

Waxaa loogu talagalay ardayda

Taageerada caafimaadka inta lagu jiro fasaxyada iskuulaadka

Tilmaamahan wuxuu ku siinayaa talooyin aad kusii xaqiijin karto inaad daryeesho caafimaadkaaga maskaxda iyo caafimaadkaaga guud inta lagu jiro fasaxyada iskuulaadka. Waxaa ka mid ah adeegyada aad la xiriiri karto haddii aad u baahan tahay taageero.

Ficillada taageera caafimaadka maskaxda ee wanaagsan

Ku dhiirigeli naftaada iyo dhalinyarada kaleba inaad:

- Jimicsi sameysaan, waxay kor u qaadaysaa niyad-waanaga iyo caafimaadka maskaxda - ka dhig mid xiiso leh!
- Quudi maskaxdaada adigoo si caafimaad leh wax u cunaya - waxay sidoo kale hagaajin doontaa niyaddaada
- Mudnaanta sii hurdada si aad u taageerto caafimaadka maskaxda iyo shucuurta
- Sahmi farsamooyinka nasashada iyo xeeladaha la qabsiga
- La xiriir oo ku xirnoow saaxiibadaa iyo ehelkaaga
- Hel waqti aad ku sameyso waxyaabaha aad jeceshahay
- Ku celceli inaad naftaada wax wanaagsan un usheegto - oo xasuuso inaad kaligaa ahayn
- Ku lug yeelo caadooyinka caafimaadka leh ee aalada internetka
- Ka raadso xirfadle caawimaad haddii loo baahdo.¹

Waxdu waxay samaysay waqabadyo caafimaad iyo bilow wadahal oo loogu talagalay waalidiinta iyo dadka daryeela [carruurta da'da dugsiga hoose](#) iyo [carruurta da'da dugsiga sare ku jirta](#).

Feeling it: [agabyada iyo hawlaha feejignaanta ee loogu talagalay ardayda](#). Smiling Mind waxay ku siinayaan talooyin ku saabsan sida aad naftaada u daryeeli karto, fahamka iyo maaraynta shucuurta, feejignaanta, sida aad naftaada ugu naxariisan karto, sida looga gudbo xaaladaha hubanti la'aanta iyo isu diyaarinta isbeddel.

Calaamadaha muujinaya in adiga ama saaxiib aad u baahan kartaan taageero caafimaad oo dhanka maskaxda ah

Waxaa laga yaabaa inaad ogaato in ficilladani aysan ku filnayn inay daryeelaan caafimaadkaaga maskaxda. Waa kuwan calaamado muujinaya in adiga, ama saaxiib, aad u baahan kartaan taageero:

- Inaad lumiso xiisihii ama ku lug lahaanshaha hawlaha aad caadiyan ka hesho
- Dareen 'niyad-jab', walaac aan caadi ahayn ama walwal
- Waxyaabihii caadiga kuu ahaa oo sameyntooda ay kugu adkaato

¹ headspace - hel taageero <https://headspace.org.au/>

- Si fudud inaad u carooto ama lagaaga xanaajin karo
- Halis sare oo aad u bareerto, sida isticmaalka khamriga ama daroogada
- Inaadan doonayn inaad wax qabsato ama aad dareemayso culays xad dhaaf ah
- Dhibaatooyin dhanka feejignaanta iyo hamiga ah
- Inaad waxyaabo badan oo aan wanaagsaneyn ku fakirayso
- Isbeddel ku yimaada hurdada iyo cunto-cunista.²

Taageeridda asxaabtaada

Adiga iyo asxaabtaaduba waxaad **u badan tihiin inaad iska warqabtaan si aad isu taageertaan** intaadan raadin qof weyn ama adeeg-adeeg ka hor. Adiga iyo asxaabtaaduba waad is taageeri kartaan adinkoo:

- **la xiriiraya 000** haddii uu qof u baahan yahay gargaar degdeg ah ama uu halis ugu jiro inuu waxyeello u geysto naftiisa ama nafta dadka kale
- la xiriiraya saaxiib, siinaya taageero una sheegaya inaad xaaladooda daneynayso
- u sheegaya saaxiibadiin inaad u baahan tahay inaad qof weyn oo aad ku kalsoon tahay la wadaagto waxyaabaha aad ka welwelsan tahay.

In qof kale lala yeesho wadahadalan oo kale way adkaan kartaa. Macluumaadka ku saabsan sida loo taageero saaxiib waxaa laga heli karaa:

- [Sida loo caawiyo saaxiibka la kulmaya marxalad adag](#)
- [Haddii adiga ama saaxiib aad u baahan tihiin caawimo ku saabsan caafimaadka dhimirka](#)

Ilaha caafimaadka dhimirka

- [Qalabka Caafimaadka Dhimirka iyo Badqabka \(Waaxda Waxbarashada\)](#) Talo loogu talagalay dhalinyarada oo ku saabsan sida aad u xaqiijin karto inaad daryeesho caafimaadkaaga dhimirka iyo badqabkaaga, taageerada saaxiib, iyo meesha aad ka heli karto caawimo.
- [Inaad fahanto caafimaadka dhimirka - xaashida xaqiiqda \(Orygen\)](#)
- [Baro sida loo maareeyo waqtiyada adag \(headspace\)](#)
- [Nolosha gal \(si aad uga dhigto headspace kaaga mid caafimaad qaba\) \(headspace\)](#)
- [Tilmaamaha caafimaadka dhimirka iyo badqabka \(Youth Central\)](#)

Taageerada caafimaadka dhimirka

- **La xiriir 000** si aad u hesho gargaar degdeg ah
- **Deegaankaaga GP-ga ka howlgala** ayaa ku siin kara taageero dheeraad ah
- **La-talinta headspace:** Dhalinyarada da'doodu u dhaxayso 12 ilaa 25 waxay adeegyada talo-siinta ka heli karaan headspace. Inta lagu jiro fasaxyada, waxaad wici kartaa [xarunta headsapce ee deegaankaaga](#)
- **ehespace:** 1800 650 890 www.headspace.org.au/ehespace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au

² boodhadhka 'mental health and you' ee headspace <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf> iyo headspace - taageero loogu talagalay dhalinyarada taas oo ku saabsan cunto-cunista wanaagsan iyo helitaanka hurdo ku filan: <https://headspace.org.au/explore-topics/for-young-people/wellbeing/get-enough-sleep%2Ceat-well/>

- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Health:** 1800 595 212 <https://www.medicarementalhealth.gov.au/head-to-health-clinics-victoria>
- **Suicide Call Back:** 1300 659 467 www.suicidecallbackservice.org.au

Badqabka iyo badbaadada aalada internetka

- [Safe Socials](#) (**Waxda Waxbarashada**)
 - [Wargadda Xaqiiqooyinka ee loogu talagalay ardayda dugsiga sare](#)
- [ScrollSafe](#) (**Orygen**)
 - [Tilmaamaha loogu talagalay dhalinyarada](#)
 - [TL;DR](#)
 - [Qorshaha badqabka dijitaalka ah](#)
- [Xayiraadaha da'da ee baraha bulshada](#) (**eSafety Commissioner**)

Ilaha ka hortagga is-waxyelaynta iyo is-dilka

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

Taageerada iyo agabka rabshadaha qoyska

- **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
- [Taageerada rabshadaha qoyska](#)