

The red line does not print.
It is to show you where to cut.

Ka hor inta aadan
oggaanin

adiga waad ogtahay

Ku kalsoonoow dareenkaaga...

**Ka hor inta aadan oggaanin waxa
khaldan, waxaad ogtahay in aanan
wax sax ahayn.**

- Adigu waad ogtahay nafsadaada. Adigu waad ogtahay saaxiibadaada. Adigu waad ogtahay qoyskaaga. Qofkee kale ayaa oggaanaya haddii aanan wax sax ahayn?
- Ha iska indho tirin isbedelada waawayn ee ku dhaca darajooyinka iyo dhaqanka. Waxaa jiri karta mushkilad wayn.
- Dhiiragelin iyo taageero ka timaada saaxiibada iyo qoyska ayaa farqi wayn ka dhigi kara haddii uu qofku helayo caawimaad iyo haddii uusan heli karin.

Baaritaanada caafimaadka maskaxda waa in ay qayb ka noqdaan booqashooyinka caafimaadka fiicnaanshaha marwalba ah, gaar ahaan dadka waawayn iyo dhallinyarta.

Xanuunka nafsiga ah ama cuqdad nafsigu waa marka dhallinyarku ay ku adkaato in uu kala garto waxa dhabta ah iyo waxa aan dhabta ahayn. Waxaa lagu tilmaamaa in wax xiriir ahna lala noqon waayo dhabta.

- Dhallinyarada iyo kuwa waawayn, cuqdad nafsigu waa mid kaga baddan dadka ku tiirsan-daawada sonkoroowga insuliinta (asaga oo saamaynaya kudhowaadkii seddex qof boqolkiiba).
- Badi dadku waxay la kulmaan cuqdad nafsiga ama xanuunka nafsiga ahi marka ugu horeysa inta u dhaxaysa da'ooyinka 15 iyo 25.
- Waxyaabo baddan ayaa sababi kara cuqdad nafsiga, sida:
 - Daawo lasoo qoray
 - Daroogo
 - Xaalado caafimaad
 - Hurdo la'aan
 - Walaac ba'an

Ma aragtay labbo ama ka baddan oo calaamadahaan digniinta ah?

- Hoos u dhac darajooyinka ah, ama in aad dhibaato ku qabto samaynta waxyaabo awol hore fudeyd kuu ahaan jiray
- Hab dhaqan cusub ama waxyaabo shakhsiyadaada aadan ku aqoon jiray oo kugu cusub
- In aad aragtid ama maqashid waxyaabo aan dadku kale arkin ama maqlin
- In aadan hurdin maalmo oo dhan

**Sida sonkoroowga oo kale, xanuunka
nafsiga ah ama cuqdad nafsigu ma ahan
mid-dadka lagu takooro qofkastana wuu
ku dhici karaa.**

Ha sugin,
Barro inbadan,
Raadi caawimaad
xili hore.

Haddii aad
murugsantahay,
raadso
caawimaad
xili hore



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maxaa khaldan

Washington
Recovery Help Line
24-Hour Help for Substance Abuse, Problem Gambling & Mental Health
1.866.789.1511
(206.461.3219 TTY)

Nala soo xiriir hadda

(866) 789-1511
(206) 461-3219 (TTY)
Waxaa la helayaa turjubaan luuqad
recovery@crisisclinic.org

Caawimaad loogu talagalay dhallinyarada

Linkiga Dhallinyarada:
Khadka caawimaada u jawaabida-dhallinyarada sirta ah
Fiid kasta 6:00 - 10:00 habbeenimo
(866) 833-6546
recovery@crisisclinic.org
teenlink@crisisclinic.org

www.dshs.wa.gov/GetHelpEarly



Transforming lives

DSHS 22-1622 SM (9/15) Somali



Cuqdad nafsigu waa mid la daawayn karo. Dad baddan waxay ka ficnaadaan fadhiga koowaad ee cuqdad nafsiga ama xanuunka nafsaaniga ah mana la kulmaan weligooda fadhi kale oo cuqdad nafsi ama xanuun nafsaani ah.

Soo dhexgalka xiliga hore waxaa laga wadaa natiijooyin wanaagsan.

Raadso caawimaad xili hore.

Wax ayaa khaldan

Ha sugin, barro ibadan, raadso caawimaad xili hore.

