

Rajo Soo iftiimaysa

*Farsamo waxtar leh oo loogu talagalay
waalidiinta iyo daryeelbixiyeyaasha si loo
ilaaliyo caafimaadka dhimirka ee caruurta*

Wac ama fariin u qor si lagu caawiyo

Khadka teleefoonka Isdilka ee Qaranka
Wac 988.

Pierce County Crisis Line
Wac (800) 576-7764.

Crisis Text Line
Fariin ahaan HEAL ugu dir 741741.

National Alliance on Mental Health Helpline
Fariin ahaan HELPLINE ugu dir 62640 ama iimaylka helpline@nami.org.

Teen Link
Wac (866) 833-6546.

Trevor Project—LGBTQIA+ ayuu diirada saaraa
Wac (212) 695-8650.

Trans Lifeline—dadka jinsigooda badala ayuu diiradda saaraa
Wac (877) 565-8860.

Call Blackline—BIPOC ayuu diirada saaraa
Wac (800) 604-5841.

Native and Strong Lifeline—Dadka asalka ah ayuu diiradda saaraa
Wac 988 waxaadna riixdaa 4.

Dhalinyaro badan ayaa la dhibtoonaysa caafimaadkooda dhimirka.

Waxay noqon kartaa xaalad go'doon ah marka canugaagu wajahayo uur-kutaalo ama caqabado dhanka caafimaadka dhimirka ah, laakiin kaligaa kuma tihid mana waayaysid cid ku caawisa. Xaqiiqdii, waxaad noqon kartaa difaaca ugu wanaagsan ee canugaaga ka ilaalinaya caafimaad xumada dhimirka!

Marka la eego 2023 Healthy Youth Survey (Xog ururintii Dhalinyarada ee 2023), ardayda dhigata fasalka 6aad ee Washington kuwaas oo sheegay inaysan haysan qof weyn oo ay kaashadaan markii ay niyadjabaan waxay 5 jibaar ka badantahay inay kuu sheegaan inay iskudayeen inay isdilaan (23.3%) marka loo barbardhigo kuwa sheegay inay haystaan qof weyn oo ay aaminsanyihiin (5.1%).

Hagahaan, waxaad ku baran doontaa:

- Astaamaha niyadjabka.
- Sida canugaaga loogala hadlo caafimaadka dhimirka iyo isdilka.
- Howlaha qoyskaagu guriga ku samayn karo si loo maareeyo shucuurta loona xoojiyo badqabka caafimaadka.
- Halka aad ka helayso adeegyada bixiya daryeelka kaana caawin kara caafimaadka canugaaga.

Caafimaadka Dhimirka 101

Caafimaadka Dhimirku waa caafimaad.

Caafimaadka Habdhaqanku wuxuu fure u yahay caafimaadkaaga guud. Waxaa kamid ah qaabka aad u fakarayso, wax aad dareemayso, iyo ficilka aad ku dhaqaaqayso.

Caafimaadkaaga jirka iyo dhimirkaba waxaa saamayn ku leh bii'ada, howlaha, iyo helitaanka adeegyada. Qof walba xili ayuu la dhibtoodaa xaalad caafimaad oo jirka iyo dhimirka ah. Dadka qaarkood waxaa ku dhaca xaalado ama xanuuno loo baahanyahay inuu daryeelo xirfadle caafimaad.

Korriinka ka horeeya xilliga qaangaarka

Waxaa laga yaabaa inaad wax ka taqaano isbadalada jirka ee la socda qaangaarka, laakiin qaabka caruurtu u fakaraan aduunyadana ula falgalaan ayaa sidoo kale isbadasha. Marka caruurtu gaarto bilowga da'da dhowr iyo toban jirka, maskaxdooda ayaa korta si ay u fahmaan in dadka kale leeyihiin aragtiyo, dareen, iyo fikrado. Waxay aad u daneeyaan qaabka loo arko ayaga.

Waxaa sidoo kale isbadal ku yimaadaa qaabka bulshada ay ula dhaqmaan iyo wacyiga kaalinta jinsiyada iyo waxyaabaha laga filaayo. Da'da bilowga dhowr iyo toban jirnimadu waxay ku bilaabataa is aqoonsiga qofka iyo inuu dadka kale islabarbardhigo. Wuxuu wax badan ka ogaadaa dareenka iyo aragtiyada xubnaha qoyskiisa wuxuuna ogaan karaa isbadalka ku yimaada xaaladdaada welwelka iyo shucuurtaada taasoo aysan markii ogaan karin.



Hel ilaha waxtarka
u leh ee ku saabsan
caruurta iyo
baraha bulshada
bartaan [tpchd.org/
youthmentalhealth](https://tpchd.org/youthmentalhealth)

Caafimaadka dhimirka iyo baraha bulshada

Howlaha baraha bulshada ka socda waxay hoos u dhigi karaan isku kalsoonaanta waxayna kordhin karaan kurbada ku saabsan muuqaalka iyo fahamka. Sidoo kale waa mid kamid ah hababka aasaaska u ah in dadka da'yarta ah ay isku xirmaan oo ay is taageeraan. Marka caruurta bilaabaan isticmaalka baraha bulshada, ka caawi inay helaan wakhti ay kula xiriiraan asaagooda iyo howlaha si fool-ka-fool ah. Si furan ugala hadal waxa ay arkaan iyo waxa ay maqlaan.

Markii ada go'aansato in caruurtaadu diyaar u yihiin baraha bulshada, ku dhiirigali inay u isticmaalaan inay u abuurto fursado taageerada bulshada ah, wehel onleen ah, iyo daryeel shucuureed oo dhiirigalinaya isdhexgal bulsho oo waxtar leh. Inta lagu jiro bilowga qaangaarka, waa inaad la socoto howlahooda. Taasoo ka dhigan la socosho, wadahalad joogto ah, iyo u tababaridda wayaabaha baraha bulshada kujira. Waxada dooran kortaa inaad kordhiso madaxbanaanidiisa si tartiib-tartiib ah inta uu ka weynaanayo oo wax badanna ka ogaanayo goobaha aaladaha dhijitaalka ah. Isudheelitir la socoshada baahiyaha ku haboon ee ilmahaaga iyo gaar ahaanshaha xogtiisa.

Wax badan ka ogow:

- apa.org/monitor/2023/09/protecting-teens-on-social-media
- mhanational.org/youth-tech/online-behavior
- mhanational.org/back-to-school/social-media-and-youth-mental-health

Uur-kutaalada, adkaysiga, iyo adiga

Xiriirka wanaagsan, wax dhisaaya ee uu kula leeyahay wuxuu siinayaa difaac xoog badan oo uu kaga hortago walaacyada caafimaadka dhimirka inta uu canugaagu noolyahay oo dhan. Inaad xiriirkaas kobciso xili hore ayaa muhiim ah. Tani waxay khaasatan muhiim u tahay caruurta qabta adverse childhood experiences (ACEs, waayaha xun ee xiliga caruurnimada soo gaara). ACEs waa dhacdo walba oo uurkutaalo ah taasoo dhacda inta canugu uusan garain 18 sanno, sida:

- La kulmida ama goobjoog u noqoshada xadgusub, dhibaato, ama dayacaad (dareen ahaan, jir ahaan, ama galmo).
- Geeri ama isdilis ku qof qoyska ah oo aad ugu dhow.
- Ku korista guri ay kajiraan:
 - Isticmaalka maandooriyaha.
 - Walaacyo caafimaadka dhimirka ah.
 - Waayista waalidka sabab la xiriirta furiin, kala tag, ama xabsi galis.
 - Waayista guri ama cunto sugan.

Waxyaabaha ku saabsan uurkutaalada soojireenka ah

Dadka qaarkiis waxaa sidoo kale saameeya uurkutaalo soojireen ah. Waxaa kuu soo gudbiyay qoyskaaga waxayna saamayn ku yeelan kartaa qaabka aad u fakarto oo aad wax u dareento, qaabka aad dadka ula falgasho, iyo xaataa hidde-sidahaaga.

Uurkutaalada soojireenka ah waxay horseedi kartaa kororka khatarta xaaladaha caafimaadka dhimirka iyo jirka ah. Waalidnimada damqashada iyo daryeelka leh ayaa talaabo muhiim ah u ah jabinta xaaladaan soojireenka ah.

ACEs

Ku dhawaad 64% dadka waaweyn ee Maraykanka ayaa la kulmay ugu yaraan hal mid oo kamid ah adverse childhood experience (ACE) caruurnimadoodii. Kooxaha la gacanbidixeeyo ayaa ugu dhow inay la kulmaan inta badan sababtoo ah saamaynta ay ku leeyihiin taariikhda, bulshada, iyo bii'adu.

Haddii canugaagu la kulmo ACEs, waxay noqonaysaa mid ku adag qoyska oo dhan. Positive childhood experiences (PCEs, Waayaha caruurnimada ee wanaagsan) waa dhacdooyin taageero leh kuwaas oo faa'ido u leh caafimaadka mudada dheer ee canugaaga. Waxay ka hortagi karaan shucuurta ACEs iyo saamaynada ay ku leeyihiin caafimaadka jirka inta canugu koraayo.

PCEs waxaa kamid ah:

- Macalimiin ama dad waaeyn oo lagu aaminay oo daryeelaya.
- Fursadaha madadaalada.
- Jadwalka guriga oo noqda mid la saadaalin karo.
- Inaad naftaada ku kalsoonaato.
- Daryeelbixiye aad ammaan ku dareemayso.
- Caqiidada keenaysa taageerada.
- Saaxiibada iyo dariska wanaagsan.
- Hiddaha bulshada.
- Dareenka lexejclada lahaanshaha ee dugsiga.
- Xiriirka daryeelka ee dadka waaweyn ee aan waalidka ahayn.

Fursad uga samee gurigaaga waaya-aragnimadaan iyo xiriirka aad la leedahay canugaaga! Waxay u diyaarin kartaa nolol caafimaad qabta, guul leh waxayn sare u qadai kartaa xirfadahooda waalidnimo ee mustaqbalka.

**Maxaan samayn
karaa? Kahortag.
Daawo. Ficil
samee.**

Kahortag dhibaatooyinka kahor inta aysan cuslaan.

Waxaad awood u leedahay inaad dhiirigalisoo caafimaadka dhimirka ee wanaagsan ee canugaaga aadna kahortagto dhibaatooyinka kahor intaysan dhicin. Waxaad diyaarsataa daryeel caafimaadka dhimirka ah waxaadna ku dhiirigalisaa inay waxaad samaynayso sameeyaan markii aad:

- Baranayso xirfado cusub oo la tacaalista ah.
- Si furan uga hadlayso shucuurtaada.
- Samaynayso isdaryeelista.
- Ula hadlayso qaab wanaagsan.
- Codsanayso caawimaad markaad u baahato.
- Muujinayso mahadnaq.

Waxaa ku caawin karta inaad wadasheekaysi joogto ah la yeelato kaasoo ku saabsan caafimaadka dhimirka. Ku dar dhibaatooyinka aad wajahayso markaad la kulanto. Muuji danayn joogto ah, oo aadan xukumayn dareenka nolosha ilmahaaga. Weydii su'aalaha sida:

- Sidee dareemaysaa?
- Maxaad la dhibtoonaysaa?
- Sidee u aragto warbaahinta ada isticmaalayso?
- Sidee saaxiibtinimadaadu kuu saamaynaysaa?
- Sidee baraha bulshadu kuu saamaynayaan?

Dhiirigali saaxiibtinimada ammaanka ah oo waaraysa taasoo leh saaxiibada taageerada leh ee waaweyn.

Isla kora oo wax wada barta goys ahaan.

Goyskaagu wuxuu ka wadashaqayn kara sidii caafimaadka dhimirka ee qof walba u hagaagi lahaa! Webseedyada sida **actionsforhealthykids.org** iyo **mentalhealthcenterkids.com** ayaa bixiya fikrado wanaagsan oo loogu talagalay howlaha isku xirir kara goyskaaga iyo horumarinta badqabka canugaaga.

Howlaha waxa akamid ah:

- Is ogaanshaha qofka aad tahay.
- Mahadnaqa.
- La xidhiidhka goyska.
- Qorshaha is daryeelista.
- Wax qorista.
- Hadallo dhiirrigelin ah.
- Neefsashada maskaxda u roon.
- Naadiga buuga goyska.
- Isla samaynta qorshaha badqabka.

Nolosha guriga oo ah mid la saadaalin karo waa muhiim! Bixi cunto iyo hurdo joogto ah iyo xili joogto ah oo ada goyska la qaadanayso. Hubi in caruurtaadu sameeyaan howsha guriga iyo layliga. U ogolow inay wax ku biiriyaan go'aanada goyska markii ay caqli-gal yihiin.

Xasuuusnow, inaad kaalin weyn ka cayaarayso dhinac walba oo kamid ah nolosha canugaaga. Jadwalayso baaritaano joogto



Ka hel adeegyo si wnaagsan ugu haboon baahiyahaaga gaarka ah **tpchd.org/youthmentalhealth**

ah oo uu la yeelanayo bixiyihiisa daryeelka caafimaadka waxadana soo qaadaa wax walba oo ah walaac caafimaad oo aad qabto—oo ay kujiraan caafimaadka dhimirku. Waxaad sidoo kale:

- Si dhow ula socon kartaa qaabka canugaagu ku bixiyo wakhtigiisa onleenka ah.
- Baro sida loo helo adeegyada qalalaasaha lacala hadaad u baahato.
- Xooji xalaadaha wanaagsan ee qoyska ama dariska.
- Ka qaybgal dhacdooyinka bulshada.
- Samee mutadawacnimo.
- Cayaar.
- Isla jimicsada.
- Akhriya ama daawada muuqaalada ku saabsan caafimaadka dhimirka kana wadahadla faalcelintiina.
- Wax ka barta oo baara astaamaha digniinta u ah welwelka waxaadna raadsataan caawinaad haddii aad isku aragtaan.

Daawo inta ay korayaan.

Inaad xiriir wanaagsan la smaaysato ilmahaagu waxay fursad wanaagsan kuu siinaysaa inaad la socoto xaaladiisa.

Waxaa la joogaa xiligii aad caruurtaada kala hadli lahayd caafimaadkiisa dhimirka markii →

- ➔ Aad ku aragto wax khaldan laakiin aadan hubin sababta ka danbaysa.
- ➔ Habdhaqankooda oo ka badalan midka kooxda ay isku asaaga yihiin.
- ➔ Ay bilaabaan inay dhibaato ku qabaan guriga, dugsiga, ama saaxiibada.
- ➔ In ka badan 2 todobaad, aad aragto inay:
 - Dareemayaan ay dareemayaan murugo, caro, welwel, ama maahsanaan inta badan.
 - Aysan samayn karin howlaha maalinlaha ah ama aysan wax ka qaban karin dhibaatooyinka iyo welwelka.
 - Muujiyaan isbadal weyn oo dhanka shucuurta ah, oo ay kujirto sare u kac aan la xakamyn karin.
 - Ka fogaanayo saaxiibada iyo howlaha bulshada.
 - Uu leeyahay xanuuno iyo caajis ayadoo saan sababta saxda ah la garanayn. Waxaa kamid ah madax-xanuun, calool xanuun, ama murqaha oo xanuunaya.
 - Inuusan danaynay howlihii uu jeclaa.
 - Inuu seexdo wax aad uga badan ama uga yar intii uu horey u seexan jiray.
 - Inuu yeesho qarow joogto ah ama sariirta ku kaajo.
 - Isbadal uga yimaado shaqada ama xaadirista dugsiga.
 - Uu doorto cunto adag, ay kujiraan xisaabinta kalooriyada ama cuntada miisaanka.
 - Uu muuqdo mid dawakhsan, aan joogin, ama isdhiibay.
 - Inuu u muuqdo inuu aaminay inuu guuldaraystay ama uusan waxba qabsan karin.
 - Inuu wax isku jeexo, isgubo, ama uu iswaxyeeleeyo.
 - Ku dhitoodo qabayska iyo labiska.
 - Isticmaalo maandooriye ama khamri.
 - Uu qabo cabsi ama welwel kusoo boodaya.

Aqoonsiga cabsida soo boodada ah.

Cabsida ama welwelka soo boodada ah waa qaybo welwel ah oo lama filaan ah kuwaasoo noqda kuwo muuqda. Cabsidaan soo boodada ah waxay ku dhici kartaa qof walba, laakiin ma sababaan dhibaato waarta. Astaamaha waxaa kamid ah:

- Dareemista xaalad fara ka bax ah.
- Cabsida geerida ama dareemista ku dhexjirista qolka.
- Wadnaha oo boodboodaya ama garaacmaya.
- Dhidid.
- Qarqaryo ama gariir.
- Neefta oo dhibta.
- Neefsashada oo degdeg ah oo dheer.
- Tabardarri ama dawakhaad.
- Gacmaha oo dareen ku yaraado ama kabaabyooda.
- Xanuun xabadka ah—waxaa laga yaabaa inay ka welwelaan in uu wadne xanuun ku dhici doono.
- Calool xanuun ama lalabo.

Haddii aad aragto qof wajahaya cabsida degdega ah, waxaad u raadisaa meel uu fariisto oo ammaan ah. Xasuusi inuusan khatar ku sugnayn cabsida degdega ahna ay baxayso.

Waxaad sidoo kale tusi kartaa neefsashada qotodadheer wuuna kula samayn karaa. Waxaa waxtar leh inada samaysaan jimicsiga garashada, sida inaad weydiiso wax uu dhadhamin karo, maqli karo, dareemi karo, uuna arki karo.

Si dhakhso ah oo wanaagsan shaqada u qabo.

Markii walaacyada caafimaadka dhimirku soo ifbaxaan, waad caawin kartaa! Xasuusi canugaaga in dareenkiisu yahay mid dhab ah oo caadi ah, walaacyada caafimaadka dhimirku yihiin wax lala tacaali karo, mar kastana aysan sidaan ahaanayn.

Kaddibna, si fiican u dhegayso. U samee meel ammaan u ah oo uu dareenkiisa kaga hadlo. Waxba dhib ah malaahan inaad su'aalo weydiido, laakiin xaqiiji inuu ogaado inaad halkaan u joogto si aad u caawiso. Kaga dhegayso caqbadaha uu wajahayo si maskax furnaan leh.

Waxaa jirta fursad weyn oo ah inaad u bahaan doonto inaad caawimaad raadsato. Dugsiga ilmahaaga ayaa bixiya adeegada caafimaadka dhimirka bixiyahooda daryeelka caafimaadka ayaa awoodi kara inuu ku caawiyo. Waxaad sidoo kale caawimaad ka raadsan kartaa adeegyada sida Kids Mental Health Piece County ama adeeg bixiyeyaasha sida WISE Pierce County.

Waxaad u qareemi kartaa adeegyada dugsiga. Washington Office of Superintendent of Public Instruction (Xaafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha ee Washington) wuxuu dugsi walba oo dowli ah oo gobolka ku yaala ku waajibinayaa inuu bixiyo waxbarashada badalka ah (ALEs). Taasoo micnaheedu yahay in qaar kamid ah ama dhammaan waxbaarshada lagu bixiyo meel ka baxsan jadowalka fasalka ee caadiga ah.

Tani waxay noqon kartaa wakhti wanaagsan oo aad ku baran karto siyaasdaaha caymiska caafimadaka canugaaga ee adeegyada caafimaadka dhimirka. Washington State Healthcare Authority (Wakaaladda Daryeelka Caafimaadka ee Gobolka Washington) ayaa kaa caawin karta sidii aad caymis u heli lahayd haddii aadan haysan. Waxaad sidoo kale booqan kartaa tpchd.org/youthmentalhealth si aad u hehso xeeladaha loo samaysto qorshaha badbaadada dhibaatooyinka.

Astaamaha digniinta isdilka

Afar kamid ah shantii dhowr iyo toban jirrada ee iskudaya isdilku wxaay bixiyaan digniino cadcad. Canuga ama ilmaha qaangaarka ah ee isdalaya waxaa dhici karta inuu:

- Ka hadlo, sawiro, ama qoro waxyaabo ku saabsan geeri ama isdil—oo ay kujiraan inuu ku kaftamo.
- Uu muujiyo astaamo hadal ah sida “masii jiri doono muddo dheer” ama “rajo beel ayaan ahay.”
- Uu muujiyo dareen xad-dhaaf ah oo ku saabsan danbi, ceeb, ama dayro.
- Inuu haowlihiisa isku aadisto. Tusaale ahaan, inuu waxyaabaha uu jecelyahay tuuro ama bixiyo.
- Inuu farxad degdeg ah muujiyo markuu muddo niyadjab ah soo maro.
- Inuu ka qaybqaato habdhaqamada khatarta badan ama muujiyo inuusan dan ka lahayn caafimaadkiisa, ammaankiisa, ama noloshiisa.

Waxaad samaynayso haddii aad u malayso in canugaagu isdilayo.

Haddii aad u malayso in canugaagu isdilayo, iskuday inaad cabsan. U sheeg inaad daryeelayso aadna doonayso inaad caawiso. Aamin shakhsiyadaada. Haddii aad u malaynayso in xaalado culustahay, raadso caawimaad degdeg ah. Haddii aad ku khasbanaato, ku dhiiro inaad naf badbaadiso.

Si toos ah u weydii inuu dareemayo niyadjab ama uu ku fakarayo inuu isdilo ama geeri. Inaad si furan oo daacadnimmo ah u hadasho waxay canuga u ogolaanaysaa inuu kalsooni kugu qabo uuna fursad kuu siiyo inaad tabashooyinkaaga muujiso. Dhegayso aragtidiisa iyo dareenkiisa qaab daryeel iyo ixtiraam leh.

Adeegyadaas uu buug-yarahaanu xusaayo? Hadda waxa ala joogaa xiligii aad isticmaali lahayd. Ballanta goobtaada caafimaadka dhimirka ama adeegyada caafimaadka dhimirka ee dugsigaaga ayaa noqon karta talaabo wanaagsan, laakiin khadka teleefoonka dhibaatooyinka ayaa ku siin kara caawimaad degdeg ah.

Jaho walba oo aad adigu doorato, waxaa lagama maarmaan ah inaad raadsato talada qof khabiir ku ah xirfadda caafimaadka dhimirka kaasoo khi Brad u leh caawinta caruurta iyo da'yarta qalbijabka qabta.

Dadka waaweyn ee kale ee muhiimka u ah nolosha ilmahaaga ayaa loo baahanyahay inay ogaadaan waxa socda. Waxaa kamid noqon kara qoyska, saaxiibada, iyo macalimiinta. Haddii aadan ahayn waalidka ama daryeelbixiyaha ilmaha, u sheeg kulana tali inay radasadaan caawimaad degdeg ah.

Waa inaad sidoo kale xaqiijisaa inaad yarayso helitaanka waxyaabaha qofku isku waxyeeleeyo. Ka xir waxyaabaha sida daawada, hubka, khamriga, iyo mindiyaha iyo waxyaabaha kale ee afka leh.

U dooro caawimaada saxda ah dhibaatooyinka canugaaga.

Markii aad go'aansato in canugaagu kujiro khatar degdeg ah oo uu naftiisa ku hayo ama dadka kale, hubi in adiga ama qof kale oo weyn uu kormeero mar walba. Kaddib, ka bilow caawimaada saxda ah:

- **Khadka diirran:** Waa khad loogu talagalay xaaladaha ana degdega ahayn kaasoo bixiya goob ammaan u ah in looga hadlo dareenka, taageero lagu helo, laguna helo adeegyo.
- **Khadka degdega ah:** Wuxuu bixiyaa wax ka qbaasho degdeg ah oo ku saabsan qalalaasaha si looga hortago isdilka ama dhibaataada.
- **Kooxda dhibaatooyinka ee guurguurta:** Waa ay safri karaan si ay u caawiyaan dadka dhibataooyinka kujira.
- **Qolka xaaladaha degdega ah:** Haddii aadan heli karin caawimaad degdeg ah oo meel kale ah, waxaad mar walba booqan kartaa qolka xaaladaha degdega ah si aad u hesho caawimaad degdeg ah intaad kujirto dhibaatooyinka caafimaadka dhimirka.

Halkaas, waxaad ka helaya noocyo badan oo adeegyo iyo daawooyin ah. Waxay noqon karaan kuwo loogu talagalay xiliyo cayiman ama daaweyn soconaysa.

La taliyahaagu wuxuu ku siin karaa noocyo kala uwan oo caawimaad ah, sida:

- | | |
|---|---|
| • Baxnaanada hadalka. | • habaynta Dhaqdhaqaaqa Indhaha). |
| • Cognitive behavioral therapy (CBT, Baxnaanada Habdhaqanka Garaadka). | • Acceptance and commitment therapy (ACT, Baxnaanada Aqbalaada iyo Howl-gudashada). |
| • Dialectical behavioral therapy (DBT, Baxnaanada Habdhaqanka Fikirka). | • Baxnaanada cayaarta. |
| • Eye movement desensitization and reprocessing (EMDR, Diyaarinta iyo Dib u | • Internal family systems therapy (IFS, Baxnaanada nidaamka gudaha qoyska). |

Waxaad wax badan oo ku saabsan baxnaanooyinkaas iyo kuwo kaleba ka ogaan kartaa:

psychologytoday.com/us/types-of-therapy

Goobta baxnanaada canugaagu waa ay ka duwanaan kartaa. Baxnaaniyuhu wuxuu soojeedin karaa in canugaaga kaligiis la keeno, koox uu kamid noqdo, ama uu adiga iyo qoyskaaga idin la joogo.

Qaabka baxnaaniyahaagu sidoo kale waa uu ka duwanaan karaa. Khabiirka cilminafsiga ayaa ku siin karaa baxnaano laakiin sida caadiga ah daawo kuuma qori karo. Psychiatrist or psychiatric nurse practitioner (ARNP, Kalkaalisada khabiirka ku cilminafsiga ama dhimirka) ayaa ku siin karta baxnaano iyo daawo qoris si ay ula tacaasho xaaladaha caafimaadka dhimirka.

Daawooyin kala duwan ayaa kaa caawin kara astaamaha ugu badan ee xaaladaha caafimaadka dhimirka. Canugaaga waxaa laga yaabaa in loo baahdo in lagu dayo daawooyin kala duwan si loo helo mida saxda ah.

Ayadoo baxnaanada hadalka iyo tan daawaduba noqon karaan kuwo waxtar leh, haddana dadka qaarkiis ayaa ka faa'idaysta xulashooyinka diimaha, dhaqanka, iyo kuwa dhamaystiran sida:

- Baxnaanada farshaxanka.
- Baxnaanada muusigga.
- Baxnaanada xayawaanku caawiyo.
- Baxnaanada dhaqdhaqaaqa ama jaaska.
- Daawada awooweyaasha/dhaqameedka.
- Baxnaanada dibadda ama bii'ada dabiiciga ah.
- Taageerada diinta/caqiidada ku salaysan.

Daryeelka dhibaatooyinka

Haddii canugaagu wajahayo dhibaatooyin caafimaadka dhimirka ah kuwaasoo u baahan taageero heer sare ah, xirfadleyaasha caafimaadka dhimirka waxaa u banaan ikhtiyaaro yar. Inta badan, waxay arintaani ka bilaabanaysaa kooxda Pierce County Crisis Line ama qolka xaaladaha degdega ah. Waxaa dhici karta inay kugu xiraan adeegyada iyo taageerada ama, haddii canugagau u baahdo daryeel heer sare ah, isbitaal.

Barnaamijyada bukaan-jiifka: Tani waxay inta baadan la xiriirtaa 3–7 oo isbitaalka lala joogayo dhalinyaro kale iyo 24/7 oo kooxda daryeelka ah. Hadafku waa in la xasiliyo qofka da'yarka ah si ku filan taasoo aan wax dhiba ka imaanayn haddii uu xaafadda aado uuna sii wato daawada.

Barnaamijyada bukaan-socodka ee degdega ah: Kani waa barnaamij daaweyn oo maalintii ah. Qofka da'yarka ah wuxuu ku noolaanayaa guriga laakiin wuxuu qaadanayaa 3-5 maalmood oo daaweyn dhamaystiran ah todobaadkii. Hadafku waa in loo diyaariyo qofka da'yarka ah sidii uu ugu laaban lahaa jadowalkiisii caadiga ahaa asagoo haysta xirfadaha kahortagga in mar kale isbitaalka la keeno.

Ku daaweynta guriga: Haddii canugaagu u baahanyahay daryeel heerka bukaan-jiifka ah oo muddo dheer ah, wuxuu qaadan karaa daawweynta guriga loogu samaynayo. Barnaamijyadaan, qofka dhalinyarada ah wuxuu ku noolaanayaa goob muddo todobaadyo ah ama bilo ah asagoo qabanaya shaqooyinka xasilinta iyo la tacaalista dhibaatooyinka.

**Canugaygu wuxuu
u baahanyahay
caawimaad. Halkee
ayaan ka bilaabaa?**

Xaaladaha caafimaadka degdega ah, wac 911.



Si aad u hesho caawimaad degdeg ah, iskuday khadka fariinta dhibaatooyinka **741741** ama Suicide Prevention Lifeline halkan **(800) 273-8255**. Waxaad ka heli kartaa xulashooyin badan oo si khaas ah loogu talagalay qoyskaaga iyo baahiyahaaga. Booqo **tpchd.org/youthmentalhealth** si aad u heshp liiska buuxa ee adeegyada maxaliga ah iyo kuwa qarankaba.

Caruurta kasoo jeedaa bulshooyinka la gacan bidixeeyo ayaa mararka qaarkood la kulma in adeegyadu aysan ka tarjumayn baahiyahooda. Waxaa caawin karta inay caawimaad ka raadsadaan waxyaabaha ayaga ku haboon.

BIPOC

Cunsuriyadda iyo qaababka kale ee xadgudubka waa nooc kamid ah welwelka uurkutaalada muadada dheer ah. Waxay ka qaybqaadan karaan kor u kaca post-traumatic stress disorder (PTSD, xanuunada welwelka uurkutaalada ka dhasha) iyo xaaladaha kale ee caafimaadka dhimirka.

Nidaamka caafimaadka Maraykanka, oo ay kujirto qaybta caafimaadka dhimirka, wuxuu leeyahay taariikh takoor iyo gumaysi leh. Inaad nidaamkaan aaminayn ayaa kaa baajin karta inaad daryeel raadsato.

Waxaad ka faa'idaysan kartaa qaybaha la hormariyay ee ku saabsan howlaha dhaqanka, kordhinta bixiyeyaasha caafimaadka dhimirka ee BIPOC, iyo adeegyada sida gaarka ah loogu talagalay bulshooyinkaan.

**Ka hel adeegyo si wnaagsan ugu haboon
baahiyahaaga gaarka ah barta
tpchd.org/youthmentalhealth**

Jinsiga iyo galmada

Dhalinyarada LGBTQIA+ ah ayaa qaba welwelka, qalbijabka, iyo isdilka ee ugu badan. Tani kuma saabsana nooca galmadooda ama jinsigooda, laakiin badalkeeda waa qaabka ay ula dhaqmaan qoyskoodu, asaagoodu, iyo bulshadu. Wararka xunxun ee ku saabsan bulshada LGBTQIA+, xaqiraada guriga, dhibaataaynta, iyo jawiga siyaasadeed ee cadowtooyada leh ayaa ku abuuri kara welwel kaasoo horseedaya caafimaadka dhimirka oo liita. Waad taageeri kartaa canugaaga:

- Ixtiraam aqoonsigooda.
- Isticmaal magaca iyo magac u yaalka uu doortay.
- Sii fursado si uu ula falgalo asaagiisa.
- Isticmaal warbaahinta da'ahaan ku haboon ee leh mataaladda saxda ah ee dadka LGBTQIA+.
- Daryeel ka raadso dhakhtarka caruurta ee ku shaqada leh.
- U qareen xaquuqahooda, baahiyahooda, iyo farxadda marka uu guriga ka maqanyahay.
- Qaabka aqoonsiga jinsigu wuxuu ku dhacaa dhowr marxaladood oo koriin ah, oo ay kamid yihiin socod-baradka, sannadaha tobanka sanno ka yar, iyo dhowr iyo toban jirka. In jinsiga laga hadlo micnaheedu mahaan in canuga uu ku dhacayo xanuun dhimirka ah. Taageer canugaaga: U xaqiiji jacaylkaaga iyo daryeelkaaga.
- U qareen baahiyihiisa iyo badqabkiisa marka uu joogo bii'ada sida dugsiga ama kaniisadda.

Qaab wanaagsan oo caafimaadka lagu ilaalin karo waa inaad canugaaga u raadiso daryeel caafimaad iyo adeegyo mar walba oo uu dareemayo welwel, khaasatan markii mowduuca jinsiga ku saabsan laga hadlo.

Ka hel adeegyo si wnaagsan ugu haboon baahiyahaaga gaarka ah barta
tpchd.org/youthmentalhealth

Naaanimada

La noolaanshaha naaanimada—haddii ay ahaan lahayd mid koriin, waxbarasho, garaadka, jirka, ama dhimirka—waxay sare u qaadaa fursadaha aad ku wajihi karto astaamaha caafimaadka dhimirka. Arintaan waxaa sabab u noqon kara qaabka laguula tacaalo, welwelka la tacaamulista naaanimada, ama sabab jirka ah.

Haddii canugaagu naaanimado la noolyahay, daryeelkiisa waxaa kamid ah badqabka dhimirka. Koox daryeel oo taageerta iyo adeegsiga asaagiisa kuwaasoo wadaaga xaaladooda ayaa muhiim ah.

Ka hel adeegyo si wnaagsan ugu haboon baahiyahaaga gaarka ah barta
tpchd.org/youthmentalhealth

Adeegyada maxaliga ah

Kids Mental Health Pierce County kidsmentalhealthpiercecounty.org

Washington Mental Health Referral Service for Children and Teens (Adeegga Xarunta Caafimaadka Dhimirka ee Washington ee loogu talagalay Caruurta iyo Dhalinyarada)
 (833) 303-5437 | Isniinta ilaa Jimcaha, 8 subaxnimo. ilaa 5 galabnimo. ama buuxi codsi onleen ah.

Comprehensive Life Resources comprehensiveliferesources.org

SeaMar (855) 289-4503 | seamar.org/services-bh

Consejo Counseling (253) 414-7461 | consejocounseling.org

Valley Cities Ciidan | (206) 461-3222 | valleycities.org/crisis-contact

HopeSparks (253) 565-4484 | hopesparks.org

Pride Counseling NW LGBTQIA+, cabirka | (253) 201-0203 | pridecounselingnw.com

Greater Lakes Mental Health (253) 581-7020 | glmhc.org

Catholic Community Services Family Behavioral Health (253) 759-9544 | ccsww.org/services/family-behavioral-health

Behavior Bridges (253) 262-3409 | behaviorbridges.com

Bridges Center for Grieving Children Support Groups (Mary Bridge) (253) 403-1966 | marybridge.org/patients-visitors/patient-family-support-services/bridges-center-for-grieving-children

Eating Recovery Center Bellevue/Onlayn | (425) 454-1010 | eatingrecoverycenter.com/recovery-centers/bellevue

Charlie Health Onlayn | (877) 604-7924 | charliehealth.com

Child Advocacy Center's Child Sexual Abuse Non-Offending Caregiver Support Group (Kooxda Taageerada Daryeelbixiyaha Xadgudub la'aanta Galmada Caruurta) (253) 403-1478 | piercecac.org/resources/#support

A Common Voice Caregiver Support Services (253) 537-2145 | acommonvoice.org/support-services

Washington Healthcare Authority Family Initiated Treatment (Daaweynta Qoysku Diyaarsado ee Wakaaladda Caafimaadka Washington) (833) 303-5437 | hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/family-initiated-treatment-fit

Life Transitions (253) 363-8853 | lifetransitions2020.com

MultiCare Behavioral Health (253) 697-8400 | multicare.org/services/behavioral-health

Kwawachee Behavioral Health and Wellness Puyallup Tribal Health | (253) 593-0247 | puyalluptribalhealthauthority.com/services/behavioral-health

Catholic Community Services (206) 328-5696 | ccsww.org/services/family-behavioral-health

Project Access Northwest (206) 788-4204 | projectaccessnw.org/programs/pro-bono-counseling

Kids and Family Counseling (425) 505-1320 | kidsandfamilycounseling.com

Horses Guiding Humans (360) 339-6084 | horsesguidinghumans.com

Ted Brown Music Kooxaha Baxnaanada tbmoutreach.org/musictherapy

Game Time Tacoma thegametimeway.com

Innovative Change Makers innovativechangemakers.org

Communities in Schools Washington Lakewood, Tacoma, Puyallup, and Peninsula | (253) 248-1991 | ciswa.org

Office of Behavioral Health Advocacy (800) 366-3103 | obhadvocacy.org

Family Youth System Partner Round Table (Nidaamka Dhalinyarada Qoyska Jaalka Miiska jooga) hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/family-youth-system-partner-round-table-fysprt

Rebuilding Hope Sexual Assault Center Adeegyada Baxnaanada (253) 597-6424 | rebuildinghope.org

National Alliance on Mental Health Pierce County (253) 677- 6629 | namipierce.org | Taageerada asaaga iyo waxbarashada loogu tala galay saaxiibada iyo qoyska dadka qaba xanuunada caafimaadka dhimirka.

Triple P (253) 649-1500 | tpchd.org/triplep

Psychology Today psychologytoday.com/us/therapists/wa/pierce-county

Teenlink (866) 833-6546 | teenlink.org

Adeegyada dugsiga ku salaysan

Dugsiyada qaarkood waxay bixyaan la talinta caafimaadka dhimirka iyo adeegyo kale oo ay ardaydooda siiyaan. Waxaad xaafiiska la talinta dugsigaaga weydiin kartaa xulashooyinka iyo adeegyada kale ee ay bixiyaan.

Ilaha Qaranka

Mental Health America screening.mhanational.org/screening-tool | Qormooyin iyo hagitaano ku saabsan mowduuyada caafimaadka dhimirka oo kala duwan iyo baaritaanada caafimaadka dhimirka—oo ay kamid yihiin baaritaanada caafimaadka dhimirka ee dhalinyarada oo loogu talagalay waalidiinta iyo dhalinyarada ayaa kaa caawin kara inaad ogaato dhibaatooyinka loo baahanyahay inaad kala hadasho dhakhtarkaaga caruurta ama xirfadlaha caafimaadka dhimirka.

Hagaha Child Mind Institute childmind.org/guides | Wuxuu ku hagayaa waalidiinta qabta xaalad kasta oo caafimaadka dhimirka ah ama walaacyada habdhaqanka iyo mowduucyada kale ee caafimaadka dhimirka canuga khuseeya, iyo sidoo kale Hubiyaha Astaamaha ee waalidiinta si

ay u garto caqabadaha aad u baahantahay inaad kala hadasho dhakhtarkaaga caruurta ama xirfadlaha caafimaadka dhimirka.

American Academy of Child and Adolescent Psychiatry aacap.org | Xaqiiqooyin kooban oo ku saabsan noocyada kala duwan ee caafimaadka dhimirka iyo habdhaqanka.

Youthline theyouthline.org/get-help | Waa caawimaad, taageero, iyo khad dhibaatooyinka loogu talagalay oo ay isa siiyaan dhalinyaradu kaasoo siiya taageerada dhibaatooyinka iyo soo gudbina ayagoo isticmaalaya wicitaan, qoraal, iyo wadasheekaysi. Khadka dhalinyarada waxaa ka jawaabaya mutadawace da'yar ah iyo dhalinyaro yaryar oo maalin walba ku tababarta laga bilaabo 4–10 galabnimo Xiliga Pacific-ga, iyo dadka waaweyn oo guud ahaanba jooga xiliyada kale.

Psychology Today psychologytoday.com/us

Adeegyada Shucuurta iyo Waxbarashada Waalidka sites.google.com/mytusd.org/tusdselparentresources/home

SafeSpace Agabka La qabsiga safespace.vibrant.org/en/seeking-help

Tacoma-Pierce County Health Department
(Waxda caafimaadka Ismaamulka Tacoma-Pierce) | Abriil 2025

**Ma haysaa aragti
hagahaan ku
saabsan?**

Halkaan noogu
sheeg aragtidaada.

