e paʻanga pea ne pehe te nau fakaʻaongaʻi ia ke fai ha ʻinivesimeni lahi ange maʻau.
* **Tu’uaki ‘o e noo ki he ni’ihi kehe**: ʻe kole atu ʻe he tokotaha he taimi ʻe niʻihi ke ke tokoni ʻi hono tuʻuaki ʻo e totongi paʻanga ki he kakai kehe ʻi homou kolo.
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### Me’a ‘oku tonu keke ‘ilo

Kapau ʻe haʻu ha taha ki ho matapaa pea ʻoku ke hohaʻa ki hoʻo malu, kataki ʻo telefoni ki he 000 pe ʻalu ki hoʻo ʻapi polisi fakalotofonua.

* **Tauhi ke malu ho’o fakamatala:**
	+ ‘oua na’a ke teitei vahevahe ho’o ‘akauini pangikee pe pasiueti
	+ ‘oua naʻa ke teitei vahevahe hoʻo ngaahi fakamatala fakatautaha mo ha taha ʻoku ʻikai te ke ʻiloʻi.
* **Lipooti:** fetuʻutaki ki hoʻo pangikee kapau ʻoku ke fakatokangaʻi ha ngaue ngali kehe pe kapau ʻoku maʻu ʻe ha kakaa hoʻo paʻanga pe fakamatala.
* **‘Oua ‘e tukituiki:** paaki pea fakaʻaliʻali ha fakaʻilonga ʻ ʻoua ʻe tukituki’ ʻi ho matapaa.

### Poupou mo e fakaakeake

Kapau kuó ke ʻoange hoʻo fakamatala fakatāutahá pe fakaikiiki ʻo e pangikeé ki ha taha, ngāue leva ke vave:

* **Fetu’utaki ki ho’o pangikee:** Kapau kuo ke ‘ave ha fakaikiiki ʻo e ʻakauni pangikee pe pasiueti ki ha taha pe, fetuʻutaki ki hoʻo pangikee he taimi pe ko ia. Kole ange ke taʻofi ha faʻahinga fehuʻaki fakapaʻanga.
* **Malu’i ho’o tu’unga:** Kapau kuo ke vahevahe ha faʻahinga fakamatala fakatautaha, te ke lava ʻo fetuʻutaki kihe IDCARE ki ha faleʻi. ʻE lava ke tokoni atu ʻa e IDCARE ke tokoniʻi koe ke ke fakaakeake mei he kakaa mo maluʻi koe ʻi he kahaʻu. Te ke lava ʻo fetuʻutaki kihe IDCARE ʻi he (1800 595 160).
* **Fale’i fakapa’anga:**Kapau ʻoku ʻi ai haʻo palopalema ʻi he paʻanga pea fiemaʻu ha tokoni ʻi he meʻa ke fai, fetuʻutaki ki he National Dept Helpline ʻi he (1800 007 007) ki ha tokoni taʻetotongi mei ha tokotaha fale’i fakapaʻanga.
* **Tokoni kihe palopalema:** Kapau kuo uesia koe ʻe he kakaa ko ʻeni pea ʻoku ke fie lea ki ha taha fekauʻaki mo e ongo ʻoku ke maʻu, kataki ʻo fetuʻutaki ki he:
	+ Lifeline – taa kihe (131 114), ‘ataa he houa 24 he ‘aho, ‘aho ʻe 7 he uike pe te ke lava ʻo maʻu ha tokoni ki he palopalema ʻi he ʻInitaneti ʻi he (<https://www.lifeline.org.au/>).
	+ Beyond Blue – teke lava ‘o talanoa ki ha taha fale’i he ‘initaneti ‘ihe (<https://www.beyondblue.org.au/support-service/chat>).