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| **Alcohol and drug services**  | **Adeegyada daroogada iyo aalkolada** |
| Victoria has a highly specialised, diverse, and world-renowned alcohol and drug treatment sector.   | Victoria waxay leedahay mid sareysa oo aad loogu takhasusay, oo kala duwan, iyo mid aduunka ugu caansan ee qaybta daaweynta aalkolada iyo daroogada. |
| There are over 100 alcohol and other drug treatment service providers, including non-government organisations, community health services, and hospitals across metropolitan, regional, and rural Victoria.  | Waxaa jira in ka badan 100 aalkolo iyo daaweynta daroogooyin kale ee adeeg bixiyayaasha, oo ay ka mid yihiin ururada aan dawliga ahayn, adeegyada caafimaadka bulshada, isbitaalada oo dhan magaalooyinka iyo gobolada, iyo baadiyaha Victoria. |
| Victoria's alcohol and drug treatment services provide access to a range of different treatment options, including counselling, withdrawal, residential rehabilitation, day programs, outreach, support groups, online and self-directed help, and a range of community-based services, including opioid replacement therapy.   | Aalkolada Victoria iyo Adeegyada daaweynta darooga waxay bixiyaan isticmaalka kuwo badan oo ah fursadaha daaweynta ee kala duwan, oo ay ku jiraan la tallinta, ka bixida, dhaqancelinta degaameed barnaamijyada maalmeed, bannaanka ka soo booqashada, kooxaha taageerada, interneetka iyo caawimaada shakhsi ahaan ku wajahan, iyo adeegyada ku saleysan bulshada oo kala duwan oo ay ku jiraan daaweynta bedelaada xannuun jebin darooga ah.  |
| There is also a range of services specifically designed to meet cultural and age specific needs.  | Waxaa sidoo kale jira adeegyo fara badan oo khaas ahaan loogu talagalay inay fuliyaan baahida khaaska ku ah da’da iyo ta dhaqankaba. |
| About 40,000 Victorians per year access our drug and alcohol treatment support system. The best way to find out about the system is to call a service called DirectLine, or get in touch through the internet. The other way to access the system is to go through your GP, or other health services that you might be involved with and they can make a referral and hook you up to the right source of support and assistance. | Qiyaastii 40,000 oo Victorian ah sannadkiiba ayaa isticmaala daaweynteena aalkolada iyo daroogada ee nidaamka taageerada. Sida ugu fiican ee lagu helayaa wax ku saabsan nidaamkan waa wicitaanka adeeg loogu yeero khadka tooska ah, ama interneetka kala soo xiriir. Sida kale ee lagu heli karo nidaamkan waa inaad soo marto dhakhtarkaaga (GP) gaaga, ama adeegyada kale ee caafimaadka ee laga yaabo inaad ku lug leedahay waxayna sameyn karan soo gudbin waxayna kugu xiriirin karaan isha macluumaadka taageerada saxda ah Iyo caawimaada.  |
| The first thing to say about if anyone has got a problem with drug and alcohol is that they should feel comfortable to talk to their doctor about that because if we don't know, we can't help. There's nothing to be ashamed of and people will listen to you and support you in a way that you're comfortable with.   | Waxa ugu horeeya ee laga leeyahay waa haddii qof uun ay dhibi ka heysato daroogada iyo aalkolada waa inay dareemaan miday ku qanacsan yihiin Inay kala hadlaan dhakhtarkooda wax ku saabsan taas sababtoo ah haddii aanan ogeyn, kuma caawin karno. Ma jirto waxaad ceebsato dadkuna waa ku dhageysan doonaan oo ku taageeri doonaan si aad ku qanacsan tahay. |
| They will focus on the goals from your perspective and it can be supportive in a way that appeal to your resources and really gives you an extra person to just work things out with and just explore what's going on for you. Any type of person can have a drug and alcohol issue. It could be an older person that's living alone that's in fact depressed and actually drinking excessively. It could be a high functioning executive, or a lawyer, or someone having drug problems. | Waxay xoogga saari doonaan ujeedooyinkaaga marka dhinacaaga laga eego waxay noqon kartaa mid taageero leh si soo jiidaneysa ilahaaga macluumaad iyo xaqiiqda kuna siineysa qof dheeraad ah waxyaalaha aad kala shaqeeyso oo aad sahamiso waxa kuu soconaya noocee kasta ee qof ahi wuxuu yeelan karaa arin aalkolo iyo daroogo. Wuxuu noqon karaa qof da’a ah oo kalidii nool oo xaqiiq ahaantii niyad jabsan oo si xad dhaaf ah maandooriye u cabaya. Wuxuu noqon karaa maamule xeer sare, ama sharci yaqaan, ama qof dhibka daroogadu heysto. |
| Some people need a lot of support, a lot of care.  Some people need residential programs to go to have time out. Other people are able to do, undertake that withdrawal, do that detox at home with the support of family and loved ones. There are also services we provide where people can be supported in their own homes.   | Dadka qaarkii waxay u baahan yihiin taageero fara badan daryeel fara badan. Dadka qaarkii waxay u baahan yihiin barnaamijka degaanka si ay u tagaan oo wakhti u soo qaataan Dad kale waxay awoodaan inay sameeyaan, oo qaataan ka bixidaas, kuna sameeyaan daroogo ka saaridaas guriga iyagoo helaya taageerada kuway jecel yihiin iyo qoyska. Waxaa sidoo kale adeegyo aan bixino oo dadka lagu taageeri karo guryahooda. |
| My best advice would be to accept and own the problem, and realise that you need to get help, but also that there's plenty of help out there.  Starting at your local doctor's, is a good starting place.  Otherwise, the community health centres I would recommend, and certainly perhaps investigating online for any relevant services and information as to where you might go for assistance would be the way to go I would think. The earlier you can make a step towards accessing help, the better it will be and the more chance you've got of making a quicker recovery. | Talladeyda ugu fiicani waxay noqoneysaa inay aqbalaan oo yeeshaan dhibkaan, oo ay garowsadaan inaad u baahan tahay inaad caafimaad hesho, Laakiin sidoo kale inay jirto caawimaad badan halkaas. Adoo ku bilaabaya dhakhtarkaaga xaafada, meel fiican oo laga bilaabo. Haddii kale, xarumaha caafimaadka bulshada ayaan ku talin lahaa, xaqiiq ahaana lacala interneetka ka baaridiisa wixii macluumaad iyo adeegyo khuseeya ah sida meeshii aad caawimaad u doonan lahayd ayaa noqonaya meeshii aad mari lahayn ayaan u maleynayaa. Horaanta aad u sameysaa waxay ka dhigeysaa tallaabo aad u qaaday xagga helitaanka caafimaad jira, Waxay ka sii wanaagsanaaneysaa fursadaha badan ee aad heysato ee sameynta ka bogsi ka dhakhso badan.  |
| For assistance contact DirectLine on 1800 888 236.  | Wixii caafimaad ah la xiriir Khadka tooska ah 1800 888 236. |
| For more information visit: BETTERHEALTH.vic.gov.au/alcoholanddrug | Wixii macluumaad dheeraad ah booqo BETTERHEALTH.vic.gov.au/alcoholanddrug |