

Ka-hortagga is-dilka

waa suurtoagal marka aan ognahay
calaamadaha



HOWARD
CENTER
Help is here.

Is-dilka wuxuu dhacaa marka qofku la kulmo mahadhooyinka dabeecadaha, shucuurta, iyo fikirka isku dhafan ee adag.

Aynu ogaano calaamadaha is-dilka iyo sida wax looga qabto!

Goorma ayuu qofku ku sugan yahay xaalad is-dilid oo degdeg ah?

- Markay ka hadlaan inay rabaan inay dhintaan ama is-dilaan
- Markay ku hanjabaan inay dhaawac is gaarsiiyaan ama is-dilaan
- Markay raadinayaan qaab (hab) ay isku dilaan

Inta badan dabeecadaha qofka is-dili raba waa kuwo cusub ama kuwo soo kordhay

- Ma ku aragtay wax isbeddel ah?
- Ma dhaceen waxyaabo qofkan ku kalifaya inuu dareemo walbahaar?

Markaad isku aragto calaamadaha ama rabto caawimaad, na soo wac ama fariin noo soo dir:



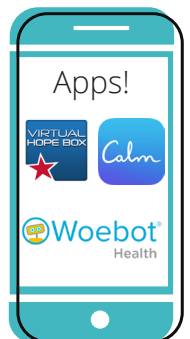
VT CRISIS TEXT LINE
In A Crisis? Text VT to 741741

Maxay yihiin calaamadaha digniinta?

- Rajo la'aan
- Dareen shucuureed oo aan loo dulqaadan karin
- Sabab loo noolaado inaysan jirin
- Macno inaysan lahayn nolasha
- Wax rayo ah in mustaqbalka laga lahayn
- Walaac, welwel (habdhaqano aan ammaan ahayn ama jariskaxoornimo ah)
- Isbeddel muuqda ama xad-dhaaf ah oo ku yimaada dabeecadda
- Is-go'doominta
- Kororka isticmaalka khamriga ama daroogada
- Hurdo aad u badan — ama hurdo aad u yar
- Dareemida inay culays kugu yihiin dadka kale
- Dareemida cadho, xanaaq, cadaawad

Aan Wax Ka Qabano!

- La hadal qof aad ku kalsoon tahay
- Ka Wac First Call for Chittenden County (Wicitaanka Koowaad ee Degmada Chittenden) lambarka **802-488-7777**
- Wac ama fariin u dir National Suicide & Crisis Lifeline adigoo garaacaya **988**



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