



Waa Na Wada Khu saysa®

inaan abuurno San Diego Caafimaad iyo Taageero leh

Xog ku saabsan Maqaalka

Maqaalkan waxaa loogu tala galay in lagu baro dadka reer San Diego sida baraha bulshadu saamayn ugu yeelan karto badqabka caafimaad ee dhimirkeenna. Waxay sidoo kale ku siinaysaa xeeladaha aad samayn karto si uu wakhtiga aad baraha bulshada ku qaadnayso u noqdo mid wanaagsan oo wax ku tara.



Hoos u dag si aad Fiicnaan u Dareento:

Xeeladaha loo ilaalin karo Caafimaadka Maskaxda marka la isticmaalayo Baraha Bulshada

Hel Bulshadaada



- **Ku xirnow ciwaanada waafaqsan qiyamkaaga iyo waxyaabaha aad danayso:** Dareenka ah inaad lex-jeclo muujiso ayaa sare u qaadi kara caafimaadkaaga maskaxda iyo jirkaba.
- **Ha soo koobin waaya aragnimadaada:** Baraha bulshadu waxay u furan yihiin cid walba ayada oo aan loo eegayn da'da, jinsiga, galmada, isirka, ama faraca qofku kasoo jeedo.

La wadaag Sheekadaada Caafimaadka Dhimirka



- **Bilaabo safarkaaga:** Dad badan ayay u fududaataa inay kaalmo dhanka caafimaadka dhimirka ah helaan kuna bixiyaan baraha bulshada dhexdeeda. Waxay sidoo kale yareeyaan ceebeynta caafimaadka dhimirka ku saabsan waxayna dadka ku dhiirigaliyaan inay raadsadaan caawin.
- **Ku xirnow dadka saamaynta leh ama ciwaanada sare u qaada wacyiga caafimaadka dhimirka:** Waxaad ka baran kartaa kuna dhiirran kartaa waxyaabaha wanaagsan ee ka caawin kara sare u qaaddidda badqabkaaga.

Iftiimin:

Baraha Bulshada, Caafimaadka Dhimirka iyo Adiga

Baraha bulshadu waxay kaalin muhiim ah ka qaataan howlahaaga maalinlaha ah, khasatan marka la eego dadka dhalinyarada ah ee u isticmaasha shaqooyinka sida isku xirnaanta saaxiibada iyo la socoshada xaaladaha markaas jira. Xaqiiqdii, inta badan dadka kujira xilliga qaangaarka waxay dareemaan in baraha bulshadu ka caawinayaan iyo noqdaan dad la aqbali karo lana taageeri karo. Sida ugu muhiimsan ee looga faa'iidayso karo baraha bulshadu waa in la fahmaa saamaynta xun iyo iyo tan wanaagsan ee ay ku leeyihiin badqabkaaga caafimaadka dhimirka. Wacyiga iyo adeegsiga maskax fiyow, baa kuu suurtagalinaysa inaad waxyaabo wanaagsan aad onleenka ku samayso.

Ku Xirnow



- **La xiriir:** Haddii saaxiibada iyo qoysku ku noolyihiin meel kaa fog, inaad xiriirkooda baraha bulshada joogtaysaa waxay wax u taraysaa caafimaadkaaga dhimirka.

Ismuuji



- **La wadaag rabitaankaaga:** Lama rabo kaliya inaad ku xirnaato waxyaabaha markaas socda iyo dadka magaca leh. Baraha bulshadu waxay sidoo kale noqon karaan waaya aragnimo aad isku muujin karto adiga oo dadka kula wadaagaya farshaxankaaga, heesahaaga, iyo rabitaanadaada hal abuurka ah.

Up2SD.org



ISKAANKA MARI SI
AAD U AKHRIDO
WAX BADAN OO
MAQAALKA AH.

Khadka Helitaanka Gurmadka iyo
Masiibada ee San Diego (ACL)

888-724-7240

Ilaha Khayraadka Bulshada
211

ACL waa Farac Shabakadeed oo maxalli ah oo ah 988

Garaac 988 si aad ula xiriirto shabakadda Khadka Isdilka iyo Dhibaatooyinka qaranka. Wicitaanada gudaha ee ka imaanaya koodhka aagga San Diego waxaa loo gudbinayaa ACL 7 maalmood gudahoos todobaadkii/24 saacadood maalinkii luuqad walba oo uu yahayba. Iskaan garee koodhka QR-ka si aad wax badan uga ogaato.

988
SUICIDE
& CRISIS
LIFELINE



Xeeladaha Ilaalinta Caafimaadkaaga Dhimirkamarka aad Baraha Bulshada isticmaalayso



Ayada oo baraha bulshadu noqon karaan goob madadaalo leh oo alga smaayn karo isku xirnaan iyo wax wada wadaag, haddana waxay saamayn karaan caafimaadkaaga dhimirkamarka. Haddii aad naftaada la barbardhigayso ta kuwa kale, kalinimo dareemayso, ama aad wajahayso xadgudubyada lagu gaysto onleenka, baraha bulshadu waxay mararka qaar na dareensiin karaan inaanana heerkii loogu tala galay gaarsiisnayn. Waa kuwaan xeelado adiga iyo dadka aad taqaanaba idin ka caawinaya ilaalinta caafimaadkiina dhimirkamarka aad baraha bulshada isticmaalaysaan.

Yaree Wakhtiyada Aad wax Daawanayso

Inaad wakhti aad u badan ku qaadata baraha bulshadu waxay horseedaysaa dareen aan wanaagsanayn waxayna waxyeelaysaa howlaha muhiimka ah ee maalinlaha ah sida hurdada, shaqada, ama waxbarashada.

Raadso Caawin Xirfadle

Haddii adiga ama qof aad taqaano uu dareemo niyadjab joogto ah ama welwel ama ay ku adkaato inuu sameeyo howlaha joogtada ah, raadso kaalmo qof xirfadle ah. Waxaad Khadka Adeegyada iyo Dhibaatooyinka kala xiriiri kartaa 888-724-7240.

Samee Aagag Teknoolojiyada ka caaggan

Samee goobo ama wakhtiyo daawashadu tahay mid aan xad lahayn, sida xilliga qadada qoyska. Arintaani waxay isu dheellitiraysaa adduunka dhabta ah iyo kan macmalka ah.

Ilaali Carruurta

Inta badan baraha bulshadu waxay isticmaaleyaasha shuruud uga dhigayaan inay ugu yaraan yihiin 13 sanno jir. Waalidiinta iyo mas'uuliyiinta waa inay mar kasta isticmaalaan qiimayntooda ugu wanaagsan lana socdaan isticmaalka baraha bulshada ee canugooda.

Dooro Nuxur Wax Ku Taraya

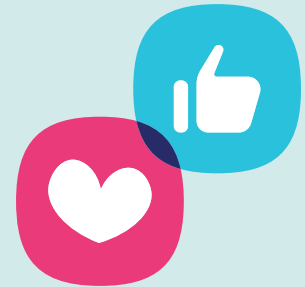
Ka taxaddar oo u dhug yeelo waxa aad daawanayso. Ha ka labalabayn inaad iska xirto haddii shay ama qof onleenka kujiraa uu dareen xun ku galiyo.

Kasoo warbixi waxyaabaha Khatarta ah

Haddii aad aragto boostiyo khatar leh ama welwel leh, kasoo warbixi. Tallaabo qaad si baraha onleenka u noqdaan kuwo ammaan u ah qof walba.

Ka fakar Inta aadan soo Dhigin

Markasta hako oo ka fakar in waxa ad rabto inaad soo dhigto ay yihiin wax aad ku dhihi lahayd qof ku hor fadhiya iyo in kale. Arrintaani waxay ka hortagi kartaa isku dhaca iyo horumarinta jawi onleen ah oo xushmad leh.



Wax ku saabsan *It's Up to Us*

Maqaalkaan wuxuu qayb ka yahay ol-olaha *It's Up to Us* (Waa Hawl Na Wada Qusaysa), oo lagu abuuray County of San Diego Health and Human Services Agency (Wakaaladaha Caafimaadka iyo Adeegyada Bulshada ee San Diego) wuxuuna taageerayaa higsiga *County's Live Well San Diego* si loo hormariyo bulsho caafimaad qabta, badqab leh, oo kobcaysa. Ayadoo kor loo qaadaayo wacyi gelinta, lana dhiiri gelinaayo wada hadalka, lana bixinaayo helitaanka khayraadka maxaliga ah, waxaan doonaynaa inaan kobcino faya qabka, oo aan yarayno takoorka, aana kahortagno isdilkha dhammaan dadka San Diego, anagoo diiradda saarayna bulshooyinku San Diego ee saamaynta ugu xun ku dhacday iyo kuwa khatarta ugu badan ku jira.

Ilaha

Talo bixinta Guud ee Qalliinka Maraykanka (The U.S. Surgeon General's Advisory): Baraha Bulshada iyo Caafimaadka Dhimirkamarka ee Dhalinyarada (Social Media and Youth Mental Health) (PDF) [bit.ly/476G3xM](https://www.surgeongeneral.gov/assets/social-media-and-youth-mental-health.pdf)

Isbahaysiga Qaran ee Xanuunka Dhimirkamarka (National Alliance on Mental Illness). Baraha Bulshada iyo Caafimaadka Dhimirkamarka [bit.ly/49q9BrV](https://www.namimn.org/social-media/)

Xarunta Pew Research: Adeegsiga baraha Bulshada ee 2021 [bit.ly/49qyzaB](https://www.pewresearch.org/social-media/2021/)

Isbahaysiga Qaran ee Xanuunka Dhimirkamarka (National Alliance on Mental Illness). Qaabka baraha Bulshadu u Badalayaan Qaabka Aan u Aragno Xanuunka Dhimirkamarka [bit.ly/3QOU6F8](https://www.namimn.org/social-media/)

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