

## SHABAKADA KA-CAAWINTA SOO-KABASHADA EE BULSHADA

Kooxda Ka-caawinta Soo-kabashada ee Boston

Kooxda Ka-caawinta Soo-kabashada ee  
Bulshada Bowdoin-Geneva

Kooxda Ka-caawinta Soo-kabashada ee  
Bulshada Codman Square

Kooxda Soo-kabashada ee Bulshada  
NeighborHealth/East Boston

Kooxda Soo-kabashada ee Bulshada Greater  
Nubian Square oo loo yaqaan Kooxda Roxbury

Kooxda Ka-caawinta Soo-kabashada ee  
Bulshada Grove Hall

Kooxda Ka-caawinta Soo-kabashada ee  
Bulshada Humboldt/Academy

Kooxda Ka-caawinta Soo-kabashada ee  
Bulshada Jamaica Plain

Kooxda Ka-caawinta Soo-kabashada ee  
Bulshada Mattapan

Kooxda Ka-caawinta Soo-kabashada ee  
Bulshada Upham's Corner

Macluumaad dheeraad ah ama si aad u hesho  
buug-yarahan oo ku qoran Isbaanish, Keeb Veerdiyaan,  
Boortaqiis, Hayshiyaa, Faransiis, Soomaali, Fiidnaamiis,  
Mandaariin, ama Carabi, fadlan booqo:

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Somali

## GOORMA AYAAD U BAAHAN TAHAY TAAGEERO BADAN?

Si fiican ayaad adigu isu garanaysaa. Hadii adiga ama kuwa kuugu  
dhow adiga aad aragtaan in astaamahaagu aanay soo fiicnaaneyn  
ama aad leedahay falcelino aan-wanaagsanayn, waxay noqon  
kartaa in la joogo wakhtigii aad la xidhiidhi lahayd dhakhtarkaaga  
ama la-taliyahaaga si aad ula socodsiiiso. Waxaad sidoo kale la  
xidhiidhi kartaa mida ka mida kuwa hoos ku qoran. Ma aha inaad  
tan mar to adiga naf-ahaantaadu.

## ILAHA

Dhacdada xaalada degdega ah ee caafimaadka maskaxda soo wac:

- BEST Kooxda | **800 981-HELP**
- Dhammaan xaaladaha kale ee gurmada soo garaac **911**
- Magdhowga Dhibanaha iyo Kaalmada | **617-727-2200 kala xiriir. 2160**
- Laynka Taageerada Waalidka | **800-632-8188**
- Samaritans Khadka caawimada Isdilka | **877-870-HOPE-4673**
- Dhaliyarada & Dadka Dhalinta yar MassEdCO | **617-536-0200**
- ROCA | **617-442-3101**
- BPS Laynka Caawimada | **617-635-8873**
- MA Khadka Caawimada Dhaqanka Caafimaadka 24/7 | **833-773-2445**
- Rabshadda Guriga | SafeLink 24/7 Laynka Taageerada | **877-785-2020**
- Aaga Boston Dhibta Kufsiga | **800-841-8371**
- Caafimaadka Fenway LGBTQ | **617-267-0900**
- Isticmaalka Maandooriyaha & Adeegyada Caafimaadka Maskaxda | **800-662-4357**
- Guriyaynta | **617-635-3880**
- Ilaha Dheeraadka ah Mass 211 | garaac **211**
- Adeegyada Magaalada | garaac **311**



Dhisida Boston Caafimaad qabta  
Duqa magaalada Michelle Wu

## KA BOGSASHADA KA DIB DHACDADA NAXDINTA LEH



[WWW.BPHC.ORG](http://WWW.BPHC.ORG)

SI LOOGU XIDHO ADEEGYADAYADA FADLAN SOO  
WAC 24/7 LAYNKAYAGA TAAGEERADA 617-431-0125

## WAA MAXAY DHACDADA NAXDINTA LEH?

Dhacdada naxdinta leh waa natijada dhacdo baqdin leh ama naxdin leh ama xaalad. Waa falcelinta dhacdada ama taxanaha dhacdooyinka ah ee qofka ama bulshaddu la kullanto sidii mid jidh ahaan ama dareen ahaan waxyeelo leh ama nolosha khatar gelinayso. Dhacdada naxdinta leh waxay dhacdaa marka dhacdada waxyeelada leh ay la wareegto awoodaada maareynta, ama dhimashada naxdinta leh ee ehelka ku dhacdada ay sababi karto dhacdo naxdin leh.

## FALCELINADA UGU BADAN EE DHACDADA NAXDINTA LEH

Marka qof kastaaba si ka duwan uu uga jawaab celiyo, halkan waxaa ah qaar ka mid ah falcelinta ugu badan ee aad la kulmi karto.

- Dhibta seexashada
- Isbeddelada abateedkaaga
- Dareemaya daal ama dhiig karka
- Qaba riyooyin naxdin leh
- Dareemaya walwal
- Dareemaya "kabuubyo" ama aan lahayn dareen dhammaanba
- Dareemaya "boodsanaan" ama inaad dareento in aad hareertaada eegto wakhtiyada oo dhan
- U baahan in ehelkaagu kugu dhawado
- Qabashada 'dib-u-milicsi' - inaad mar kale maskaxdaada ku aragto dhacdadii murugada lahayd



## QAABABKA LOO BILAABO NIDAAMKA BOGSASHADA

Waxaa jira waxyaabo badan oo kala duwan oo aad qaban karto si aad naftaada ugu caawiso inay dareento fiicnaan maalmaha iyo todobaadyada ka danbeeya dhacdada naxdinta leh. Mid ka mida kuwa ugu muhiimsan ee aad qaban karto si aad naftaada u daryeesho. Qaar ka mid ah waxyaabaha waxtarka yeelan kara waxaa ka mida:

- Deji habka caadiga ah & Hel Nasasho Badan
- U naxariisashada naftaada
- Wakhti la qaadashada qoyska iyo saaxiibada
- Ku xidhidhka dhakhtarkaaga ama la taliyaha
- Daryeelida jidhkaaga

### Helitaanka hurdo kugu filan

Xataa haddii ay dhibaato kaa haysato seexashada, waa fikrad wanaagsan inaad jifto oo aad nasato habeenka. Isku day inaad diido cabitaanka khamrada ama qaadashada maandooriyaha si ay kaaga caawiso seexashada. Haddii aanad awoodin inaad seexato dhowr maalmood ka dib, soo wac dhakhtarka ama la taliyaha.

### Deji hab caadi ah

Waa muhiim in la dejiyo qaab caadi ah laftaada, Qaabku waxa uu ku siin doonaa dareenka dheelitiranka.

### U naxariisashada naftaada

Ka dib dhacdadan naxdinta leh waa caadi inaad dareento xishood oo aad naftaada ku canaanato waxa dhacay. Laakiin isku day inaad naftaada u fududaato oo xasusnow in fikradaha noocan ahi ay yihiin caadi.

### Ku celceli u isticmaalida warbaahinta si taxadar leh

Waa sax in nasashooyin laga qaato wararka, oo laga digtoonaado waxa aynu la-wadaagayno iyo waxa aan soo dhigayno. Isku day isku dheelitirka inaad ahaato mid wax walba la socda adigoo naftaada siinaya ogolaansho ah inaanad akhrin ama daawan wararka niyadjabka ama welwelka leh.



## SHABAKADA KA-CAAWINTA SOO-KABASHADA EE BULSHADA (CHRN)

CHRN waa shabakada Cusbitaalada, xarumaha caafimaadka, iyo ururada bulshada u heellan inay taageeraan shakhsiyaadka iyo bulshooyinku inay ka bogsadaan shilalka rabshada Bulshada.

Adeegyada waxaa loo qaybiyay saddex aag oo muhiim ah: **Taageerada Degdega ah, Adeegyada Daawaynta & Ka qayb qaadashada Bulshada**, oo waxaa ku jira:

- Hagidda Illaha-agabka
- Taageerada Goobta
- Kooxaha La tacaalida iyo Bogsashada
- Adeegyada Xiliga tiiraanyada
- Adeegyada Caafimaadka Dhaqanka
- Ka qayb qaadashada Bulshada & Waxbarashadda

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