



# LUNGRETHEIHNAK KHUAKHAANNAK

## A HAR BIKMI RIAN TUAHNAK

Tha tein tuah na duhmi thil vialte he aa lo in, nulepa sinak nih rian kha tha deuh in tuan khawhnak lam cawn le tuahsernak a herh. Nulepa pakhat dirhmun in na thiamnak thanchoter awkah lungretheihnak tawlirelnak caah hi ruahnak cheuhnak hna hi i zuam.

### ♦ Na thaw chuah

Thaw fak piin in chuah (pali cio rel; thaw dawp, tlaih, thaw chuah, tlaih) cun voi nga tuah tthan

### ♦ Lam kal

Na fa he lam ah leng.

### ♦ Rel

Na mit i ching law 10 tiang rel.

### ♦ Ngai

Hla ngai law/asiloah hla sa.

### ♦ Pehlaihnaak Tuah

Chungkhar asiloah hawikom sinah va kal; Na lung a lawmhtertu le ruahchannak a petu, hamak chungin a chimtu, cun na fale a zohkhenhtu le dinh caan a petu hna.

### ♦ Zoh

Caan tawite chung TV zoh -- thil harsa chungin nangmah le nangmah i hlat.

### ♦ Ngandam tein um

Nangmah le nangmah ngandam tein um; A tlarimi rawl ei, pum cawlcangh nak tuah zungzal, punghman tein ih caan ngei.

### ♦ Cazin pakhat tuah

Lawmhnaak an petu thil hna kha cazin ah khumh - TUAH HNA!!

### ♦ Hal

A tlamtling dih mi nulepa an um lo. Bawmh hal -- **Nulepa poh nih bawmhnaak an herh!**

### ♦ Rak i ruahcia

Hamak hna kha an can hlan in rak i ruahcia.

### ♦ Holh

Na lungre a theih hlanah ruahnak petu, zumhawktlak ruahnak cheu tu, asiloah hawikom he bia i ruah.

## THILRI TAMDEUH

I khamnak le ngakchia zohkhenhnak



**KAN WEBSITE AH LUT**  
**PCAIN.ORG**



**MAH LE MAH THAHNAK LE HARNAK**  
**988 HOTLINE**  
**(KAWN, TEXT, CHAT)**



**BAWMHNAK CAAH THILRI HNA**  
**211 HOTLINE**



**BAWMHNAK CAAH THILRI**  
**1.800.NGAKCHIA**  
**(24/7 HOTLINE)**

## TAM DEUH IN HNGAL

Brochure dihlak kha scan in asiloah kan website ah zoh khawh a si.

[WWW.PCAIN.ORG](http://WWW.PCAIN.ORG)

