



# Caafimaadka Maskaxda iyo Ladnaanta Deegaanka

Su'aalaha badanaa la is weydiyo

Somali | Soomaali

**OFFICIAL**

Xaashidan xaqiiqda waxaa loo sameeyay si ay kaaga caawiso inaad wax badan ka fahanto adeegyada ay bixiso Caafimaadka Dhimirka iyo Ladnaanta Deegaanka (Mental Health and Wellbeing Local).

## Waa maxay caafimaadka dhimirka iyo ladnaanta deegaanka?

Caafimaadka Dhimirka iyo Ladnaanta Adeegyada maxaliga ah waa nooc cusub oo adeegga caafimaadka dhimirka ah oo lagu soo bandhigayo ilaa 60 goobood oo ku yaal Victoria ilaa dhammaadka 2026. Caafimaadka Dhimirka iyo Ladnaanta Dadka deegaanka ayaa bixin doona daaweyn, daryeel iyo taageero loogu talagalay dadka da'doodu tahay 26 sano iyo wixii ka weyn.

Waa lacag la'aan, ikhtiyaari ah isla mar ahaantaasna ay sahlan tahay in la helo, iyada oo aan loo baahnayn in qofka meel kale laga soo gudbiyo. Muhiimadu waxay tahay, adeegyadan cusub waxaa lagu bixin doonaa iyadoo lagu salaynayo '*sideen kuu caawin karnaa?*' iyo hab ah '*ma jiro albaab qaldan*', oo diiradda saaraya inuu ku siiyo xulasho iyo xakameyn sida aad u rabto inaad taageero u hesho.

Waxay kuu fududayn doonaan inaad hesho taageerada aad u baahan tahay, isla markaasna u dhow gurigaaga iyo qoyskaaga, daryeelayaal iyo shabakado taageero bixiya.

## Waa maxay noocyada adeegyada laga bixin doono Caafimaadka dhimirka iyo Ladnaanta Dadka Deegaanka?

Caafimaadka Maskaxda iyo Ladnaanta Deegaanka ayaa bixin doonta:

- daaweyn iyo dabiici ku daaweyn (therapies)
- kaalmooyinka ku salaysan samaqabka qofka
- waxbarasho, taageerada dhigaaga iyo is-caawinta
- qorsheynta daryeelka ee uu macmiilku hogaamiyo iyo isuduwidada adeeg bixiyayaasha kale.

Waxay qaadan doontaa wakhti in goob kasta ay awood u yeelato inay bixiso adeegyo daaweyn iyo taageero dhammaystiran, laakiin marka ay si buuxda loo howlgaliyo kuwan waxaa qeyb ka ahaan doona adeegyo fool-ka-fool ah, telehealth iyo adeegyada wacyigelinta mobilada kuwaas oo loo bixiyo hal-hal (one-on-one) ama koox.

## Maxaa dhacaya haddii aan la kulmo welwel ah caafimaadka dhimirka iyo isticmaalka muqaadaraadka labadaba?

Taageero ayaa loo heli karaa qof kasta oo isku mar la kulma welwelka caafimaadka dhimirka iyo isticmaalka mukhaadaraadka.

Caafimaadka Maskaxda iyo Ladnaanta Dadka Deegaanka (Mental Health and Wellbeing Locals) ayaa kula shaqayn doona oo sidoo kale, haddii aad ku qanacsan tahay, qoyskaaga, daryeelayaasha iyo taageereyaasha, si ay u dejiyaan qorshe daryeel oo buuxinaya yoolalkaaga iyo dookhaaga.

Shaqaalaha taageerada asaaga ah ee isticmaala waayo-aragnimadooda nololeed ee shakhsi ahaaneed si ay u taageeraan dadka kale ee la kulma caqabadaha la midka ah ayaa sidoo kale diyaar u ah inay ku hagaan oo ku taageeraan.

## Yaa isticmaali kara Caafimaadka Dhimirka iyo Samaqabka Dadka Degaanka?

Caafimaadka Dhimirka iyo Ladnaanta Adeegyada deegaanka waxaa loogu talagalay dadka da'doodu tahay 26 iyo wixii ka weyn ee la kulma walaacyo caafimaad oo dhinaca maskaxda ah ama walaac la xiriira nabad-qabkooda.

Haddii aad tahay xubin ka mid ah qoyska qofka qaba welwelka caafimaadka dhimirka ah, daryeelo, saaxiib ama taageere, waxaad sidoo kale heli kartaa taageero kaa caawinaya doorkaada daryeel, ama baahidaada caafimaadka dhimirka.

Macluumaad ku saabsan taageerada ay heli karaan dhalinyarada, fadlan eeg su'aasha hoose '*Waa maxay taageerada loo heli karo dadka ka yar da'da 26?*'.

## Adeegyadu ma yihiin kuwo dhaqan ahaan ammaan ah oo markaas ka falcelinaya?

Caafimaadka Dhimirka iyo Ladnaanta Adeegyada maxalliga ahi waa mid ixtiraam ku dheehan oo ka jawaabaya baahiyaha dhaqameed iyo kala duwanaanta.

Dhammaan dadka soo booqda waxay heli doonan helitaan cadaalad ah iyo adeeg dhaqan ahaan badbaado leh iyo adeeyo ka falcelin leh oo ka madax banaan ceebaynta iyo takoorka, oo ay ku jiraan dadka Aboriginal ka iyo Torres Strait Islander ka ah, bulshooyinka LGBTIQ+, xubnaha bulshooyinka dhaqan iyo luqad ahaanba kala duwan, dadka asal ahaan ka soo jeeda qaxootiga, dadka magangalyo doonka ah, dadka la nool naafonimada iyo dadka neerfaha kala duwan (neurodiverse).

## Caafimaadka dhimirka iyo Samaqabka Dadka Degaanka (Wellbeing Locals) ma yihiin kuwo lacag la'aan ah?

Haa, adeegyadu waa u lacag la'aan qof walba, xitaa haddii aadan haysan kaarka Medicare.

## Miyaan u baahanahay inuu isoo gudbiyo xirfadle caafimaad si aan u helo Caafimaadka Maskaxda iyo Ladnaanta Deegaanka?

Maya, uma baahnid gudbinta GP-gaaga ka timid, ama xirfadle kale oo caafimaad, ama Qorshaha Daaweynta Caafimaadka Maskaxda si aad taageero uga hesho Deegaanka Caafimaadka Maskaxda iyo Ladnaanta.

## Sidee bay Caafimaadka Maskaxda iyo Ladnaanta dadka deegaanka uga duwan yihiin adeegyada kale ee caafimaadka dhimirka?

Caafimaadka Dhimirka iyo Ladnaanta Dadka deegaanka ayaa daryeeli doona dadka u baahan taageero ka badan inta uu bixin karo dhaqtarka guud (GP) ama dhaqtarka gaarka ah ee caafimaadka dhimirka, laakiin aan u baahnayn adeegyo xoojin sare leh, sida adeegyada taageerada isbitaal ku saleysan.

Adeegyadan cusub ma beddeli doonaan adeegyadii hore ee deegaankaaga. Waxay si dhow ula shaqayn doonaan GP-yada, dhakhaatiirta gaarka ah ee caafimaadka dhimirka, bixiyayaasha daawaynta mukhaadaraadka iyo khamriga iyo adeegyada kale ee caafimaadka iyo bulshada ku salaysan ee bulshada, si loo hubiyo in dhammaan baahiyahaaga taageerada la buuxiyey.

## Sideen ula xidhiidhaa Caafimaadka dhimirka iyo Ladnaanta Deegaanka?

Waxaad ula xiriiri kartaa Caafimaadka dhimirka iyo Ladnaanta Deegaanka dhowr siyaabood oo kala duwan waxayna ku xiran tahay sida aad adigu jeceshahay.

- Taleefanka: 1300 372 330
- Mareegta: [Caafimaadka dhimirka iyo Ladnaanta Deegaanka](https://www.betterhealth.vic.gov.au/mhwlocal)  
<<https://www.betterhealth.vic.gov.au/mhwlocal>>

## Ma heli karaa taageero haddii aan ku hadlo luqad aan Ingiriis ahayn?

Haa. Haddii aad u baahan tahay caawimo dheeraad ah oo luqadaada ah, waxaad kawici kartaa TIS National 13 14 50 oo codso turjubaan, ka bacdina codso in lagugu xidho adeega deegaankaaga caafimaadka dhimirka iyo nabad-qabka ee kuugu dhow.

## Booqashadayda ugu horreysa maxaa dhici doona?

Waxaad la hadli doontaa shaqaalaha caafimaadka dhimirka (tani waxay noqon kartaa inaad si toos ah ula kulantid, khadka online ka ama taleefanka).

Shaqaaluhu wuxuu diiradda saari doonaa dhegeysiga iyo fahamka welwelkaaga si ay kuula shaqeeyaan iyo, haddii aad ku qanacsan tahay, qoyskaaga, daryeelayaasha iyo taageereyaasha, si ay u dejiyaan qorshe daryeel oo buuxinaya yoolalkaaga iyo dookhyadaada.

Qorshahaaga waxa ku jiri kara taageerooyin iyo daawayn isku dhafan oo ku salaysan baahiyahaaga. Qaar ka mid ah taageeradan ayaa laga yaabaa in la bixiyo booqashadaada ugu horreysa, kuwa kalena la bixiyo booqashooyinka dambe.

Waxa kale oo suurtoagal ah in baahiyahaaga ay si fiican u dabooli karaan adeeg-bixiye nooc kale ah ama caafimaad kale ah. Haddi ay arintu sidaa tahay, Caafimaadka dhimirka iyo samaqabka Dadka Deegaanka ayaa kaa caawin doona inaad hesho adeegyadan.

Shaqaalaha asaaga ah ayaa sidoo kale diyaar u ah inay ku hagaan oo ku taageeraan adiga iyo sidoo kale qoyskaaga, daryeelayaasha iyo taageereyaasha.

## Taageero ma loo heli karaa daryeelayaasha, qoysaska iyo saaxiibada dadka qaba cudurka dhimirka?

Haa. Haddii aad tahay xubin qoyska ka mid ah, daryeele, saaxiib ama taageere qof qaba welwel dhanka caafimaadka dhimirka ah, caawimo iyo taageero ayaa laga heli karaa Caafimaadka Maskaxda iyo Deegaanka Ladnaanta.

Haddii aad jeclaan lahayd in lagugu caawiyo doorkaada daryeel, ama baahidaada caafimaadka dhimirka - waxaad awoodi doontaa inaad hesho daryeelka, taageerada iyo talada aad u baahan tahay, markaad u baahan tahay.

## Waa maxay taageerada loo heli karo dadka da'doodu ka yar tahay 26 jir?

Haddii adiga ama qof aad caawiso uu u dhexeeyo 12 ilaa 25 jir, fadlan booqo ama la xidhiidh xarunta madaxa bannaan ee degaankaaga si aad u hesho taageerada caafimaadka dhimirka iyo ladnaanta.

Si aad u heshid meesha kuugu dhow, fadlan booqo [headspace](https://headspace.org.au/) <https://headspace.org.au/>. Ku wada sheekaysiga khadka online ka iyo taageerada taleefanka ayaa sidoo kale laga heli karaa meel sare.

Haddii aad tahay qof da'yar waxaa laga yaabaa in Mental Health iyo Samaqabka Dhimirka iyo Samaqabka dadka Deegaanku ay ku siiyaan taageero xaaladaha qaarkood, sida:

- haddii aad la xiriirtid Caafimaadka Dhimirka iyo Ladnaanta Deegaanka adiga oo raadinaya caawimo
- haddii ay kugu adagtahay in aad taageero ka hesho headspace ama isbitaal oo aadna u baahan tahay gargaar degdeg ah
- haddii aad tahay xubin qoys, daryeele, saaxiib ama taageere qof taageero ka helaya Caafimaadka Dhimirka iyo Ladnaanta Deegaanka.

## Maxaa dhacaya haddii aniga ama qof aan garanayo uu u baahan yahay taageero degdeg ah?

Caafimaadka Dhimirka iyo Samaqabka Deegaanku maaha jawaab degdeg ah oo loogu talagalay dadka la kulma khatarta aadka u sarreysa ee ah dhibaatooyin degdeg ah oo ku imaan kara naftooda ama tan dadka kale.

Wixii xaalad degdeg ah oo nafta halis gelinaysa ama haddii ay jirto khatar degdeg ah oo ku imaan karta cid kasta, wac Saddexda Ebar (000). Haddii aadan hubin inay tahay xaalad degdeg ah, wac nambarka Saddexda Ebar.

Adeegyada maxalliga ahi ma furna 24 saacadood. Taageerada xasaradda ee 24-saac ah, fadlan wac Lifeline 13 11 14.

## Halkee ka heli karaa macluumaad dheeraad ah?

Si aad u hesho macluumaadkii ugu dambeeyay ee ku saabsan hirgalinta Caafimaadka Maskaxda iyo Samaqabka Deegaanka, fadlan booqo bogga [Caafimaadka Dhimirka iyo Ladnaanta Deegaanka \(Mental Health and Wellbeing Local\)](https://www.health.vic.gov.au/mental-health-reform/local-adult-and-older-adult-mental-health-and-wellbeing-services) Bogga <https://www.health.vic.gov.au/mental-health-reform/local-adult-and-older-adult-mental-health-and-wellbeing-services> (Websaytka Wasaarada Caafimaadka Fiktooriya).

Haddii aad jeclaan lahayd inaad wax badan ka ogaato dib u habaynta caafimaadka dhimirka iyo samaqabka ee Victoria oo dhan, fadlan booqo Waaxda Caafimaadka [Dib u habaynta caafimaadka maskaxda iyo ladnaanta](https://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform) mareegaha <https://www.health.vic.gov.au/mental-health/mental-health-wellbeing-reform>.

Si aad ugu hesho daabacaadan qaab la heli karo wac telefoonka ah (03) 9096 7183 addoo isticmaalaya Adeegga Gudbinta Qaranka 13 36 77 haddii loo baahdo, ama iimayl u dir [localservices@health.vic.gov.au](mailto:localservices@health.vic.gov.au)

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