ILAALINTA ILMAHAAGA CAAFIMAADKIISA DHIMIRKA

Is bedeladda ku dhaca dabeecada iyo shucuurta ilmahaaga waa qayb ka mid ah koriimadooda. In kasta oo aad ilamahaaga ka badiso cid kasta oo kale, mar marka qaarkood aad ayey u adkaan kartaa in aad ogaato faraqa u dhexeeya dabeecadooda caadiga ah iyo mida khatarta caafimaadka dhimirka. Cidina kaa filimayso in aad tahay khabiir caafimaadka dhimirka ah, laakiin waxaa jira wax aad samayn karto, si aad ilmahaaga u caawiso.

**La soco isbedelka**

Waxaa laga yaaba in ilmahaaga uu ku yimaado isbedel kaga dhaco dhanka niyada, dabeecada, iyo fikirka, taas oo ku tusaysa in laga yaabo inuu u baahan yahay caawimaad dhiiri ah. Waxaa laga yaaba in aad ku aragto;

* Dareen baqdin, walaac iyo murugo xambaarsan iyo/ amaba xanaaq dhakhso ah oo aad kulul
* Saaxibadiis, reerkiisa iyo hawlihiisa oo uu ka dhexbaxo, iyo/ amaba tabar yari
* Ay ku adkaato in uu seexdo iyo/ amaba isaga oo aan cunada niyad u haynin
* dhibaato xagga diirad saarida ah
* Fekerka oo aan maskaxdiisa ka baxaynin
* Isbedella kale oo dabeecadda — sida qofka oo iska ooyaya amaba iska xanaaqaya, khasatan carruurta yar yar.

Headspace waxaa ay bixisaa liis dhamaystiran oo aad ku garan karto caafimaadka dhimirka ee ilmahaaga. Macluumaad dheeri ah, booqo: [Sida loogala hadlo ilmahaaga wixii ku saabsan caafimaadkiisa dhimirka](https://headspace.org.au/dads/).

Waxyaallaha kale ee aad u baahan tahay in aad ka fekerto ayaa ah:

* Waqti intee le’eg ayey qaadatay dabeecada iyo niyad xumidu? Hadii ay ka badan tahay mudo laba asbuuc ah waxaa laga yaaba in aad gaartey waqtigii aad caawimaad raadin lahayd.
* Immisa ayey niyad xumooyinku xoog le’eg tahay? Ma abuuro mar kasta ah, mise waa wax marna yimaada, marna taga?
* Sidee ayey arimahaan niyada xumidda iyo dabeecada qalafsani wax ugu dhimaan ilmahaaga howshiisa dugsiga, caafimaadakiisa jirka, xiriiradiisa iyo ku raaxaysiga hawl maalmeedikiisa.

**La hadal ilmahaaga**

Waxaa laga yaaba in ay adag tahay ka hadalka caafimaadka dhimirka. Marmarka qaarkood waan ka werweraa, waxaana laga yaaba in ay keento niyad jab, amaba waxaan ka welwelaa in aan arimaha uga sii daro.

Ma jiro waqti sax ah oo la bilaabi karo wada hadalada. Waxaad tiraahdaa waxay ku xiran tahay da’da ilmahaaga iyo wax fahamkooda. Isku day in aad isticmaasho ooraahdaan “aniga” hadal sidaas oo kale ah:

* Waxaan ayaamahaan danbe kaa arkay in madaxaaga arima badan ay ka guuxayaan. Aad ayaan ugu faraxsanahay in aan kaala hadlo amaba ku dhegeysto oo aan fiirsho in aan ku caawin karo.
* Waxaa moodaa in aadan sidaadii ahayan waayadaan danbe, xaalku waa sidee?
* Waxaa kaa muuqda walaacsan/murugaysan, maxaa kugu dhacay? Waa aynu ka wada hadli karaa si wadda jir ah.
* Dhib malaha haddii aadan rabin in aad igala hadasho, [waxaad kala hadli kartaa qof aad ku kalsoon tahay/ qof weyn]. Waxaan rabaa in aan had iyo jeer ku ogeysiiyo in aan ku jeclahay, aana kaa welwelaayo.

**Haddii ilmahaagu kuu furan yahay:**

* Kalsooni ku sii in wax kastaa ay wanaagsanaan doonaan aadna aad ugu faraxsan tahay in ay kula hadlayaan.
* La socodsii in ka hadalka fikirka iyo dareenka ah shakhsiga ahi uu noqon karo mid adag
* Weydii waxa ay adiga kaa rabaan (inkasta oo laga yaabo in ayan aqoon waxa ay rabaan).
* U bandhig taageero, una hel macluumaad iyo gargaar. Faahfaahin dheeraad ah oo ku saabsan la hadalka ilmahaaga, booqo:
* **(Raising Children Network) Shabakada Korinta Ilmaha:** [maxaan oran si aan u bilaabo sheeko qof dhalinyar wixii ku saabsan caafimaadka dhimirka?](https://raisingchildren.net.au/pre-teens/mental-health-physical-health/stress-anxiety-depression/depression)
* **Safe Minds (**Maskaxaha Fiyow**):** [wax ka ogow macluumaadka qoysaska](https://deecd.tech-savvy.com.au/pluginfile.php/419/mod_resource/content/6/Inquire%20Tip%20Sheet%20%28for%20families%29.pdf)
* **Reach Out:** [Sidee loola yeeshaa sheeko wanaagsan](https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-coping-skills-and-resilience/how-to-have-a-great-conversation)

**Raadi kaalmo**

Hadii aad qabto dareen ku saabsan caafimaadka dhimirka ilmahaaga, bilow in aad la hadasho dugsiga ilmahaagu dhigto. Waxaa ay kaa caawin karaan in aad hesho wadooyin aad ku heli karto kaalmooyinka ay bixiso Wasaaradda Waxbarashadda iyo Barbaarinta.

**Adeegyada, macluumaadka iyo aallad**

Waxaa kale oo jira adeegsiyo, macluumaad iyo aalladaha kaa caawin kara in aad go’aan ka gaarto in ilmahaagu u baahan yahay taageero.

**Adeegyo**

* [Khadka waalidka (Parentline):](https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx) 13 22 89 – Adeegsiga taleefonka qarsoodiga ah ee waalidka iyo kuwa daryeelka siiya caruurta markay dhashaan ilaa ay gaaran 18 sano.
* [Lifeline:](https://www.lifeline.org.au/) 13 11 14 – adeega 24-saac ee Istaratiijiyada ka hortaga dhibaatoyinka isdilka.
* [Beyond Blue:](https://www.beyondblue.org.au/) 1300 22 46 36 – Talo siinta qarsoon ee qof iyo qofka ah, iyo Tabaha aad ku ilaalineyso caafimaadkaaga dhimirka

**Macluumaad**

* Qalabka ee dhimirka Wasaaradda ([Mental Health Toolkit](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx))
* Korinta carruurta ee Caafimaadka dhimirka iyo samaqabka ilmaha ([Mental health and wellbeing for children](https://raisingchildren.net.au/for-professionals/mental-health-resources/0-8-years-mental-health-and-wellbeing)) (Ku haboon 0 - 8 sano jir) iyo Caafimaadka Dhimirka iyo Samaqabka Carruurta korayada ([Mental health and wellbeing for teens)](https://raisingchildren.net.au/for-professionals/mental-health-resources/teen-mental-health-and-wellbeing)
* Headspace’s Saaxiibada iyo Qoyska ([For friends and family](https://headspace.org.au/friends-and-family/health-and-wellbeing/)) – Waxaa ka mid ah macluumaad ku saabsan sida loo taageero xubin qoska ka mid ah, talooyin ku saabsan health headspace, fahmida caruurta qaangaarka ah iyo sida aad wadda hadal ula bilaabi karto.
* [Reachout’s Parent self-help content](https://parents.au.reachout.com/self-help-content) – Wuxuu ku siinayaa talo iyo macluumaad ka caawin kara ilmahaaga aad uga walaacsan tahay dhanka dhimirka, arima maalmeedkiisa, ladnaantiisa, ku xiriirintiisa iyo lahadaalkiisa.
* [Black Dog Institute](https://www.blackdoginstitute.org.au/getting-help) – Aalladaha-aad adeegsato iyo Apps-ka talada ku saabsan wakhtiga aad ka raadsan karto, macluumaadka ku saabsan xaaladaha caafimadka dhimirka iyo qolooyinka wax taageera**.**

**Aaladaha**

Beyond Blue’s Liiska Hubinta ee caafimaadka dhimirka Carruurta ([Child mental health checklist](https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/child-mental-health-checklist)) (kuna haboon 4 ilaa 16 sano jirada). Tani waxaa ay ku weydiineysaa su’aalaha ku saabsan sida ilmuhu u fekerayo, dareemayo amaba u dhaqmayo. Waxaad ay kaa caawin kartaa in aad go’aan ka gaarto haddii ilmuhu u baahan yahay taageerada Kaalmada mihnadeed. Liiska hubintu waa qarsoodi (The checklist is confidential).

**Ilmahaaga khuseeya – Adeegyada iyo macluumaadka**

Sidoo oo kale, taageeradda ilmahaaga uu siiyo dugsigiisa iyo dhakhtarkiisu, waxaa kale oo jira adeegyo kale oo ilmahaagu heli karo isaga oo guriga ku sugan:

* [Free one-on-one counselling](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx) (La-talin-shakhsiyeed oo Lacag La’aana)–Wada shaqaynta Wasaaradda iyo headspace waxay ardada dugsiyada sare ee Dawladda Victoria u sahleysaa in ay helaan talasiinta ee dhanka taleefonka.
* [Kids Helpline:](http://www.kidshelp.com.au/) 1800 551 800 – waa taleefon bilaash ah, sir ah, qarsoodiya oo 24/7 ah, oo adeeg talo-bixineed siiya dadka dhalinta-yar ee da’doodu u dhexeeya 5 ilaa 25 sano.
* [headspace:](https://headspace.org.au/) 1800 650 890 – Waa xirfadle dhanka interneka iyo taleefonka ku bixinaya adeegyada taagerida caafimaadka dhimirka ee dhalinyaradda u dhaxaysa 12 ilaa 25 sano
* [ReachOut](https://au.reachout.com/) –Waa online-ka ururka caafimaadka dhimirka ee dadka yar yar iyo waalidkood. Ururukani wuxuu baxshaa taagro wax ku ool ah, TOOLS iyo tilmaamo caawini kara dadka yar yar si ay uga gudbaan wax kasta oo ah mushkiladaha qalafsan ee maalin kasta ilaa xiliyadda aad u adag.

**Xaalad deg deg ah**

Haddaad u malaynayso in ilmahaagu khatar deg deg ah ku jiro, wac **000** ama ilmahaaga u qaad qaybta xaaladdaha deg degta ah ee Isbitaalka.