

Calaamadaha lagu garto

Dhammaanteen waxaan la halgamnaa caafimaadka dhimirka mararka qaarkood. Waa caadi in aad caawimo weydiisatid dhakhtarkaaga Guud (GP)

Qaar ka mid ah calamadaha caadiga ah ee loo baahan yahay in la eego:

- Dareen murugo ama walaac inta badan
- Si fudud u jahawareeraya iyo xanaaq
- Aan la hadlin qoyska iyo asxaabta
- Aan ku raaxaysan waxyaalihii aad samayn jirtay
- Isbeddel ku yimaada sida aad u seexatid
- In ay adagtahay in si cad loo fikiro oo xooga la saaro
- Cunista wax ka badan ama ka yar intii caadiga ahayd
- Doonaya inuu ooyo mar kasta
- Tka fikirida inaad waxyeelaysid naftaada ama dadka kale.

Xaalad degdeg ah

Haddii adiga ama qof aad taqaan uu ku jiro **xaalad naf-halis ah**, wac Lambarka Saddexda Ebar (000) ama aad qaybta degdega ah ee cusbitaalka deegaankaaga.

Taageero degdeg ah

Haddii aad dareentid caafimaad darro oo aad dooneysid inaad si degdeg ah qof ula hadashid adigoo wax lacag ah bixinayn:

Khadka nolosha –

Taageerada qalalaasaha iyo adeegyada ka hortagga is-dilka (Suicide Helpline Call Back Service).telefoonka

☎ 13 11 44

1300 MH Wac -

Waxay ka caawisaa dadka inay helaan adeegyada caafimaadka dhimirka ee dadweynaha.telefoonka

☎ 1300 642 255

Khadka Caawinta Is-dilka Adeegga Soo Celinta

Taleefanka iyo khadka tooska ah ee dadka ay saameeyeen isdilka.

☎ 1300 659 467

Khadadka talooyinka bilaashka ah

Khadka isku xidhka dhaqamada kala duwan

Qof la hadal haddii aad werwersan tahay ama walaacsan tahay.

☎ 1300 079 020

Dhaqamada Kala Duwan ee Queensland (Queensland Transcultural) Xarunta Caafimaadka Maskaxda

La hadal dhakhtarka caafimaadka dhimirka wixii talo iyo taageero ah.

☎ (07) 3317 1234

ADV Connect-

Taageerada telefoonka ee dadka la kulma qoyska ama guriga Rabshadaha ka dhasha.

- DV Womensline ☎ 1800 811 811
- DV Mensline ☎ 1800 600 636

Khadka Caawinta Caruurta 5-25 -

Talooyin taleefoon iyo online ah oo loogu talagalay dhalinyarada da'doodu tahay 5-25.

☎ 1800 551 800

Adeegyada takhasuska leh

Queensland Program of Assistance to the Survivors of Torture and Trauma (QPASTT) –

Arag lataliye ku takhasusay saameynta jirdilka iyo dhaawaca.

☎ 07 3391 6677-

Adeegga Taageerada Haweenka Soo-galootiga

Taageerada haweenka iyo carruurta ay la kulmaan guri ama galmo

☎ (07) 3846 3490-



Interpreter

Waa lacag la'aan inaad codsatid turjubaan!



Queensland
Government

Sida caawimo loo helo caafimaadka maskaxdaada

Qof kasta ayaa dhibtooyin kala kulmi kara caafimaadkiisa maskaxeed

Sheekada Sana



Sana waxay jeceshahay inay daryeesho qoyskeeda. Laakiin dhawaanahan, waxa ay dareemaysay murugo iyo welwel ka badan intii caadiga ahayd.



Kadib markii ay la hadashay saaxiibkeed, waxay kula taliyeen Sanna in ay lballan ka samaysato GP-geeda si ay ugala hadasho caafimaadkeeda maskaxeed.



Talo: Dhakhtarka guud wuxuu leeyahay habab kala duwan oo uu kaaga caawin karo caafimaadka dhimirka. Akhri si aad u ogaatid sida ay kuu caawin karaan!

Muxuu GP-gaagu samayn karaa

Markii ballanta loo qabtay, GP-ga wuxuu waydiiyay in Sana ay dooneyso turjubaan lacag la'aan ah. Waxay tidhi haa waxayna taleefanka ka waceen turjubaankii. Wadahadalka ay la yeelatay turjubaanku wuxuu ahaa qarsoodi. Tani waxay ka dhigan tahay inay xogteeda xafidaya.



Talo: Waxaad codsan kartaa isla turjubaankii mar kasta oo aad booqatid dhakhtarka, inkastoo ay ku xidhan tahay sida loo heli karo turjumaankaas.

Iyada oo uu caawinayo turjubaanka, Sana waxay u sheegtay dhakhtarka sababta ay u dareemaysay murugo iyo walaac. Waxay la halgamaysaa sidii ay ula qabsan lahayd nololsha dalkeeda cusub iyadoo ilaalinaysa qoyskeeda.

Dhakhtarku waxa uu wakhti badan galiyay sidii uu u fahmi lahaa dareenkeeda waxa ayna ku qasbanaatay in ay ka jawaabto su'aalaha qaar. Tani waxay ka caawisay in la fahmo taageerada ugu fiican ee ay heli karto.

Sana waxay dareentay cabsi inay la hadasho GP-geeda laakiin waxay sheegeen in dad badan ay qabaan dareenkan oo codsashada caawimada ay tahay tillaabada ugu horeysa ee caawinaada lagu helo.



Ka hel macluumaad dheeraad ah oo ku saabsan Qorshaha daryeelka caafimaadka dhimirka

Qorshaha daryeelka caafimaadka dhimirka

Dhakhtarka Sana ayaa kala hadlay wax ku saabsan maskaxiyayn

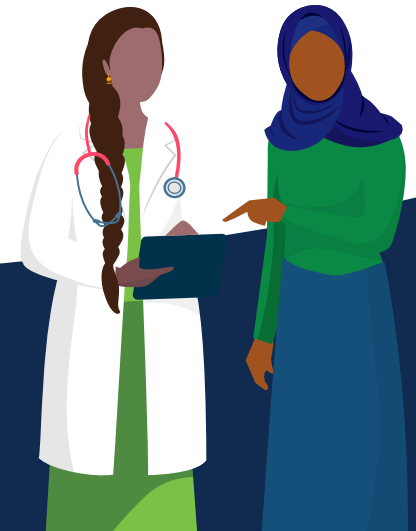
Iyadoo loo marayo qorshaheeda caafimaad, waxay awooday in la gudbiyo si ay u aragto dhakhtarka cilmi-nafsiga oo qiimo jaban ah. Waxay khabiir ku yihiin caafimaadka dhimirka.

Hadda, waxay bilaabi kartaa inay fiicnaato taas oo macnaheedu yahay in qoyskeeda ay heli doonaan daryeel wanaagsan o.

Qorshaha daryeelka caafimaadka dhimirka waxaa loogu talagalay qof la tacaalaya caafimaadka dhimirka arrimaha.

Waxay kaa caawin kartaa inaad dareento ladnaan si adiga iyo qoyskaaga ay idiin taageerto.

Haddii aad qorshahan leedahay, Medicare ayaa kaa caawin doona inaad bixisid kharashaadka qaar ee kulammadaada khabiirka caafimaadka dhimirka.



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Waa lacag la'aan inaad codsatid turjubaan!