

Waxaa loogu talagalay waalidiinta iyo daryeelayaasha

Taageero caafimaad oo loogu talagalay ardayda inta lagu jiro fasaxyada iskuulaadka

Hagahan wuxuu bixinayaa talooyin iyo agab loogu talagalay waalidiinta, daryeelayaasha iyo qoysaska si ay uga caawiso caafimaadka maskaxda iyo badqabka carruurta iyo dhalinyarada marka la daryeelayo inta lagu jiro fasaxyada iskuulaadka. Tan waxaa ka mid ah adeegyada lala xiriiri karo haddii loo baahdo taageero dheeraad ah.

Ficillada taageera caafimaadka maskaxda ee togan

Ku dhiirigeli ilmahaaga ama qofka dhalinyarada ah inay:

- Jimicsi sameeyaan ayna si caafimaad leh wax u cunaan si taasi dareenkooda u wanaajiso
- Mudnaanta siiyaan hurdada si ay uga taageerto caafimaadka maskaxda iyo shucuurta
- Sahmiyaan farsamooyinka nasashada iyo xeeladaha la qabsiga
- Ku xirnaadaan ayna la kulmaan saaxiibadood iyo ehelkooda
- Waqti u helaan sidii ay u samayn lahaayeen waxyaabaha ay jecel yihiin
- Ku celceliyaan inay naftooda si wanaagsan isula hadlaan, oo xasuusi inaysan kaligood ahayn
- Ka qeybqaataan caadooyinka caafimaadka wanaagsan ee online ka
- Raadsadaan caawimo xirfad leh haddii loo baahdo.¹

Waxdu waxay samaysay hawlo caafimaad iyo bilow wadahal oo loogu talagalay waalidiinta iyo daryeelayaasha [carruurta da'da iskuulka hoose](#) iyo [carruurta da'da iskuulka sare ku jirta](#).

Feeling it: [agabka feejignaanta iyo waxqabadka loogu talagalay ardayda dhigata iskuul sare](#).

Smiling Mind waxay bixisaa talooyin ku saabsan is-yeelista, fahamka iyo maaraynta shucuurta, feejignaanta, naxariista naftaada, hagista hubanti la'aanta iyo isu diyaarinta isbeddel.

Calaamadaha lagu garan karo in ilmo ama qof dhalinyaro ah uu u baahan karo taageero caafimaad maskaxeed

Xaaladaha qaarkood, ficilladani kuma filnaan doonaan inay taageeraan caafimaadka maskaxda ee togan.

Isha ku hay oo raadi caawimo xirfadeed oo ku saabsan isbeddellada socda laba toddobaad ama ka badan sida:

- Luminta xiisaha ama ku lug lahaanshaha hawlaha caadiga ah ee la isticmaalo
- Dareen 'niyad-jab', walaac aan caadi ahayn ama walwal

¹ headspace - taageeridda dhalinyarada qaba walbahaarka dugsiga <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/> <https://headspace.org.au/explore-topics/supporting-a-young-person/school-stress/>

- In waxyaabihii caadiyan aad sameyn jirtay ay kugu sii adkaadaan
- In si fudud lagaaga xaaajin karo
- Inaad khatar badan u bareerto, sida inaad khamri cabto ama aad isticmaasho daroogo
- inaad rabin inaad wax samayso ama aad dareemayso culeys badan oo dhanka maskaxda ah
- Dhibaatooyin dhanka feejignaanta iyo hami ah
- Inaad inta badan u fakirayso si xun
- In isbeddel dhanka hurdada iyo cunto-cunista ah aad la kulanto.²

Dhallinyarada oo is taageerta

Dhallinyaradu waxay u badan **tahay in ay iyaga dhexdooda taageero is weydiistaan** ka hor intaysan taageero ka raadsan qof weyn ama adeeg-bixiye.

Dhallinyaradu waxay is taageeri karaan iyagoo:

- **la xiriiraya 000** haddii saaxiib uu u baahan yahay gargaar degdeg ah ama uu halis ugu jiro inuu naftiisa ama dadka kale waxyeelleeyo
- la xiriiraya saaxiib, caawin kara isla markaasna u sheega inaad xil iska saareyso
- u sheegaya saaxiibkood inay rabaan inay walaacooda la wadaagaan qof weyn oo lagu kalsoon yahay.

In la yeesho wadahadallada noocan ah way ku adkaan kartaa dhalinyarada. Macluumaad loogu talagalay dhalinyarada oo ku saabsan sida loo taageero saaxiib waxaa laga heli karaa:

- headspace: [Sida loo caawiyo saaxiib la kulmayawaqti adag](#)
- Qalabka Caafimaadka Dhimirka iyo Badqabka (Mental Health and Wellbeing Toolkit): [Haddii adiga ama saaxiib aad u baahan tihiin caawimo ku saabsan caafimaadka dhimirka](#)

Ilaha caafimaadka dhimirka

- [Taageerida qofkaaga da'da yar inta lagu jiro fasaxyada](#) (**headspace**)
- [Qalabka Caafimaadka Dhimirka iyo Badqabka](#) (**Waaxda Waxbarashada**)
 - [Taxanaha Podcast-ka Raising Learners \(Barbaarinta Kuwa Wax Baranaya\)](#): bixinta talo iyo macluumaad khibrad ku salaysan oo ku saabsan mowduucyada ay ka midka yihiin sida loo xafido ilmahaaga marka ay isticmaalayaan internet ka
 - [Inaad fahanto caafimaadka dhimirka - xaashida xaqiiqada](#) (**Orygen**)
 - [Baro sida loo maareeyo waqtiyada adag](#) (**headspace**)
 - [Nolosha gal \(si uu headspace kaaga usii ahaado mid caafimaad qaba\)](#) (**headspace**)

Badqabka iyo badbaadada khadka online ka

- [Safe Socials](#) (**Waaxda Waxbarashada**)
 - [Wargadda Xaqiiqada - waalidiinta dhalay ardayda dhigata dugsiga hoose](#)
 - [Wargadda Xaqiiqada - waalidiinta dhalay ardayda dhigata dugsiga sare](#)
- [ScrollSafe](#) (**Orygen**)
 - [Xarunta Waalidiinta iyo daryeelayaasha](#)
- [Xayiraadaha da'da ee baraha bulshada](#) (**Guddiga Amniga ee khadka internet ka - eSafety Commissioner**)

² boodhadhka 'mental health and you' ee headspace <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgp.pdf> iyo headspace - sida aad carruurtaada ugala hadasho caafimaadka dhimirka <https://headspace.org.au/dads/>

Taageerada caafimaadka dhimirka

- **La xiriir 000** si aad u hesho gargaar degdeg ah
- **Deegaankaaga dhakhtarka guud ee ka howlgala** wixii la xiriira qorshaha caafimaadka dhimirka iyo gudbinta
- **headspace Wixii la talin ah:** Dhalinyarada da'doodu u dhaxayso 12 ilaa 25 waxay adeegyada la-talinta ka heli karaan headspace. Inta lagu jiro fasaxyada, ardaydu waxay wici karaan [xarunta headspace ee ku taal xaafadooda](#)
- **ehheadspace:** 1800 650 890 www.headspace.org.au/ehheadspace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Health:** 1800 595 212 www.medicarementalhealth.gov.au/head-to-health-clinics-victoria
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au

Ilaha ka hortagga is-waxyeeelaynta iyo is-dilka

- [Helitaanka qorshe daryeel caafimaad oo dhimirka ah](#) (**ReachOut**)
- [Waxa aad u baahan tahay inaad ka ogaato is-waxyeeelaynta](#) (**headspace**)
- [Sida loo caawiyo qof doonaya inuu is dilo](#) (**SANE Australia**)

Taageerada iyo agabka rabshadaha goyska

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Ilaha taageerada rabshadaha goyska](#)