

Taageerada Caafimaadka Maskaxda iyo Daroogooyinka

Waa caadi in la dareemo walwal iyo walaac. Fadlan ogow inay caawin ka jirto gudaha bulshadeenna. Haddii adigu ama qof aad taqaan uu la kulmo wakhti adag oo walwal badan, fadlan gargaar raadso.

Caawin waa la helayaa

Haddii adiga ama qof aad taqaan ay ku adag tahay la qabsiga, fadlan la xidhiidh caawimaad. Hoos waxaa ku yaal qaar ka mid ah caafimaadka dhimirka ee bilaashka ah, balwadaha iyo ilaha caafimaadka isticmaalka muqaadaraadka:

- [AccessMHA.ca](https://www.accessmha.ca) qof kasta oo ka weyn 16 sano oo la xiriir [1Call1Click.ca](https://www.1call1click.ca) qof kasta oo ka yar 21 sano.
- Booqo [CounsellingConnect.org](https://www.counsellingconnect.org) si aad ula hadasho la-taliye taleefan ama fiidiyaha. Kani waa adeeg lacag la'aan ah oo da'walba leh waxaadna ka heli kartaa caawimo badan oo kala duwan.
- Waxaad kaloo wici kartaa 613-755-2277 ama tag [walkincounselling.com](https://www.walkincounselling.com) Adeeggani waa bilaash, ballana uma baahnid. Waxay ku hadlaan afaf badan oo ah Ingiriisi, Faransiis, Carabi, Isbaanish, Soomaali, Kaantonese iyo Maandarin.
- **Unsafe at Home Ottawa (guriga badbaado lahayn)** waa adeeg loogu tala galay haweenka la kulma xadgudubka guriga. Adeegan waxaad la hadli kartaa 7 maalmood isbuucii laga bilaabo 830 subaxnimo ilaa saqda dhexe. Qoraal u dir 613-704-5535 ama kula xidhiidh internetka oo ah [UnsafeAtHomeOttawa.ca](https://www.unsafeathomeottawa.ca).



Wixii dheeraad ah fadlan booqo

OttawaPublicHealth.ca/MentalHealthAndWellness.

Haddaad u baahan tahay inaad dagdag qof ulahadasho, adeegyadan ayaad la hadli kartaa 24-ka saacadood ee maalinta, maalin walba ee usbuuca.

- **Xarunta Dhibaataada ee Ottawa iyo Gobolka** tel: 613-238-3311 oo Ingiriisi iyo Fransiis
- **Tel-Aide Outaouais** tel: 613-741-6433 oo Faransiis ah
- **Khadka Qalalaasaha** tel: 613-722-6914, haddii aad tahay 16 jir ama ka weyn (Ingriis iyo Fransiis)
- **Xafiiska Adeegga Dhallinyarda** Khadka dhibaataada dag-daga ah haddii aad tahay 12-18 jir tel: 613-260-2360 ama kula hadal [chat.ysb.ca](https://www.chat.ysb.ca) (Ingriis iyo Fransiis)
- **Telefoonka Caawinta Carruurta** tel: 1-800-668-6868 ama farriinta gaaban 686868 haddii aad ka yartahay 20 sano jir (Ingriis ama Fransiis)

Sawir oo Tag!

Waxaad si toos ah u aadi kartaa OPH Websaydhka Caafimaadka Dhimirka, Qabatinka iyo Istickmaalka Maandooriyaha:

1. Fur kaamarada taleefankaaga
2. Kaamarada ku qabo koodhka QR ee hoose





Caafimaadka Maskaxda iyo Daroogooyinka

Talooyin kor loogu qaadayo fayoobaanta

- Ilmahaagu ha seexdo hurdo ku filan, hana cuno cunto caafimaad leh.
- U samir naftaada iyo ta carrurtaada. Ku dhiiri geli carruurta inay ka hadlaan dareenkooda.
- U samee hab joogto ah (routine)
- Ka yaree wakhtiga ay ciyaalku wax daawanayaan (TV)
- Ku dhiiri geli carrurta inay banaanka u baxaan jimicsi ama ciyaar.
- Ku mashquul waxyaabaha aad jeceshahay.
- Ku celceli maskaxda iyo fikirka.
- La xidhiidh bulshadaada diimeed oo ku dhaqan diintaada
- Isku xidh dadka adiga ku jecel sida qoyskaaga ama qaraabada
- Wax badan ka baro Caafimaadka Dhimirka, Balwadaha iyo Caafimaadka Isticmaalka Maandooriyaha havethattalk.ca.

Talooyin ku saabsan badbaadada

- Dawada lagu soo qoro, ka ilaali oo dhig meel ay ciyaalku gaadhi Karin
- Si joogto iska hubi daawada maqan
- Dawooyinka aanad isticmaalin ku celi farmasiiga
- La soco [Tilmaamaha cabittanka khatarta ee Hhamriga](#) iyo [Tilmaamaha isticmaalka maandooriyaha](#).

U fiirso calaamadaha walwalka ee carruurtaada ama dhallinyarada

- Isbeddellada ku yimaadda jawigooda ama dabeecaddooda, sida murugo ama xanaaq badan
- Isbeddello ku yimaadda rabitaankooda cuntada ama qaabka hurdadooda
- Madax xannuun ama calool xannuun.



Ma u baahan tahay caawimaad xagga caafimaadka maskaxda ama arrimaha isticmaalka maandooriyaha?
Ma garanaysid meesha laga bilaabo?

Halkan ka bilow: AccessMHA.ca (16 iyo ka weyn) ama 1call1click.ca (dhalashada ilaa 21 sano jir).

Wixii dheeraad ah waxaad ka heli kartaa OttawaPublicHealth.ca/MentalHealthAndWellness ama wac Ottawa Public Health Information Centre tel: **613-580-6744**.