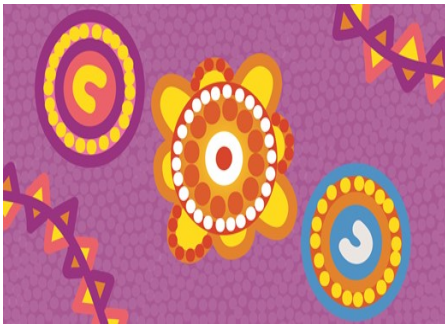




Nhakenhe anteme unte irreme tyerrtye ngkwarle atheke-ketye uthene, drugs irrperre-ketye, ngenhe itne apeke ah - Arrernte



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Alcohol, Drugs (General)

Tags: Arrernte Translation

Origin: Australian

Cost:

Free

Attachments

Nhakenhe anteme unte irreme tyerrtye ngkwarle atheke-ketye uthene, drugs irrperre-ketye, ngenhe itne

Key Messages

 <p>Unte apeke arle atere irreme, mwerre-arle unte alpeke aretyeke alheme</p>	 <p>Nterte-le urrke, tyerrtye nhenhe aweme-le intwarre urlkere-awerne irreme-le</p>	 <p>Alkngwerre-tyale arntarne arelhetyeke</p>
--	--	---

Nhakenhe anteme unte irreme tyerrtye ngkwarle atheke-ketye uthene, drugs irrperre-ketye, ngenhe itne apeke ahele-ahele ileketyenge?

Tyerrtye arrpenhe areye kwenhe ngkwarle iperre uthene drugs irperrerle, arête irremele ahele-ahele ilrentye akngerre. Alakenhe-le kwenhe atere-rlle antheme, kenhe nhenhe araye anteme, nhenge unte apeke arle itnenhe mwantye-mwantye-ileme-le nterte-lhe ileme-le arntarne-areme.

Iterlare: Unte apeke arle aparteme nthakenhe irretyeke, tyerrtye arrpeneke araye alkngente akerte-ke.

Nhenhe areyeye apeke, meye-ke, akngeye apeke, awenhe-awenhe-ke ane apmarleye-ke apeke. Unte apeke arle arnterre wareye irreme, Ambulance-ke 000 ringeme ilaye iparpe anthurre-le, tyerrtye ngkwarle iperre ane arerte arerte irremele unthene yanheke, ngenhe ahele-ahele ileke-tyenge.

Nhakenhe anteme unte irreme?

Unte apeke arle iterreme itneke mwantye-mwantye-ilemele angketyeke, itnenhe nterlelthe iletyeke, wale nhenhe areye akwele-are:

Itneke mwerrantye angkaye, itnehe amantyakeme-le ilelhaye, unte arle itnenhe alpme iletyeke ahentyaneme. Mwerrantye itneke werne atheke angkaye, arne arrpenenhe mwaretyeke uterne-tyale, ngenhe itne alkngente-iwelheme-le angeke-tyenge ane arlpe artele ante aweke-tyenge,

- 🗺️ **Itneke werne atheke alheme-le, amulte atherre inkaye**, iltye imparlkerte, ante akaperte kwene irreme-le.
- 🗺️ **Are-urrkaye, tyerrtye nhenhe ame apmere akethe-le urlkere**. Re apeke atere awelhe-ketye apmere akweke-nge. Unte apeke arle iparrpe tyerne-lhetyenhe-ke atere irreme-le.



- 🗺️ **Tyerrtye nhenhe urrke-ke impaye, rarrpe iterreme-le angketyeke**. Itnenhe urrke awaye, ane itnenhe ileme-le unte kwenhe iterlareme, itne iwenhe arteke awelheme. Alakenhe apeke angkaye: "Alakenhe kwenhe arratyte akurne anthurre".

Nhakenhe anteme ikwere iperre irreme?

Nhenge unte arle atere- irremele areke tyerrtye arerte irreme-le ante ahele-ahele irrerlenge ngkwenge atheke. Unte apeke arle alhwarrpe awelheme, warreye irreme, atnulkeme-le areke iperre, ane ahentye ampeme. Alakenhe ikwenge anteme unte arntare-lheme-le anetyeke, alakenhe ikwere-ketye. Angkemele anaye Aboriginal Health worker-nge apeke and atyene ngkwinhe arenge arlke, unte apeke arle mwerre urlkere anteme awelheme. Unte apeke arle ameke arlhemele anteme anemenge.

Tyerrtye nhenhe-ketye apeke arle unte pwerepe irreme, ikwere angketyeke ahentye-anetyakenhe. Factsheet nhenhe urrke araye nhakenhe **Apeke alpme ilettyeke atyewe ngkwinhe uthene ane ngkwenge artweye uthene drug iperre-ke**.

Plan mwerre mwaretyeke.

Unte apeke arle warreye irreme tyerrtye nhenke drugs iperre ante ngkwarle iperreke arête irremele aheke-aheke ilektyenge, plan mwerre nhenhe ikwere akerte arle impene anthurre arle, iparrpe apeke arle unte arratemele unte-tyenheke.

Iterlartye-ke nhakenhe-akenhe irretyeke. Plan Mwerre nhenhe-le akenhe nhenhe areye akerte aneme:

- 🗺️ **Phone number impene areye arleke akerte**. Nhenhe areye arlke 000, local hospital ngkwinhe ante Tyerrtye kenhe Medical Service, atyewe ngkwinhe kenhe number, atyene ngkwinhe kenhe, apmere itwerle aneme areye-kenhe.
- 🗺️ **Phone call mpware-tyeke alhaye, arlenge werne-awrne, aweketyenge**. Nhenge unte apeke alpeke ringeme-ilettyeke, unte apeke iterreme tyerrtye nhenhe apeke apale iterreme-le ahele angke-ketyenge.
- 🗺️ **Alhaye apmere mwerre-ke aretyeke, nhenge unte apeke anetyeke**. Ngkwenge artweye kenhe apmere-werne apeke, awenhe-awenhe kenhe werne apeke, apmarleye kenhe werne apeke, atyewe ngkinhe kenhe apmere-werne apeke.

[Click here for more places where you can find help](#)

Unte kwenhe anyente anetyakenhe

Unte arle anyente urrkapeme-le anetyake-nhe alakenhe ikwereke, iterlare tyerrtye arpenhe areye-arlke kwenhe urrkaperlte aneme, ngenhe apeke ameke-arle aretye-nheke. Unte apeke arle uyarne arnterre iterreme, urrpake-arle iperre, tyerrtye arpenhe nhenhe areyeye arlke angkeme-le anaye. Iterlare tyerrtye drugs atheke nhenhe rante akwele iterrentye ikwerenhe akngarte-iwelheme. Aboriginal and Torres Strait Islander arenye Ingkerre-le kwenhe arntwirke-irremele arntarnte -arreltaneme iterntye rlterrke anyeme-le.



Positive Choices artwork by Jenna Lee (Larrakia artist, Gilimbaa).