# Sida Looga Hortago Is-dilka Dhallinyarada - Qaybta Dhalinyarada

**Haddii adiga ama qof aad taqaan uu la kulmaayo dareen walbahaar oo aad u daran ama uu uu rabo inuu isdilo, ISLA MARKIIBA HEL GARGAAR adigoo la xiriiraya mid ama ka badan kuwan soo socda:**

* Wac **911** ama khadka dhibaatada ee deegaankaaga
* [Khadka Badbaadada ee Kahortagga Is-dilka Qaranka](https://988lifeline.org/): **988**
* [Khadka Badbaadada ee Kahortagga Is-dilka Qaranka](https://988lifeline.org/es/home/) [Isbaanish:](https://988lifeline.org/es/home/) **988**
* Khadka qoraalka ee dhibaatada (**u dir "HOME" 741741**)
* [**Khadka dhallinyarada: 1-310-855-RAJO (4673)**](https://teenlineonline.org/)
* Khadka Degdegga ah ee Dhallinyarada ee Qaranka: **1-800-448-4663**
* [Ka Hel Adeegyada Dhibaatada ee Degmadaada](https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Pages/crisislines.aspx)
* Caawinaada isticmaalka maandooriyaha:[**1-800-662-HELP (4357)**](https://www.samhsa.gov/)
* Loogu talagalay asxaabta: [**warline.org**](http://warmline.org/) isku xirka khadadka diiran ee gobol kasta ama la sheekeyso [**Wada sheekaysiga Dhibaatada Nolosha**](http://crisischat.org/) ama **Khadka Qoraalka Dhibaatada**.
* Dhallinyarada: [Dhallinyarada Oregon](http://oregonyouthline.org/) ama wac **877-968-8491** ama **u dir "teen2teen" lambarka 839863**
* Loogu talogalay Dhallinyarada LGBTQ2SIA+: [Websaydka Mashruuca Trevor](http://www.thetrevorproject.org/)  ama wac **(866) 488-7386** Khadka onlaynka ah ee isdilka ee bilaashka ah ee 24-saac ah *ama*[*Trans Lifeline*](http://www.translifeline.org/) *lambarkan* ***1-877-565-8860****.*
* Loogu talogalay Dhallinyaradda Dhaladka ah:[WeRNative](https://www.wernative.org/),[Shabakadda Keli Ah Ma Tihid](http://www.youarenotalonenetwork.org/)
* Marka Saaxiib Dhinto:[Tilmaamaha Ardayda](http://www.sptsusa.org/wp-content/uploads/2015/05/friend-death-guidelines.pdf)

Dareennada sida cabsida, murugada, xanaaqa, niyad-jabka iyo welwelka waa falcelino dabiici ah. Waa muhiim in la xasuusnaado in **Qof kastaa si kala duwan uga falceliyo xaaladaha welwelka leh, iyo inaadan weligaa keli ahayn.**

## Waxyaabaha aad samayn karto si aad naftaada u daryeesho

Waxa jira waxyaabo aad samayn karto marka aad dareento murugo, culays ama xaalad argagax leh. Kuwaas waxaa ka mid noqon kara:

* Ka nasashada daawashada telefishinka ama dhagaysiga, daawashada ama akhrinta wararka, iyo ka warqabka sida baraha bulshadu u saamayso niyaddaada.
* Samaynta wakhti aad si joogto ah ula xiriirto asxaabta iyo qoyska onlayn, ama telefoon ama qoraal.
* Ku dadaal inaad hurdo badan hesho, cunto cunto caafimaad leh oo si joogto ah u samaysid jimicsi.
* Qaadashada waqti aad ku nasato, ku nafisto, sameyso waxyaabo aad jeceshahay ama isku daydo wax cusub.
* Kala hadasho dadka waaweyn ee aad ku kalsoon tahay waxyaabaha ku saabsan welwelka iyo dareenka.
* Ka fogaanshaha aalkolada iyo maandooriyaha.
* Samaynta liiska waxyaabaha aad jeceshahay inaad samayso, ama dadka aad kala hadli karto telefoon, qoraal, sheekeysi, ama baraha bulshada, oo ka fikir samaynta jadwal hawleed joogto ah maalin kasta.

## Goorta aad caawimaad waydiisanayso

**Isdilka dhallinyaradu** waa sababta ugu weyn ee keenta dhimashada carruurta iyo da'da dugsiga. Ardaydu waxay dareemi karaan kalinimo, baqdin iyo hubanti la'aan waxay samaynayaan. Waa dabiici in la dareemo calaamadaha walbahaarka sida:

* Cabsida iyo ka welwelida caafimaadkaaga iyo caafimaadka asxaabta, qoyska iyo kuwa aad jeceshahay.
* Dareemidda murugo, niyad-jab ama xanaaq badan.
* Dareemid rajo la'aan ama welwel joogto ah oo mustaqbalka ah.
* Dareemidda xiisayn la'aanta waxqabadyada aad ku raaxaysan jirtay.
* Isbeddel weyn oo ku yimaadda rabitaanka cuntada ama miisaankaaga.
* Isbeddel la taaban karo oo ku yimaadda qaabka hurdadaada.
* Dareemidda inaad aad u daalan tahay inaad dhaqaaqdo, shaqeyso ama aad ciyaaro inta badan.
* Dareemid kacsanaan ama xanaaq inta badan, ama ay kugu adkaato inaad nasato.
* Dareemid qiimo la’aan ama aad u ah dambiile.
* Inaad haysato wakhti aad u adag in la xooga saaro oo go'aan laga gaadho.
* Inaad ka fikirto ama qorshayso in naftaada ama dadka kale waxyeellayso.

**Haddii aad isku aragto in aad dareemayso culays badan, ama aad si joogto ah ula kulanto saddex ama in ka badan oo calaamadahan walbahaarka ah,waa muhiim inaad qof la hadasho ama aad weydiisato caawimaad.**

**Waxaad kula hadli kartaa dhallinyarada asxaabta ah Youthline. Wac 877-968-8491, u dir teen2teen lambarka 839863, ama booqo** [**websaydka YouthLine**](http://theyouthline.org) **si aad ula sheekeysto.**

**Xusuusnow inaadan weligaa keli ahayn, oo ay jiraan dad sugaya inay ku taageeraan wakhti kasta.**