**BARATTOOTAAF**

**Deeggarsa nageenyaa yeroo turtii guyyaa ayyaanaa mana barumsaa irratti**

Qajeelfamni kun fayyaa sammuu fi nageenyaa keessan yeroo turtii guyyoota ayyaanaa mana barumsaa irratti akkasumas yoo deeggarsi isin barbaachise gaafachuudhaaf tajaajiloota keessan argachuu irratti gorsa ni kenna.

# **Guyyaa ayyaaanaa mana barumsaa irratti gochoota fayyaa sammuu deeggaruuf gargaaran**

* Sosochiin qaamaa nageenya miiraa fi sammuu ni jajjabeessa

– kan nama bohaarsu taasisaa!

* Nyaata fayyaalessa soorachuudhaan sammuu keessan sooraa – miira keessan isiniif fooyyessa
* Nageenya sammuu fi miiraa deeggaruuf hirriibaaf 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

[**Miireffachuu:** Qabeenyotaafii sochiiwwan guutummaa sammuu](https://www.coronavirus.vic.gov.au/students) [barattootaaf](https://www.coronavirus.vic.gov.au/students). Smiling Mind of eeggachuu, miirota hubachuu fi to'achuu, sammuu guutuu qabaachuu irratti gorsoota isiniif kenna

ofii keessaniif gaarii ta'aa, waan mirkana hin qabne mirkaneessuu akkasumas jijjiiramaaf qophaa'uu.

Gochootni kunniin fayyaa sammuu keessanii eeguudhaaf gahaa akka hin taane argachuu dandeessu. Tarii deeggarsii muraasni isin barbaachisuu isaaf mallattooleen muraasni kunooti.



# **Mallattoolee isin yookin hiriyaan keessan tarii deeggarsa fayyaa sammuu barbaaduu keessan agarsiisan**

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

1. headspace – qajeelfama maatii rakkoowwanii fi dhiphina mana barumsaa keessaatiif [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/)
2. maxxansa headspace' fayyaa sammuu fi isin'jedhu <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>
3. headspace – Waayee fayyaa sammuu ijoollee keessanitti akkamitti akka haasoftan <https://headspace.org.au/dads/>

# **Hiriyoota keessan deeggaruu**

Isinii fi hiriyoonni keessan ga'eessa yookin dhiyeessaa tajaajilaa osoo hin barbaadiin dura **wal deeggaruudhaaf waan walitti dhufan fakkaatu**. Isinii fii hiriyaan keessan karaalee armaan gadii wali gargaaruu dandeessu:

* 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 keessan akka isin beeku gochuun tarii ga'eessa amanamaatti waayee keessan himuun isin barbaachisuu mala.

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

# **Deeggarsa Fayyaa Sammuu**

* **GP naannoo keessanii** deeggarsa dabalataa isiniif dhiyeessuu danda'u
* **G**[**orsa 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/) keessaniif 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.a](http://www.kidshelpline.com.au/)u
* [**Lifeline**](http://Lifeline/): 13 11 14  [www.lifeline.org.au](http://www.lifeline.org.au/)
* **Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au/)
* **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/)
* Deeggarsa ariifachiisaa yoo barbaaddan **000 qunnamaa**.

# **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)

# **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.au](http://www.woah.org.au/)

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

# **Qabeenyota Fayyaa Sammuu**

* [Meeshaalee Fayyaa Sammuu](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)
* [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 hamaa ta'e akkamitti akka to'attan baradhaa](https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/) (headspace)
* [Gara jireenyaatti seenaa (headspace keessan fayyaan tursiisuuf)](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)



20-174(Students)

