# Sida Loola Qabsado Welwelka iyo Walbahaarka

**Kaligaa ma tihid**. Waxaad dareemi kartaa welwel, culeys ama waxaad muujin kartaa calaamadaha kale ee werwerka. Dareenkan iyo calaamadaha welwelka waa dabiici. Mararka qaarkood, si kastaba ha ahaatee, welwelka joogtada ahi wuxuu isu beddelaa murugo si xun u saamaysa caafimaadkaaga iyo fayoobaantaada. **Walbahaarku wuxuu u baahan yahay feejignaantaada**.

Nasiib wanaag, waxa jira dhawr waxyaalood oo aad samayn karto si aad uga hortagto in welwelku isu beddelo walbahaar. Tan ugu muhiimsan ku bilow:

* La socodka caafimaadkaaga jidheed iyo maskaxeed, iyo garashada marka aad murugaysan tahay.
* Garashada waxa la sameeyo si aad u yarayso welwelkaaga si aanay isu bedelin cidhiidhi.
* Garashada marka ay tahay waqtigii caawimaad la waydiisan lahaa.

## Garashada calaamadaha walbahaarka

Inkasta oo welwelku yahay falcelinta caadiga ah ee caqabadaha nolosha, **welwelku wuxuu isu rogi karaa walbahaar markaynnu dareeno in ay tahay in aan maareyno wax ka badan inta aan haysano tamar iyo kheyraad aan ku maarayn karno**. Waxaa jira calaamado badan oo guud oo walbahaarka ah:

* Xanaaqa oo korodha, cadho ama aan ku faraxsanayn dadka kale.
* Dhibaatooyin hurdada ama nasashada ah.
* Dareemid walaac, cabsi, argagax, iyo welwel aan joogsi lahayn.
* In aad rabto in aad keligaa ahaato inta badan.
* Aan waxba dan ka lahayn.
* Ku eedaynta dadka kale wax walba.
* Wada-xidhiidhka ama dhegaysiga oo ku adag.
* Xusuusashada shay’ada oo adkaata.
* Siinta ama aqbalaadda caawinaad oo ku adkaata.
* In ay kugu adkaato in aad raaxaysato ama aad dareento farxad.
* Korodhka ama hoos u dhaca heerarka tamarta iyo dhaqdhaqaaqa.
* Isticmaalka khamriga, tubaakada, marijuana ama daroogooyinka sharci darrada ah oo kordha.

## Garashada sida loo yareeyo walbahaarka

Waxaa jira waxyaabo badan oo aad sameyn kartid si aad u maareyso welwelka iyo walbahaarka. Marka hore, waa muhiim in aad **daryeesho baahiyahaaga jidheed** adigoo:

* Cunaya cunto caafimaad leh iyo cabbitaanka biyo badan.
* Helaya hurdo kugu filan, nasasho iyo nafisaad.
* Samaynaya jimicsiga jidhka ama samaynta wakhti aad dibadda ugu baxdo oo aad neefsato xoogaa hawo nadiif ah.
* Ka fogaanshaha xaddi xad dhaaf ah oo ah kaafeyn, aalkolo, tubaakada ama marijuana, iyo ka fogaanshaha isticmaalka daroogooyinka sharci darrada ah.
* Qaadashada waqti kaligaa markaad u baahan tahay.
* Samaynta wakhti aad kula xidhiidho dadka taageera wanaagga niyadeed.

Waxa kale oo jira siyaabo badan oo aad **ku daryeesho baahidaada shucuureed**. Waxaad isku dayi kartaa:

* Yaraynta isticmaalkaaga warbaahinta adigoo xaddidaya wakhtiga aad ku bixinayso akhrinta, dhagaysiga, ama daawashada wararka ku saabsan cudurka dillaacay.
* Qaadashada wakhti aad ku fiirsato waxa si wanaagsan u socda noloshaada, iyo waxa aad xakamayn karto.
* Socodka xilliga naftaada ay ku jirto waxqabadyada welwelka leh, iyo samaynta waxqabad madadaalo leh kadib markaad qabato hawl culus.
* Kala hadalka dareenkaaga saaxiibada aad aaminsan tahay iyo kuwa aad jeceshahay.
* Samaynta waxa aad awooddo si aad jidhkaaga u nasiso adiga oo lugaynaya, iskala bixinaaya, hoos u dhigaya neeftaada, dhagaysanaya muusik ku dejiya, isdejinaya, akhrinaya, ama ka qaybqaadanaya hiwaayaddaha raaxada leh.
* Kula xidhiidhka dadka kale telifoonka, qoraal, sheekaysi, ama farriimo.

## Garashada marka ay tahay waqtigii la waydiisan lahaa caawinaad

Ma jiro qof laga adkaan karo. Dadka intooda badan waxay u baahan doonaan nooc taageero, laakiin qaar badan ayaa laga yaabaa inaanay dareemin inay OK tahay in la codsado caawimo. Laakin, haddii aynaan danaynayn nafteena, waa wax aan macquul ahayn in aan taageerno dadka kale, sidaas darteed codsashada caawimaadda waa maalgashi qiimo u leh naftaada iyo kuwa aad daryeesho.

### Haddii adiga ama qof aad taqaan ay muujiyaan calaamadaha walbahaarka ee kor ku xusan dhowr maalmood ama toddobaadyo, waxaad heli kartaa caawimo iyo taageero adiga oo gelaya mid ka mid ah kheyraadka hoose ama la xiriir bixiyaha caafimaadka maskaxda ee degaanka.

**Wac 911** ama la xidhiidh mid ka mid ah khadadka caawinta dhibka ee hoos ku qoran **Isla markiiba** haddii adiga ama qof aad taqaan uu ku hanjabo inuu dhaawacayo ama dilayo naftiisa ama qof kale, ama ka hadlo ama wax ka qoro geeri, dhimasho, ama isdilid.

## Kheyraadka Degdegga ah

### 988 Is-dilid iyo Khadka Badbaadada ee Dhibaatada

Garaac 988

[988 Khadka Badbaadada Qoraalka iyo Sheekaysiga](https://988lifeline.org/chat/) 988 Websayd Ingiriisiga [988 Websaydka Isbaanishka](https://988lifeline.org/es/home/)

### Khadka Caawinta ee Dhibaatada Musiibada ee SAMHSA

Wac ama u dir 1-800-985-5990

Isbaanish: Llama o envía un mensaje de texto 1-800-985-5990 presiona “2.”

Soo wacayaasha Dhagoolka ah iyo Maqalka Adag ee ASL: Si aad si toos ah ugu xidhid wakiilka Luqadda Calaamadaha Maraykanka, booqo "[ASL Now](https://vibrant.aslnow.io/app/8/10004)”ama ka wac fiidyowga taleefankaaga lambarkan 1-800-985-5990.

[Websaydka Caawinta Dhibaatada Musiibada oo Ingiriisi ah](https://www.samhsa.gov/find-help/disaster-distress-helpline)

[Websaydka Khadka Caawinta Dhibaatada Musiibada ee Isbaanishka](https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol)

### Khadka Caawinta Qaranka ee SAMHSA

[24/7/365 Adeegga Dariiqa Gudbinta Daaweynta ee Ingiriisi iyo Español](https://www.samhsa.gov/find-help/national-helpline) Bilaash ah: 1-800-662-HELP

### Kheyraadka Aan Degdegga Ahayn ee La Hadalka Carruurta

* [Ka Caawinta Carruurta iyo Dhallinta Khasaaro iyo Dhaawac](https://www.oregon.gov/ode/students-and-family/mental-health/Documents/7.%20How%20to%20Support%20Children%20and%20Teens%20Through%20Loss%20and%20Trauma.pdf)
* [Macluumaadka CDC oo Ingiriisi ah](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)
* [CDC Af Isbaanish](https://www.cdc.gov/childrenindisasters/es/helping-children-cope.html)
* [Wadnaha Waxbarashada iyo Baridda: Naxariista, Adkeysiga iyo Guusha Waxbarashada](https://www.k12.wa.us/sites/default/files/public/compassionateschools/pubdocs/theheartoflearningandteaching.pdf)