



**XAALADDA DHIBBANAHA LAMAANAHA WAXAA KEENI KARA SABABO BADAN.**

**CAAWIMAAD BANAANKA AH AYAA KU CAAWIN KARTA.**

## **MIELITIETTY TAAGEERADA XAALADDA LAMAANAHA DHIBAATEYSAN. DHAMMAANTOOD.**

**XAALAADA NIYADA OO HUBAAL AH-MASHRUUCA MIELITIETTY CAAWINTA DHIBAARADA UJEEADOODU WAA IN ADIGA LAGUGU CAAWIYO SI AAD UGA BAXDID DHIBAATADA SI WADAJIR AH IYO IN AAD SI WANAAGSAN ISKU FAHANTAN ADIGA IYO LAMANAHAAGU.**

**XAALADDA NIYADA OO HUBAAL AH MIELITIETTY CAAWIMAADA XAALADHA DHIBAATADA OO AH MUDDO GAABAN ( UGU BADNAAN 8 JEER) IYO SHAQAALHA OO AH SHAQAALE XIRFAD U LEH CAAFIMAADKA- IYO ARRIMAHA BULSHADA. KULLAMADDU WAA BILAASH. HADDII LOO BAAHDANA GOOBTA WAA JOOGA SIDOO KALE TURJUBAAN.**

XAALADDA NIYADA oo hubaal ah MIELItyetiy macmiil waxaad ku noqon kartaa, marka aad qabtid dhibaato aadna dooneysid in aad si wadar ah uga dabaalatid. Dhibaataada waxaa keeni kara sababo badan, tusaale

- Isbedeladda nololaha (ilmuhu markuu gurigga ka guuro, howlgab markaad noqotid, shaqo cusub, shaqo la'aan)
- Xaaladaha adadag ee lamaanaha nololaha wadaaga (aamin darro, carruur la'aan, dhibaatooyinka xaaladaha lamaanaha isku hamoodkooda) ama
- Si lama filaan ah (argagaxleh) dhacdooyinka ku yimaada (shilalka, jiro halis ah, inaad noqotid dhibbane dambi loo geystey)

**BALLANTA WAXAAD KA QABSAN KARTAA XARUNTA  
DHIBAATOYINKA TURKU LUMBARKAN 040 8223 961**

**XAALADDA NIYADDA OO HUBAAL AH MIELITIETTY MACMIIL WAXAA KA NOGON KARA DHAMMAAN DADKA DEGGAN TURKU IYO NAWAAXIGEEDA, LAMAANAYAASHA 16-JIRKA KA WEYN AMA XIDHIIDHADA BADAN KU NOOL, IYADOO AYNAN KU XIDHNEY HANTIDOODA, DA' ADOODA, JINSIGOODA, HAMADOODU DHINACA AY KU WAJAHAN TAHAY, DALKA WAXA AY KU JOOGAAN, LUGADOODA AMA AMA QOOMIYADOODA.**

**mieli**

Lounais-Suomen  
mielenterveys ry

**WIXII INTAA DHEER KA AKHRISO INTERNETKA  
KALANA SOCO SOMEGA**

mielenterveysseurat.fi/turku/mielitietty  
Facebook: @MIELItyettyHanke  
Instagram: mielitietty-hanke

XAALADDA NIYADDA OO HUBAAL AHI MIELItyetty waxay ka howlgalaan xarunta dhibaatooyinka Turku, STEA ayaa maal galisa, shaqada xidhiidhka lamaanaha dhibaateysan mashruuca kobcinaya. Mashruuca shaqaalihiiisu waa shaqaale xirfad u leh caafimaadka- iyo arrimaha bulshada.