

Sidee baan u gargaari karaa naftayda si aan u dareemo **fiicnaan intii hore ka badan?**

Wakhti ayay qaadataa in la daweyo diiqad ama murugo. Ficilkaaga ama talaabooyinka aad qaadid ayaa ku gargaari kara. Isku day inaad qaadid talaabooyinka hoose si aad naftaada uga gargaartid inaad dareentid fiicnaan intii hore ka badan.

Si tartiib ah u samee

- Naftaada u sabir. Waxa laga yaabaa in ay kugu qaadato bil ama laba si aad u dareentid fiicnaan.
- Maalin kasta samee wax aad jeceshay.
- Samee jimicsi. Jimicsigu waxa uu sare u soo qaadi karaa niyaddaada.
- Ha cabin khamri ama aalkolo kale oo badan. Waxa laga yaabaa in kuwaasi sii kordhiyaan dareenkaaga murugada ah ama niyad-jabka. Dawadu si fiican uma shaqeyso haddii aad khamri cabtid.
- Kaliya samee waxa loo baahan yaahy. Ha qaban shaqo ama hawlo siyaado ah bisha koobaad ama labaad.

Ha ka weecan daweyntaada

- Ha joojin qaadashada dawadaada. Waxa laga yaabaa inay qaadato dhawr todobaad inta dawadu kuu shaqeynayso.
- Isku wakhti qaado dawada maalin kasta.
- Tag ballamaha aad dhakhtarkaaga la leedahay. Dhakhtarku waxa uu u baahan yahay inuu ogaado sida aad tahay.
- U sheeg dhakhtarka sida aad dareentid iyo waxa aad ku fikiraysid.

Dadka kale ka raadso gargaar

- Gargaar weydiiso qoyska iyo saaxiibada. Gargaar aad raadsatid kaama dhigayso qof daciif ah.
- Weydiiso dadka kale inay kuu naxariistaan oo kuu samraan inta aad ka bogsanaysid.
- Wac 'National Hopeline Network' (Khadka Rajada Qaranka) oo leh lambarka 1-800-SUICIDE (1-800-784-2433) ama ka eeg buuggaaga teleefonka khadka qalalaasaha loogu talagalay ee degmadaada haddii aad u baahan tahay qof aad la hadashid.



GlaxoSmithKline