# Waxa la Sameeyo Haddii aad la kulanto Xadgudubka ama Rabshadaha Guriga

Rabshadaha xiriirka, oo ay ku jiraan xadgudubka jireed, galmo, iyo maskaxeed waxay saameeyaan malaayiin qof sannad kasta. Rabshadaha gurigu waxay yimaaddaan marka hal qof oo hadda ama horey xidhiidh idin dhex maray uu dareemo inay xaq u leeyihiin inay xakameeyaan lammaanahooda ama xubnaha qoyska, oo ay isticmaalaan xoog jidheed iyo/ama af-lagaado iyo dhaqan si ay u helaan ama u ilaashadaan awooddaas. Xadgudubku wuxuu dhacaa iyadoon loo eegayn da'da qofka, nooca jinsiga, jinsiga, waxbarashada, heerka dhaqan-dhaqaale, dhaqan iyo diin.

Xadgudubku wuxuu yeelan karaa, caadi ahaanna wuu yeeshaa noocyo badan, taasoo adkaynaysa in la aqoonsado. Inta badan, hal ama in ka badan oo xadgudub iyo rabshad ayaa u dhaca si meert aho, halkaasoo qaabka habdhaqanka xad-gudubku u adeego ujeeddo ah cabsi gelin iyo xakamaynta qof kale. Dadka la kulma xadgudubka waxay inta badan la kulmaan dareemo kala duwan oo ay ka mid yihiin:

* Rabitaanka in la joojiyo xadgudubka, laakiin ma aha xiriirka.
* Dareen cabsi, walaac, gargaar la'aan, niyad-jab, go'doon iyo xishood.
* Ka cabsashada xukunka, dhaleeceynta ama diidmada kuwa kale.
* Diidmada ama yaraynta dhacdooyinka xadgudubka ah.
* Ka-noqoshada iyo go'doominta asxaabta iyo qoyska.
* Dareen dambiile, xishood, masuuliyad, ama xanaaq.
* La halgamida diinta, dhaqanka, ama caqiidada bulshada ee xoojinaysa joogitaanka xidhiidhka.
* Weli jecel xad-gudbaha oo doonaya inuu badbaadiyo xiriirka.
* Dareenka mas'uuliyadda xadgudubka.
* Ka werwerka ku saabsan caafimaadka iyo badbaadada carruurta iyo xayawaanka rabaayada ah.
* Ka cabsashada faqriga, hoy la'aanta, iyo awoodi la'aanta daryeelka carruurta.

## Maxaad samayn lahayd haddii aad u baahan tahay caawimaad

* Haddii laguu hanjabo ama aad ku jirto khatar degdeg ah wac 9-1-1.
* Haddii ay suurtogal tahay, samee qorshe badbaado oo ay ku jiraan meel aad aadi karto, iyo dadka lala xiriirinayo haddii ay dhacdo xaalad degdeg ah. Qorshayaashu waa muhiim sababtoo ah xilliga qalalaasaha waxaa laga yaabaa inay adagtahay in si cad loo fekero ama la sameeyo go'aamo badbaado oo macquul ah.
* Ha u digin xad-gudbaha haddii aad qorshaynayso inaad baxdo.

## Gargaarka Degdegga ah - Halkee aad u tagi lahayd gargaar degdeg ah haddii lagugu xad-gudbo

* [**Khadka Tooska ah ee Xadgudubka Galmada ee Qaranka**](https://ohl.rainn.org/online/): 1-800-656-HOPE (4673) ama khadka tooska ah ee internetka.
* [**Rabshadaha Guriga ee Qaranka ee 24-saac ee khadka tooska ah**](https://www.thehotline.org/): 1-800-799-SAFE (1-800-799-7233), [noolow](https://www.thehotline.org/what-is-live-chat/) adeegga chat (Ingiriis 24/7; Isbaanish 12-6pm), adeegyada dhegoolaha (TTY1-855-787-3224, talefoonka fiidiyowga 1-855-812-1001, nationaldeafhotline@adwas.org), [website](https://www.thehotline.org/help/) sidoo kale waxay siisaa hagitaan asxaabta iyo qoyska, caawinta sharciga, kaalmada xayawaanka iyo wax ka badan.
* [**Rabshadaha qoyska**](https://espanol.thehotline.org/) Adigoo wacaya lambarka taleefanka 1-800-799-7233 ama lambarka

TTY (khadka qoraalka ee maqalka iyo hadalka naafada ah) 1

-800-787-3224

* [988 Isdilka & Khadka Nolosha Qalalaasaha (wac 988)](https://988lifeline.org/)
* **1in6 khadka caawinta ee khadka tooska ah** loogu talagalay ragga ka badbaaday xadgudubka galmada carruurnimada iyo galmada qaangaarka ahweerar.
* [**LGBTQ khadka Qaranka**:](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence) 1-888-843-4564

## Khayraadka Aan Degdegga ahayn

* [Hel Caawin Hadda](https://apps.state.or.us/DomesticViolence/) Hagahani waxa uu taxayaa ururada gobolka Oregon ee caawiya haweenka ku jira xaaladaha rabshadaha qoyska.
* Isbahaysiga Oregon ee ka dhanka ah Rabshadaha Guriga & Galmada - liiska adeegyada iyo agabyada deegaanka. <https://www.ocadsv.org/find-help>
* Kuwa la kulma daba-galka [Xarunta Qaranka ee Dhibanayaasha Dembiyada](https://victimsofcrime.org/our-programs/stalking-resource-center) ama 1-202-467-8700
* [Xaashida Talada Badbaadada Hubka](http://www.thehotline.org/wp-content/uploads/sites/3/2016/10/NDVH-firearms-tipsheet.pdf)
* [Kaalmada Ku Meel Gaarka ah ee Badbaadayaasha Rabshadaha Qoyska](https://www.oregon.gov/DHS/ABUSE/DOMESTIC/Pages/tadvs.aspx)
* [Ciidanka Weerarka Galmada ee Oregon (SATF)](http://oregonsatf.org/)
* [LGBTQIA+ Khayraadka (RAINN)](https://www.rainn.org/articles/lgbtq-survivors-sexual-violence)
* [Isbahaysiga Oregon ee ka dhanka ah Rabshadaha Guriga iyo Galmada](http://www.ocadsv.org/)
* [Isbahaysiga Qaran ee Joojinta Xadgudubyada Galmada](http://endsexualviolence.org/)

## Khayraadka loogu talogalay kuwa ka walaacsan qof dareemaya xadgudub

* [Caawi saaxiib, Xubin qoys, Dhallinyaro ama Shaqaale](https://www.thehotline.org/help/help-for-friends-and-family/) – Khadka Tooska ah ee Rabshadaha Guriga ee Qaranka
* [Tilmaamaha asxaabta, qoysaska iyo deriska](https://www.dvrcv.org.au/help-advice/guide-for-families-friends-and-neighbours) kuwa la kulma rabshadaha qoyska.