MAATIIWWANII FI KUNUNSITOOTAAF

Deeggarsa nageenyaa barattoota yeroo turtii ayyaana mana barumsaa irra jiraniif

Qajeelfamni kun fayyaa sammuu fi nageenya daaímmanii fi dargaggoo yeroo turtii ayyaana mana barumsaatti gorsootaa fi qabeenyota maatiiwwaniif, kununsitoota gargaaruudhaaf qajeelfama dhiyeessa. Kunis yoo deeggarsi kana caalu barbaachise tajaajiloota barbaachisan of keessatti dabalata.

# Gochoota fayyaa sammuu poositivii ta'an deeggaran

Quxisuu keessan jajjabeessaa, akka:

* Miira isaanii fooyyessuuf fayyaadhaan sochii qamaa hojjedhaan nyaadhaa
* Nageenya sammuu fi miiraa deeggaruudhaaf hirriba keessaniif dursa kennaa
* Tooftaawwan bohaartii akkasumas qajeelfamoota damdamannaa baradhaa
* Hiriyootaa fi namoota jaallattan waliin wal-qunnamtiin turaa akkasumas wal argaa
* Waanta itti gammaddan hojjechuuf yeroo mijeessaa
* Ofitti haasawaa poositiviii taé shaakalaa – akkasumas akka qofaa hin taane yaadadhaa
* Yoo barbaachisaa ta'e gorsa ogeessotaa gaafadhaa.1

Diippartimentichi sochiiwwanii fi eegalsiiftuuwwan dubbii nageenyaa maatiiwwanii fi kuninsoota [daa'imman mana barumsa sadarkaa tokkoffaa](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf) akkasumas [daa'imman mana barumsa sadarkaa lammaffaa](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-secondary.pdf) iirra jiraniif ijaaree jira.

[**Miireffachuu:** Qabeenyota fi sochiiwwan guutummaa sammuu](https://www.coronavirus.vic.gov.au/students) [barattoota mana barumsaa sadarkaa lammaffaf qophaa'inaa irra jiraniif](https://www.coronavirus.vic.gov.au/students). Smiling Mind of eeggachuu, miirota hubachuu fi to'achuu, sammuu guutuu qabaachuu, ofii gaarii ta'uu, waan mirkana hin qabne mirkaneessuu akkasumas jijjiiramaaf qophaa'uu irratti gorsoota isiniif kenna.

# Mallattoolee daa'imni yookin quxisuun keessan tarii deeggarssa fayyaa sammuu barbaaduu isaanii agarsiisan

Karaa muraasaan, fayyaa sammuu poositivii ta'e deeggaruudhaaf gochoonni kunniin gahaa miti.

Jijjiirama torbeewwan lama yookin isaa ol fudhatuuf Ija keessan banaa akkasumas deeggarsa ogeessaa gaafadhaa, jijjiiramoota kanneen akka:

* Sochiiwwan haala baratamaan itti gammaddan irratti fedhii yookin hirmaannaa dhabuu
* Miira 'gad-aantummaa', dhiphina yookin cinqii hin baratamne
* Waantonni sasalphoo ni hammaatu
* Salphumatti dallanuu yookin mufachuu
* Balaawwan hamoo ta'an fudhachuu, kan akka aalkoolii fi qorichoota fayyadamuu
* Addaan kutuu yookin humnaa ol miiraa keessa galuu
* Xiyyeeffannoo fi kaka'umsa dhabuu
* Ilaalcha faallaa ta'e baay'ee qabaachuu
* Jijjiirama nyaataa fi hirriba irraa.2 3

# Dargaggoowwan wal-gargaaran

Dargaggoowwan ga'eessa yookin dhiyeessaa tajaajilaa osoo hin barbaadiin dura **wal deeggaruudhaaf waan walitti dhufan fakkaatu**.

Dargaggoon karaalee armaan gadii waliin wal gargaaruu danda'u:

* Yoo hiriyaan deeggarsa hatattamaa barbaade yookin of-miidhuuf saaxilamee jiraate yookin waan biroos ta'e 000 qunnamuudhaan
* Hiriyaa keessan haasofsiisuu, deeggarsa kennuu akkasumas akka isaan kunuunsaa jirtan akka beekan gochuudhaan
* Hiriyaan isaanii akka isin beeku gochuun tarii ga'eessa amanamaatti waayee dhiphina isaanii akka beekan gochuu.

Haasawa akkasii qabaachuun baay'ee cimaa ta'u danda'a Odeeffannoon dargaggootaaf akkaataa ittiin hiriyaa isaanii gargaaran agarsiisu, weebsaayitii headspace irratti ni argama: [Akkamitti akka hiriyaa](https://headspace.org.au/young-people/how-to-help-a-friend/) [yeroo rakkisaa ta'e keessa jiran ittiin gargaarru](https://headspace.org.au/young-people/how-to-help-a-friend/)

* 1. headspace – qajeelfama maatii rakkoowwanii fi dhiphina mana barumsaa keessa jiruuf [https://headspace.org.au/friends-and-family/parents-guide-](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/) [tips-for-managing-stress-and-problems-at-school/](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/)



* 1. Maxxansa headspace kan 'fayyaa sammuu fi isin 'jedhu <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>
  2. headspace – daa'imman keessanitti waayee fayyaa sammuu akkamitti akka haasoftan <https://headspace.org.au/dads/>

# Deeggarsa Fayyaa Sammuu

## GP naannoo keessanii

* [**Gorsa headspace**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx)**:** Barattoota mana barumsaa sadarkaa 2ffaa Mootummaa Viiktooriyaa, kanneen barumsa isaanii xumuran dabalatee, headsapce irraa tajaajila gorsaa argachuu dandeessu. Yeroo ayyaanaa, [gidduugala headspace naannoo](https://headspace.org.au/headspace-centres/) isaaniif bilbiluun ofiin of agarsiisuu dandeessu.
* [**eheadspace**](https://headspace.org.au/eheadspace/)**:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
* **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au/)
* [**Lifeline**](http://Lifeline/)**:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au/)
* **Beyond Blue:** 1300 224 636 [www.beyondblue.org.a](http://www.beyondblue.org.au/)u
* **Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au/)
* **Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au/)
* [Tajaajiloota odeeffannoo fi deeggarsa jeequmsa maatii](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)
* Deeggarsa hatattamaaf **000 qunnamuu**.

# Deeggarsaa fi qabeenyota jeequmsa maatii

* **Safe Steps:** 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au/)
* **1800RESPECT:** 1800 737 732

[www.1800respect.org.au](http://www.1800respect.org.au/)

## Mana keessatti maaltu gaariidhaa (WOAH):

[www.woah.org.a](http://www.woah.org.au/)u

* [Deeggarsa jeequmsa maatii](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)

# Qabeenyota ittisa ofiin of-miidhuu fi of-ajjeechaa

* [Karoora kunuunsa fayyaa sammuu argachuu](https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan) (ReachOut)
* [Waayee ofiin of-miidhuu waanta isin beekuu qabdan](https://headspace.org.au/young-people/understanding-self-harm-for-young-people/) (headspace)
* [Yeroo namni tokko of-ajjeechaa raawwatu akkamitti akka gargaarru](https://www.sane.org/information-stories/facts-and-guides/sane-steps-how-to-help-when-someone-is-suicidal) (SANE Australia)

# Qabeenyota Fayyaa Sammuu

* [**Meeshaalee Fayyaa Sammuu**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)**:** fayyaa sammuu fi nageenya daaímmanii akkasumas dargaggootaa kunuunsa isaanii keessatti deeggaruudhaaf qabeenyota barattootaaf, maatiif akkasumas kununsitootaaf ta'an of keessaa qaba, kan armaan gadii dabalatee:
  + [Tarreewwan Podcast Barattootaa Ol-kaasuu (Raising Learners):](https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts) Daa'ima keessan onlaayinii irratti nagaan tursiisuuf maatii / kununsitootaaf gorsa / odeeffannoo ogeessaa dhiyeessuu
  + [Fayyaa sammuu hubachuu – waraqaa haqaa](https://www.orygen.org.au/Training/Resources/General-resources/Fact-sheets/Understanding-Mental-Health/Factsheet_understanding_mental_health?ext) (Orygen)
  + [Yeroo rakkoo akkamitti akka darban baradhaa](https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/) (headspace)
  + [Gara jireenyaatti seenaa (headspace keessan fayyaadhaan tursiisuuf)](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)
* [Yeroo [ayyaanaa](https://headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf) quxisuuwwan keessan deeggaruu](https://headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf) (headspace)



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