



# It's Up to Us<sup>®</sup>

si loo abuurto San Diego Caafimaad iyo Taageero leh

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



Daabacaadda 38

## Xog ku saabsan Maqaalka

Yoolka tilmaantaan waa in gacan laga gaysto caadiyaynta ka hadalka caafimaadka dhimirka iyo ku dhiiri gelinta dadka inay raadsadaan taageerada ay u baahan yihiin. Laakiin nasiib daro, dadka qaar ayaan helin daryeelka Caafimaadka Dhimirka ee ay u baahan yihiin sabab la xiriirta dhibaatooyinka sida takoorka, faquuqa, helitaan la'aanta adeegga, ama keliya inaysan aqoon wax ay sheegaan. Siiwad akhriska si aad wax badan uga ogaato qaababka badan ee aad gacan uga gaysan karto caadiyaynta ka hadalka caafimaadka dhimirka.

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 Bulshada ee San Diego) wuxuuna taageerayaa higsiga County's Live Well San Diego si loo hormariyo bulsho caafimaad qabta, badqab leh, oo kobcaaysa. Ayadoo kor loo qaadaayo wacyi gelinta, lana dhiiri gelinaayo wada hadalka, lana bixinaayo helitaanka khayraadka maxaliga ah, waxaan doonaynaa inaan kobcino faya qabka, oo aan yarayno takoorka, aana kahortagno isdilka dhammaan dadka San Diego, anagoo muhiimad gaar ah siinayna bulshooyinku San Diego ee saamaynta ugu xun ku dhacday iyo kuwa khatarta ugu badan ku jira.



Iskaanka mari si aad u akhrido tilmaamaha dheeriga ah ee bulshada.

**Up2SD.org<sup>®</sup>**  
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES

Laynka Helitaanka Gurmada iyo Masiibada

888-724-7240

Laynka Gudmadka Isdilka iyo Masiibada ee Qaran

988

Ilaha Khayraadka Bulshada

211

## Iftiimin: Caadiyaynta Wada Sheekaysiyada La Xiriira Caafimaadka Dhimirka iyo Isticmaalka Maandooriyaha

Caqabada Caafimaadka Dhimirku waa cilad kasta oo saamaynaysa fikirka, shucuurta, habdhaqannada, ama dareenka. Astaamaha ciladaha caafimaadka dhimirka ayaa ku kala duwan da'aha kala duwan, laakiin dadka waawayn, astaamaha waxaa ku jiri kara walwal, maahsanaan, ama dulqaad la'aan. Haddii qofku uu wajahaayo caqabadaha caafimaadka dhimirka muddo dheer (labo asbuuc ama ka badan), waxaa laga yaabaa inuu sidoo kale qabo xanuunka caafimaadka dhimirka. Xanuunadaan caafimaadka Dhimirka, sida niyad jabka daran iyo xanuunka walwalka, ayaa la xiriiri kara walbahaar wayn ama naafo dhanka hawlaha bulshada, shaqada, ama maalinlaha ah.

Mararka qaar marka dadku la dhibtoonayaan dhibaato caafimaadka dhimirka ah waxay iska badin karaan khamrada ama daroogada badelkii ay raadsan lahaayeen caawimaad xirfadeed.

Daraasad ay dhawaan sameeyeen *Macaahida*

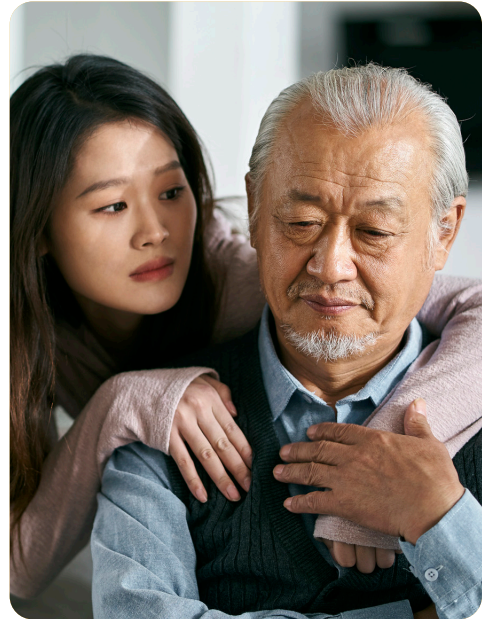
*Qaran ee Caafimaadku* sanadkii 2020 ayaa lagu ogaaday in 1 kamid ah 4tii qof ee qaba dhibaatooyinka balwadda ka dhasha ay sidoo kale qabaan xanuunka dhimirka. Tan ayaa ka dhigan in haddii qof aad taqaano uu isticmaalaayo khamri ama daroogo xad dhaaf ah, ay noqon karto astaan muujinaysa inaad u baahan tahay inaad kala hadasho caafimaadkooda dhimirka.

Dadka qaar, ka hadlida caafimaadka dhimirka ayaa ku adkaan karta sabab la xiriirta takoorka bulshada. Halkaan waxaad ka helaysaa qaar kamid ah tilmaamo kaa caawinaaya fududaynta ka sheekaysiga caafimaadka dhimirka iyo yaraynta takoorka ku aadan caafimaadka dhimirka.

## Tilmaamo ku aadan Yareynta Faquuqa iyo Caadiyaynta Ka Hadalka Caafimaadka Dhimirka

- Bar naftaada caqabadaha iyo xanuunnada kala duwan ee caafimaadka dhimirka.
- Qadari dadka kale. Iska ilaali luuqada xumaynta ah ama bahdilka ah—hadalku awood ayuu leeyahay.
- Fahan in dadka aan lagu jaangoyn karin xanuunnada caafimaadka dhimirka ee ay qabaan. Adeegso luuqada "muhiimada siinaysa dadka", taasoo ka dhigan inaad qofku ku sheegto "qof qaba xanuunka camal xumada" halkii aad ku sheegi lahayd "qofka camal xumada."
- Ka hadal marka ad aragto xog khaldan oo la faafinaayo.
- Xog badan ka ogoow ilaha Caafimaadka Dhimirka si aad diyaar garoow wanaagsan ugu lahaato caawinta qofka u baahan.

Inaad run ka sheegto xaalada dhabta ah ee jirta ayaa ka caawin karta qof kasta inuu helo dhiiri gelin, uusan kelinimo dareemin, uuna raali ku noqdo inuu ka hadlo xaalada xanuunka caafimaadka dhimirka.



# Ma ogtahay?

Webseedka *It's Up to Us (Waa Hawl Na wada Qusaysa)* ayaad ka helaysaa tasmada ilaha si ay kaaga caawiyaan helitaanka taageerada caafimaadka maskaxda ee aad u baahan tahay isla markaba. Booqo [Up2SD.org/resources](https://Up2SD.org/resources) si aad xog dheeri ah u hesho.

## Biloowga Wada Sheekaysiga

Bilaabista wada sheekaysi si aad u hubiso xaalada dadka kula jooga ayaa ah talaabo kale oo ku aadan yareynta faquuqa la xiriira caafimaadka dhimirka. Hadba inta aad badiso ka hadalka caafimaadka dhimirka, ayuu xaalkaagu soo bogsanayaa. Halkaan waxaad ka helaysaa qaar kamid ah bilowyada wada sheekaysiga oo ka caawin kara:

Waxaan ogaaday in isbadel kugu dhacay waayadaan. Sidee ayaad dareemaysaa?

Diyaar ayaan u ahay inaan ku dhageysoto haddii aad u baahan tahay inaad wax ii sheegto. Waa sidee xaaladaada noloshu?

Ma aanaan wada hadlin intii muddo ah, laakiin waan kaa fakaraayay. Waa sidee xaaladuhu?

Haddii aad u baahan tahay wax taageero ah, diyaar ayaan kuu ahay. Sidee ayaan kuu caawin karaa?

Waan ogahay in xaalkaagu adag yahay hadda. Markasta diyaar ayaan kuu ahay haddii aad doonayso inaad ila hadasho.

Waa caadi haddii aad dhibaato dareemayso. Sidee ayaan kuu caawin karaa?

Inaad taageerto saaxiib ama qof ehel ah aadna xasuusiso inay tahay wax caadi ah inay caawimaad codsadaan ayaa abuuri karta farqi wayn. Haddii uu u baahan yahay taageero xirfadeed, ku dhiiri geli inuu raadsado caawimaad asagoo booqanaaya [Up2SD.org/resources](https://Up2SD.org/resources) ama la xiriiraaya Laynka Helitaanka iyo gurmada Masiibada ee San Diego oo ah 888-724-7240. Xasuusnoow, taageeradaada iyo naxariistaada ayaa farqi wayn u samaynaysa noloshooda.



## ILAHA

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Wac 888-724-7240 si aad caawimaad ugu hesho Ismaamulka San Diego. Taageero bilaash ah oo qarsoodi ah ayaad ku helaysaa 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](https://up2sd.org/topics/mental-health)