

# Wakhtiyadan oo uu dhib culus jiro, macluumaadka hoose ayaa ku caawin kara.

(In times of stress, these resources can help.)

Waxaa kuu fiican in aad iska baarto COVID-19 si aad ugu dedaasho caafimaadka naftaada iyo dadka kula nool. Laakiin waxaa muhiim ah in la sii ogaado in aan xanuunkan saameyntiisa laga dareemin oogada oo keliya. Murugo, caro, welwel iyo dareen kale oo badan ayaa ka mid ah dhaawacyada dabiiciga ah ee uu COVID-19 gaarsiiyo maskaxda dadka. Dadka khatarta badan ugu jira ama ay haysato sinnaan la'aan gaar ahaaneed ee xagga caafimaadka, sida shaqaalaha safka hore ee qabta shaqooyinka lagama maarmaanka ah iyo dadka tirada yar, maskax ahaan iyo dareen ahaan ayey dhib badan ula kulmaan. In la barto sida loola tacaalo iyo sida fiican ee looga gudbo wixii dhib ah — iyo in la helo talooyin iyo macluumaad sax ah — ayaa kuu noqon kara caawimaad. Booqo [resilient.wi.gov](http://resilient.wi.gov) si aad faahfaahin dheeraad ah u hesho maanta.



## Talooyinka lagu maareeyo murugada

Daryeelidda naftaada ma ahan damaacinnimo. Inaad ku dedaasho caafimaadka jirkaaga iyo maskaxdaada waa wax aad ku hubineyso helidda macluumaad aad uga taxaddarto dad kale.

### **Ku dedaal 3 wax oo kuu “fiican”**

Wixii kuu fiican cunto ahaan, hurdo fiican habeenkii, iyo jimicsi fiican oo badan.

### **Xuduud sameyso**

Ha oggolaan arrimo ah dhib hadda jira in ay kuu noqdaan wax kasta oo aad akhrisato, daawato, ama aad ka hadasho. Ha ka cabsan asxaabta iyo qoyska in aad kala hadasho waxyaabo kale.

### **Cidla Ciirsi La' Ha Noqon**

Xiriir iyo taageero inaad dadka la yeelato ayaa laga helaa ad-adeyg. La xiriir qoyska iyo asxaabta, dadka kula shaqeeya, dad aad ka hesho qalbi-dejin ah mid diimeed ama kuwa aad isku taageertaan wax kasta.

### **Nasasho u hel jirkaaga**

Samee wixii ay kula noqoto, sida qaadashada neef weyn marar badan, jimicsi iyo iskala-bixin, nasasho, iyo waxyaabo kale oo ah diin iyo qalbi-dejin.

### **Samee waxyaabo aad jeceshahay**

Cunto fiican cun, wax akhriso, wax aad ka hesho dhageyso, haddii aad rabto ku ciyaar fiidiyow lagu xiro shaashad, ama la sheekeyso qoyska iyo asxaabta.

### **Ka fogow wixii aan kuu rooneyn**

Sii diyaarso hab aad ku dejin karto dareenkaaga. Ka fogow balwadaha aalkolada, mukhaadaraadka, ama habdhaqanka xun.



## Ma ku jirtaa xaalad adag? Degdeg u raadso caawimaad

Haddii ay kugu dhacdo murugo ama khalkhal aadan xakameyn karin, waxaa dhici karta inaad naftaada welwelsho ama uu dhib ku soo gaaro, ama haddii ay ku soo wajahdo arrin adag ama ah khatar, oo aad u baahato caawimaad, garaac 911 ama la xiriir meelo kaa caawin kara xaaladaha adag.

### Macluumaadyo Guud

#### 211Wisconsin

Adeeg ah qarsoodi iyo lacag la'aan maalin kasta 24/7/365 oo lagu sii xirayo barnaamijyo kala ah cuntada iyo nafaqada, guriyeynta iyo caawimaadda kharashka korontada, adeegyada caafimaadka dhimirka iyo maandooriyeyaasha daran, caawimaad ah shaqa-helid iyo dhaqaale, iyo waxyaabo kale oo badan.

- 211 ama 877 947 2211
- 211Wisconsin.org

#### Disaster Distress Helpline (Khadka Caawimaadda Masiibada Dhibka Culus)

- 1-800-985-5990
- TalkWithUs farriin taleefan ah ugu soo dir 66746

### Violence-Based Resources (Macluumaadyo ah Arrimaha Gacanqaadka)

#### National Domestic Violence Hotline (Khadka Tacaddiyada Qoyska Gudihisa)

- 1-800-799-7233 ama TTY 1-800-787-3224
- thehotline.org

#### National Sexual Assault Hotline (Khadka Tacaddiyada Xadgudubka Jinsiga)

- 1-800-656-HOPE

#### Wisconsin Coalition Against Sexual Assault (Ururka Wisconsin ee Ka-hortagidda Tacaddiyada Jinsiga)

- wcasa.org/survivors/service-providers

#### End Domestic Abuse Wisconsin (Ururka Wisconsin ee Dabargoynta Tacaddiyada Qoysaska Gudahooda)

- endabusewi.org/get-help

#### DOJ Victim Services (Adeegyada Dhibbanaha ee Waaxda Caddaaladda)

- doj.state.wi.us/ocvs/find-local-crime-victim-resources

### Substance Abuse Resources (Macluumaadka Joojinta Maadooriyaha)

#### Wisconsin Addiction Recovery Helpline (Taleefanka Caawimaadda Kasoo-Kabsashada Mukhaadaraadka)

- 24-ka saac ee 7-da maalmood
- 211 ama 833-944-4673
- Lambarka boostada xaafaddaada (zip) oo ah farriin taleefan ugu soo dir 898211

### Mental Health Resource (Macluumaadka Caafimaadka Dhimirka)

#### Mental & Behavioral Health Crisis Support (Taageerada Dhimirka & Habdhaqanka Xaaladaha Caafimaadka Adag)

- HOPELINE (KHADKA CAAWIMAADDA)
- 24-ka saac ee 7-da maalmood
- HOPELINE farriin taleefan ah ugu soo dir 741741

#### NAMI Helpline (Khadka Caawimaadda ururka dhimirka ee NAMI)

- 1-800-950-NAMI (6264)

#### National Suicide Prevention Lifeline (Khadka Ururka Ka-hortagidda Is-dilidda)

- La hadal la-taliye
- 1-800-273-8255

#### Trans Lifeline (Khadka Caawimaadda Dadka Jinsiga Beddeshay)

- 24-ka saac ee 7-da maalmood
- 877-565-8860

#### Trevor Project (Mashruuca Trevor ee Ka-hortagidda Is-dilidda Qoomuluudka)

- 24-ka saac ee 7-da maalmood
- 866-488-7386
- Farriin taleefan oo ah START ugu soo dir 678678

#### Khadka Xaaladaha Adag ee Hawlgabka Ciidanka

- 24-ka saac ee 7-da maalmood
- 1-800-273-8255, taabo lambar 1
- 1-800-799-4889 waa taleefanka dhagoolaha iyo dadka dhegaha culus
- Farriin taleefan ah ugu soo dir 838255

## Caawimaad in la doonto waa wax caadi ah.

Wixii dhib ah keli ahaan xal laguma helo. Waxaa jira ururro badan oo diyaar u ah inay ku caawiyaan.