

Kheyraadka Caafimaadka Dhimirka ee Kasoo kabashada Fatahaad

Waaxda Caafimaadka Dhimirka ee Vermont

Wajihitaanka wareeg kale oo fatahaad ah, gaar ahaan sanad guuradii masiibada ee sanadkii hore, waxay noqon kartaa mid si qoto dheer u niyad-jab u ah. Iyadoo soo kabashada jir ahaaneed ay muhiim tahay, soo kabashada maskaxdu sidoo kale waa muhiim. Uma baahnid in fatahaadu si toos ah ay kuu saamayso si aad ula kulanto saameyntooda caafimaadka maskaxda. Kheyraadka soo socda ayaa la heli karaa si ay kuu caawiyaan inta lagu jiro wakhtigan adag.

Yaa la wacaa:

****Starting Over Strong Vermont** Waxay ka caawisaa kasoo kabashada musiibada iyada oo loo marayo wacyigelinta bulshada iyo adeegyada caafimaadka dhimirka. Wac **2-1-1** si aad ula xiriirto shaqaalaha wacyigelinta iyo kheyraadka.

****988 Suicide & Crisis Lifeline** Wac ama qoraal u dir **988** si aad u hesho taageero degdeg ah oo laga helo la-taliyayaal u tababaran musiibooyinka kuwaas oo bixin kara taageero shucuur ahaaneed iyo kheyraadka deegaanka.

****Vermont Mobile Crisis** Kooxaha latacaalida musiibooyinka ee wareega ee Vermont waxay bixiyaan taageero shakhsi ah iyo wax ka qabashada musiibooyinka. Wac **988** si aad ula xiriirto xarumaha caafimaadka dhimirka ee bulshada deegaankaaga.

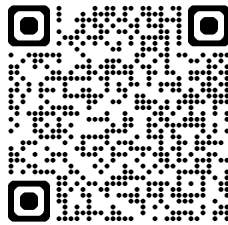
****Pathways Vermont Support Line** Wac ama qoraal u dir **833-888-2557** si aad u hesho taageero qarsoodi ah, oo uu bixiyo qof aasaagaaga ah oo aan lagu xukumaynin oo loogu talagalay reer Vermont jir 18 sano iyo wixii ka weyn. Waxaa la heli kara 24/7.

The SAMHSA Disaster Distress Helpline: Wac ama qoraal u dir **1-800-985-5990** si aad u hesho kala talinta musiibada ee lacag la'aan ah, oo qarsoodi ah oo la heli karo 24/7, maalmaha sanadka oo dhan

****Waxay muujinaysaa kheyraadka Vermont****

Caawimaadaa ka soo kabashada fatahaada, agabyo tarjumaad dheeri ah, ama adeegyo turjubaan, la xiriir Waaxda Caafimaadka Dhimirka adoo isticmaalaya Khadka Turjubaanka **Somali (somaliiyeed) ee barta (802) 210-3403**

Macluumaad dheeraad ah oo ku saabsan kheyraadka fatahaadda, talooyinka la-qabsiga, booqo [mentalhealth.vermont.gov/flood](https://www.mentalhealth.vermont.gov/flood) ama iskaan garee koodhka QR:



La xiriir hay'adaha loogu Talagalay ee gobalkaaga

Hay'adaha loogu talagalay waxay ku bixiyaan daryeelka caafimaadka dhimirka bulshooyinka deegaankaaga, waxay diyaar u yihiin oo diyaar u yihiin inay ku siiyaan taageero.

Clara Martin Center (Orange): 802-728-4466

Counseling Service of Addison County (Addison): 802-388-6751

Health Care and Rehabilitation Services (Windham & Windsor): 802-886-4500

Howard Center (Chittenden): 802-488-7777

Lamoille County Mental Health Services (Lamoille): 802-635-7174

Northeast Kingdom Human Services (Caledonia, Essex, Orleans): 802-748-3181

Northwestern Counseling & Support Services (Franklin, Grand Isle): 802-524-6554

Rutland Mental Health Services (Rutland): 802-775-2381

United Counseling Service of Bennington County (Bennington): 802-442-5491

Washington County Mental Health Services (Washington): 802-479-4083



Talooyinka ku saabsan la Qabsiga Mudada kasoo Kabashada Fatahaad

Waaxda Caafimaadka Dhimirka ee Vermont

Dhibaataada shucuur ahaaneed waxay dhici kartaa kahor iyo kadib musiibada, dadkuna waxay la kulmi karaan dareeno kala duwan wakhtiyadan. Ma jirto hab sax ah ama khalad ah oo lagu dareemo—waa wax dabiici ah in la dareemo cabsi, baqdin, murugo, ama caawimaad la'aan marka aad ka soo kabato musiibo. Aragtida iyo dhawaqa fatahaada, iyo xitaa kaliya sugitaanka inay dhacdo, waxay soo celin kartaa shucuur badan iyo xasuus hore. Si kastaba ha ahaatee, waa muhiim in la helo habab caafimaad leh oo lagula tacaalo marka dhacdooyinkan ay dhacaan. Xeeladaha la qabsiga waxaa kamid ah isu-diyaaarinta, is-daryeelka shakhsi ahaaneed, iyo aqoonsiga hababka taageerada.

Daryeel naftaada. Isku day inaad cunto cuntada caafimaad leh, iska ilaali isticmaalka khamriga iyo maandooriyaha, oo yeel xoogaa jimicsi markaad awooddo—xitaa socodka agagaarka goobta iyo neefsashada qoto dheer waxay samayn kartaa farqi si ay u yareyso walbahaarka.

La xiriir asxaabta iyo qoyska. Kala hadal qof aad ku kalsoon tahay xaaladaada. Haddii aad caruur leedahay, la hadal. Waxa laga yaabaa inay dareemaan cabsi, caro, murugo, walaac, iyo jahawareer. U sheeg inay caadi tahay inay ka hadlaan waxa maskaxdooda ku jira. La qabsiga habka wanaagsan ee caafimaadka.

Xadid dhagaysigaaga wararka. Waxaan ku noolnahay bulsho ay wararka la heli karo 24 saac maalintii iyadoo la adeegsanayo teleefishinka, raadiyaha, iyo internetka. Ku celcelinta joogtada ah ee sheekooyinka wararka ee ku saabsan musiibo ama dhacdo naxdin leh waxay kordhin kartaa walbahaarka iyo walwalka waxayna dadka qaar ka dhigi kartaa inay dib u soo xasuustaan dhacdada marar badan. Yaree tirada wararka aad daawato iyo/ama dhagaysato.

Seexo hurdo kugu filan oo "wanaagsan". Dadka qaar ayaa ku adag tahay inay seexdaan musiibo kadib ama way soo jeedaan habeenkii oo dhan. Haddii ay dhibaato kaa haysato hurdada, kaliya seexo markaad diyaar u tahay inaad seexato, iska ilaali inaad sariirta ku isticmaasho teleefanada gacanta ama laabtoobyada, iska ilaali inaad cabto qaxwe ama khamriga ugu yaraan hal saac kahor intaadan seexan. Haddii aad soo kacdo oo aad hurdada kusoo noqon waydo, isku day waxa maskaxdaada ku jira inaad ku qorto joornaal ama warqad.

Samee oo ilaali nidaam joogto ah. Isku day in aad cunto wakhtiyada joogto ah oo naftaada u samayso jadwal hurdo si aad u hubiso nasasho kugu filan. Ku dar jadwalkaaga hawlo wanaagsan ama madadaalo leh oo aad sugi karto maalin kasta ama todobaad kasta.

Ka fogow go'aanada noloshaha ee waaweyn. Samaynta waxyaabaha sida beddelka shaqooyinka ama xirfadaha waxay horeba u noqon kartaa walaac oo way adag tahay in si toos ah loola qabsado musiibada kadib.

Fahan inuu jiri doona isbadel. Musiibooyinku waxay dumin karaan guryaha, dugsiyada, goobaha ganacsiga iyo goobaha cibaadada waxayna khalkhal galin karaan noloshada dadka ku nool meelaha ay dhibaataadu ka dhacday muddo dheer. Wakhtiyada qaarkood, waxaa ku dhinta dadka ama waxay kala kulmaan dhaawacyo jir ahaaneed iyo maskax ahaaneed labadaba, kuwaas oo laga yaabo inay kusii jiraan noloshooda. Dadka qaar waxa kale oo laga yaabaa inay la kulmaan inay ku waayaan shaqada mudo gaaban ama si joogto ah. Caruurta, dhigata dugsi cusub ama mid mudo gaaban ah waxay keeni kartaa in la kala saaro asxaabta, ama hawlaha dugsiga kadib ayaa laga yaabaa in la carqaladeeyo..

Daryeel xayawaanka guriga ama dibada ku beer dhirta marka ay badqab tahay. Bay'ada iyo xayawaanka ayaa naga caawin kara inaan dareemo inaan kasoo naysano marka dhibaato nasoo gaarto. Arag haddii aad si mutadawacnimo ah ugu shaqayn karto hoyga xayawaanka ee deegaankaaga—waxaa laga yaabaa inay u baahdaan caawimaad musiibo kadib. Marka ay badqabto in lagu noqdo beeraha nasashada ee dadweynaha ama deegaanka dabiiciga ah, hel meel xasiloon oo aad ku fariisato ama aad ku socoto socod dheer.

Ogaw wakhtiga ay tahay inaad codsato caawimaad. Calaamadaha walaaca waxay noqon karaan kuwo caadi ah, falcelin waqti-gaaban ah mid kasta oo ka mid ah dhacdooyinka lama filaanka ah ee noloshada—ma aha oo kaliya ka badbaadista masiibada, laakiin sidoo kale ka dib dhimashada qoyska, waayitaanka shaqo, ama kala taga. Waa muhiim inaad fiiro gaar ah u yeelato waxa adiga kula jira ama qof aad daryeesho, sababtoo ah waxa u muuqan kara " walbahaarka maalin kasta" wuxuu noqon karaa: niyad-jabka (ay kamid yihiin fikradaha is-dilka), walaaca, ama si xun u isticmaalka khamriga/daroogada.