



It's Up to Us®

inaan Abuurno San Diego Caafimaad iyo Taageero leh

Maqaal gaar ah oo quseeya mawduucyada caafimaadka dhimirka ee dadka San Diego



Daabacaada 35

Xog ku saabsan Maqaalka

Si lamid ah inta badan dadka Maraykanka, dadka degan San Diego ayaa helaaya qaabab ay dib ugu laabtaan bulshada kadib ku dhawaad labo sano oo ay ku jireen iskarantiil, khasaaro, iyo hubanti la'aan. Inkastoo "jawigeena cusub" keenay isbadelo caafimaad leh oo ku yimid dadka qaar, waxay haddana abuurta caqabado qabsaday dadka qaar. Inta aan horay u sii soconayno, waa inaan xal u helnaa caqabadaha faraha badan ee caafimaadka dhimirka oo soo baxay ama kasii daray in lagu jiray labadii sano ee lasoo dhaafay.

Maqaalkaan wuxuu bixinayaa tilmaamo muhiim ah oo ku aadan sida aan u difaacayno caafimaadkeena dhimirka aana uga dhigayno muhiimada "jawiga cusub" ee aan waajahayno. Waxaa loo sameeyay in lagu dhiiri geliyo wada sheekaysiyada ku aadan caafimaadka dhimirka iyo in lagu bixiyo tilmaan ku aadan sida iyo goorta lagu helaayo caawimaad iyo sida iyo goorta ay tahay in la taageero dadka kale.

Maqaalkaan wuxuu qayb ka yahay ol-olaha It's Up to Us (Waa Hawl Na Wada Qusaysa), oo lagu abuuray County of San Diego Health and Human Services Agency (Wakaaladaha Caafimaadka iyo Adeegyada Dadka ee San Diego) wuxuuna taageerayaa higsiga County's Live Well San Diego si loo hormariyo bulsho caafimaad qabta, badqab leh, oo kobcaysa. Ayadoo kor loo qaadaayo wacyi gelinta, lana dhiiri gelinaayo wada hadalka, lana bixinaayo helitaanka khayraadka maxaliga ah, waxaan doonaynaa inaan kobcino faya qabka, yarayno takoorka, aana kahortagno isdilka dhammaan dadka San Diego, anagoo muhiimad gaar ah saarayna bulshooyinku San Diego ee saamaynta ugu xun ku dhacday iyo kuwa khatarta ugu badan ku jira.

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Laynka Helitaanka iyo Dhibaataada

888-724-7240

Ilaha Khayraadka Bulshada 2-1-1



Iftiimin: Muhiimad siinta Caafimaadka Dhimirka ee "Jawiga Cusub"

Ayadoo laga joogo labo sano markii aafada COVID-19 bilaabatay, dadka ayaa bilaabaaya inay dib ugu laabtaan hawlaha caadiga ah ayna helaan qaab ay ku maareeyaan noloshu guriga, shaqada, iyo goobaha bulshada—ayadoo la galaayo "jawi cusub." Dad badan ayaa hami u qaba inay soo ceshtaan waxa ay u arkaan inay lumiyeen waxayna dib u bilaabeen hawlihii jiray kahor COVID-19, sida booqashada saaxiibada iyo ehelka, cunta ka cunista maqaayadaha, iyo aadista goobaha timaha lagu qurxiyo. Dad kale ayaa hormarinaaya ayagoon culays qabin waxyaabaha haray, sida jadwalka shaqooyinka isku dhacayaacsan. Si kasta oo ay tahay khibridaha dadku waajahayaan, hal arin ayaa kuligeen run noo ah: Aduunka maanta aad ayuu uga duwan yahay siduu ahaa markii aafada cudurku bilaabatay.



Dad aad uga badan sidii hore ayaa waajahaaya caqabadaha dhanka caafimaadka dhimirka. Sanadkii koowaad ee COVID-19, heerarka aduunka ee xanuunnada walaaca iyo niyad jabka ayaa si wayn kor ugu kacay.¹ Shaqaalaha safka hore, sida shaqaalaha daryeelka caafimaadka iyo kuwa gurmada degdega ah, caajiska ku aadan shaqada ayaa aad u batay. Iyo inkastoo dad badan ay ku farheen ku laabashada xafiiska si ay u dareemaan kuwo ku xiran bulshada ayna helaan dareen kamid ahaansho, dadka kale ayaa waajahaaya walaac ka dhashay arintaas sabab la xariirta inay la qabsadeen ku shaqaynta guriga ama ay qabaan walaacyo caafimaad.

Sidee ayaan horay ugu socon karnaa aana kusoo ceshan karnaa dareenka caadinimada anagoo haddana xalinayna caqabadaha cusub ee caafimaadka dhimirka? Aduunku waa ka duwan yahay sidii hore hadda, anaguna sidoo kale, sidaas awgeedna waa qasab inaan sidii hore wax ka badalno qaabka aan u eegayno una maaraynayno caafimaadkeena dhimirka. Isbadelku wuxuu abuuraa fursad. Maaha keliya inaan la qabsano "jawiga cusub." Waa inaan abuurno jawiga qudhiisa. Qaabkaas ayaan ku dhisaynaa adkaysi.

Caawinta Dadka Waayeelka ee galaaya "Jawiga Cusub"

Dadka waayeelka ah ayaa si gaar ah ugu nugul xaaladaha "jawiga cusub." Dad badan ayaa wali ka baqaaya COVID-19 ayna aad ugu adag tahay inay la qabsiga labo sano oo ka luntay oo aysan soo ceshan karin. Halkaan waxaad ka helaysaa tilmaamo ka caawinaaya dadka waayeelka ah ee noloshada qaybta ah inay la qabsadaan aduunyada maanta jirta:

- Ka caawi inay si tartiib ah dib ula jaanqaadaan bulshada. Iskuday inaad ka qaybgasho kulannada yar marka hore.
- Kula xariir wicitaan, waraaq, fariin qoraal, ama booqasho badqab leh.
- Ka caawi inaad kusoo wareejiyo gaari banaanka si aysan meel u fadhin maalinta oo dhan.
- Sii wax ay u dabaal-degaan ayna higsadaan, sida safar dhanka dhunka ah ama dabaal-dega dhalashada.

Ma ogtahay?

In bisha Maayo tahay Bisha Arimaha Caafimaadka Dhimirka.

Qaad talaabo ku aadan caafimaadka dhimirka adoo hubinaaya xaalkaaga iyo kan dadka kale

Tilmaamaha Taageeriga Caafimaadkaaga Dhimirka ee Xaaladaha Hadda Taagan

Aduunyada waxaa ku dhacay isbadel, waana caadi inaad caadi noqon markasta. Daryeel caafimaadkaaga dhimirka adoo abuuraaya jadwallo ku siinaaya dhiiranaan kaana caawinaaya dhisida xaduudo caafimaad leh. Hubi tilmaamahaan, oo iskuday waxyaabaha kugu haboon adigga.

MARKAAD GURIGA JOOGTO ayadoo ay jiraan dad badan oo guriga ku shaqeeya, iskudayida in aad iskugu dheelitirto shaqada, dugsiga, iyo noloshu qoyska isku hal meel ayaa culays kugu noqon kara. Abuur jadwallo kaa caawinaaya inaad joogtayso xariirada dhow ee qoyska inta aad isku dheelitirayso qaybaha kale ee noloshada. your life.

- Waqti u samee waxyaabaha ku siinaaya farxad ugu yarana halmar asbuucii. Kudar waxyaabaha aad xiisayso iyo xirfadaha aad abuurtay labadii sano ee lasoo dhaafay jadwalkaaga caadiga ah. Sii wad inaad muhiimada siiso daryeelka naftaada haddii aad waqti badan siinaysay awal.
- Ku billoow ama kusoo afjar maalintaada muraajacaynta wixii aad samaysay. Tag meel degan oo kamid ah gurigaaga ood ku fakari karto, wax ku akhriso, ama jimicsi ku samayso adoon mashquulin. Sii qoyskaaga fursad oo isla sidaas ku sameeyo.
- Abuur waqti gaar u ah xariirka qoyska, sida habaynka filin daawashada ama isla cunista quraac subax kasta.

GOOBTA SHAQADA

Diirada saar waxyaabaha aad xukumi karto si aad u abuurto goob shaqo oo badqab leh, wanaagsan kuguna habboon.

- U qoondee ugu yaraan 15 daqiiqo maalin kasta si aad u hubiso xaaladaaha, iskaga saarto welwelka, aadna iskaga ilaaliso inaad shaqada ka caajisto. Ku xiro ganbaleel si aadan u iloobin.
- Marka ay macquul tahay, ka fogaow meelaha istareeska badan. Ka naso shaqada, oo soo lugree, wac saaxiib, muddo kooban seexo, ama samee wax kale ood jeceshahay.
- Samayso waqti si joogto ah aad u wada qaadataan qado, nasiinada kafeega, ama wac shaqaalaha kale si aad u abuurtaan xaalado bulsho oo wanaagsan oo kobcinaaya dareenkaaga. U adeegso waqtigaas inaad hubiso xaaladooda caafimaadka dhimirka.
- Haddii aad ku shaqayso oonleena: Adeegso waqtiga aad caadiyan adeegsan lahayd si aad u geliso abuurista jadwal maalmeed cusub oo ku siinaaya deganaansho maskaxeed. Qaado kafeegaaga subixii si aad usoo wareegto. La kulan saaxiib aad isla quraacataan. Nasi jirkaaga.
- Haddii aad ku laabanayso xafiiska: Samayso xaduud caafimaad leh. Xili hore go'aanso haddii aad doonayso inaad xabadka ku salaanto ama u gacan haatiso dadka, inaad dad kale isla qadaynaysaan ama aad ku cunayso cuntada xafiiskaaga, ama aad ka qaybgalayso munaasabada shaqada kadib ama inaad guriga toos u aadayso shaqada kadib.
- Haddii aad tahay shaqaalaha safka hore ama aad joogtay xafiiska intii lagu jiray aafada cudurka: La samayso kulano joogto ah oo lagu hubinaayo xaaladaha ood la yeelanayso shaqaalaha kale. Furnaan muuji oo run ka sheeg dareennada walaaca ama caajiska, ayna ku jiraan inaad dareemayso culays xad dhaaf ah, walaac, hami la'aan, hurdo yari, ama dhibaato kaa haysata inaad wax diirada saarto.



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Wac 888-724-7240 si aad u hesho caawimaad degdeg ah.
Taageero bilaash ah oo qarsoodi ah ayaa ku helayaa dhammaan
luuqadaha 7 maalmood asbuucii / 24 saac maalintii

Si aad u hesho xog dheeraad ah oo ku aadan qaababka aad ku hormarinayso faya qabkaaga caafimaadka, booqo: up2sd.org/topics/mental-health

Haddii iimeelkaaga shaqada, kulanka, ama hawshu niyad xumo kugu abuuray,

JOOJI

Tartiibso.

Neefso.

Kormeer ku samee jirkaaga, fikradahaaga, iyo dareenadaada.

Fahan waxyaabaha kuu suurtageli kara, kadibna ku soco.

GOOBAHA BULSHADA

Dadka waa noole bulshay ah waxayna u baahan yihiin inay dareemaan ku xirnaanta dadka kale, gaar ahaanna marka ay waqti badan kelinimo ku qaateen. In si tartiib ah loogu laabto goobaha bulshada ayaa noqon karta wax dhib badan ama xun, laakiin xasuusnoow keligaa ma tihid. Kuligeen xal ayaan arrintaan u raadinaynaa. Halkaan waxaad ka helaysaa tilmaamaha qaar oo kaa caawinaaya ugu xirnaanta dadka qaabab ku dareensiinaaya kalsooni.

- Qiimeyn ku samee heerkaaga farxada markaad toos ula joogto dadka. Caddee xadudaha kuu degsan, hana ka biqin inaad tiraahdo “maya.”
- Kadib marka aad booqasho dheer aado, geli waqtiga aad u baahan tahay inaad keligaa noqoto aadna dib isku xisaabiso.
- Furfurnaani muuji oo run u sheeg dadka ehelkaaga haddii aad dareemayso kelinimo ama culays xad dhaaf ah.



Akhrinka Warar Xun

COVID-19 maahan waxa keliya ee badalaaya aduunkeena. Laga bilaabo wararka xariirada caalamka illaa cadaalad darada bulshada iyo masiibooyinka dabiiciga ah, aduunyada nagu xeeran ayaa culays nagu abuuri karta mararka qaar. Xasuusnoow inay tahay wax wanaagsan inaad dareeno yeelato. Waa astaanta aadanimada.

Laakiin inaad markasta daawato wararka xun ayaa saameyn kara caafimaadkeena dhimirka. Waxay ugasii dari karaan walaaca waxayna kordhin karaan dareemmada murugta.²⁻⁵ Dadka reer San Diego waxaa saamayn ku reebay dhacdooyinka ka dhacaaya aduuntada.⁶⁻⁷ Wadanka oo dhan, dhalinta LGBTQ+ ayaa soo sheegay in sharciga dhawaan la ansixiyay uu saamayn xun ku reebay caafimaadkooda dhimirka.⁸⁻¹⁰

Akhrinta wararka ayaa naga caawin karta inaan helno xog dhab ah aana ku xirnaano aduunka, laakiin waa muhiim inaan faya qabkeena siino muhiimad sidoo kale. Halkaan waxaad ka helaysaa dhawr shay ama tilmaamood oo kaa caawinaaya la qabsiga akhrinta mawduucyada xun ee ku jira wararka aadna ku yeelanayso adkaysi.



Samayso waqti aad ku akhrido ama ku dhagaysato wararka. Iska dami wararka haddii ay culays xad dhaaf ah ku saarto.



Ku akhri ama ku daawo wararkaaga meel badqab leh oo kobcin leh. Shubo koob shaaxa oo kulul, la joog saaxiibada iyo ehelka, ama shido hees aad jeceshahay.



Ku aruuri dareemadaada helitaanka qaab aad ku caawinaaya. Xiliyada adag ayaa soo saari kara tayada ugu wanaagsan ee dadka. U adeegso fursada si aad ugu tabarucdo, ugu deeqdo, ama ula xariirto qof saamayn toos ah ku dhacday.



Akhri wax kaa farxinaaya ama shactiro ah kadib markaad akhrido wax dhib badan.



Ka naso baraha bulshada ama interneedka. Waa wax fiican inaad ababka qaar iska tirtiro, aad yarayso waqtiga aad oonleenta ku jirto, aadna iska xirto ogaysiisyada.



Fiiro gaar ah u yeelo qaabka jirkaagu uga falceliyo wararka walaaca badan, hana ka cabsan inaad taageero codsato.

Ma doonaysaa xogta oo oonleenta ah?

Si aad oonleenta uga akhrido maqaalkaan ol-olaha ah ama usoo degsato asagoo PDF ah, booqo: up2sd.org/community-bulletinsorg/community-bulletins

Ma doonaysaa inaad qof la hadasho?

Ma hubtid miyaa xiliga aad caawimaad u baahan tahay? Oonleen kula hadal, ama wac la taliye isla maanta.



LAYNKA ADEEGYADA IYO AAFADA EE SAN DIEGO:

- Taageero bilaash ah, oo qarsoodi ah
- Gurmada aafada iyo kahortaga isdilk
- Soo gudbinta baahiyaha caafimaadka dhimirka iyo daroogada iyo khamriga
- Dhammaan luuqadaha
- 7 maalmood asbuucii / 24 saac maalintii

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ILAMAHA ADEEGYADA BULSHADA:

Wac 2-1-1

WADA SHEEKAYSII TOOS AH:



- La sheekayso la taliye maanta!
- Waxaad helaysaa Isniin-Jimce 4-10 p.m.

Booqo

[OptumHealthSanDiego.com](https://www.OptumHealthSanDiego.com)

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⁷ Weil, M. (2022, Febraayo 28). Qoysaska Ciidanka ee San Diego ee ka cabsi qaba in Dagaalka Ruushka iyo Yukrayn uu Hakin Doono Soo qaadista Ehelkooda Ciidanka ku jira ee Guriga kusoo laaban lahaa. *NBC 7 San Diego*; *NBC San Diego*. <https://www.nbcsandiego.com/news/local/military/with-tension-rising-abroad-san-diego-military-families-grateful-to-welcome-home-deployed-loved-ones/2882897/>

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