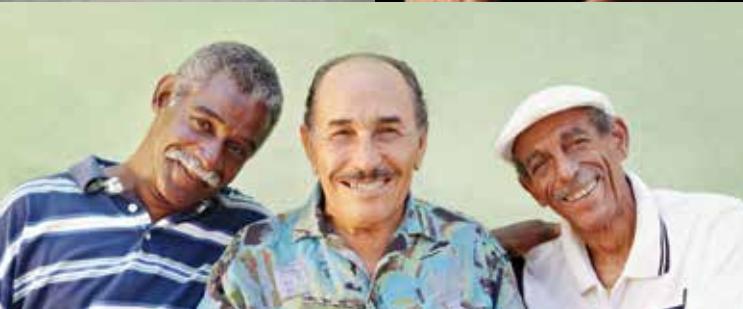




# QPASTT

Queensland program of assistance  
to survivors of torture and trauma

SOMALI



*Macluumaadka loogu talagalay hoggaamiyeyaasha Bulshada oo ku saabsan*

## **Caafimaadka Dhimirka**

**Yaa soo-mara arimaha caafimaadka dhimirka? – cidkasta!**



## Miyaad ka walwalsan tahay qof kale kaas oo dhaqankiisu isbaddeley?

### **Mid ama wax ka badan isbaddeladan waxay noqon karaan calaamad xanuun.**

- Joojinta la-hadalka qoyska ama saaxiibada
- Wuxuu noqdaa mid cabsanaya ama shakisan sabab la'aan
- Wuxuu jiifaa in ka badan ama wax ka yar intii caadiga ahayd
- Wuxuu la yimaadaa fikrado ama dhaqan qariib ah
- Wuxuu maqlayaa codad aan cid kale maqlayn
- Wuxuu rumaysan yahay inuu leeyahay awoodo gaar ah
- Waxaa ku adkaata xoogsaarista ama raacidda tilmaamaha (awaamirta) fudud
- Wuxuu yiraahdaa ama qoraa waxyaalo aan macno samaynayn
- Wuxuu iska-badiyaa isticmaalka daroogooyinka ama khamriga
- Wuxuu dareemaa murugo ama walwal badiba waqtiga, in ka badan dhovr asbuuc

- Wuxuu noqdaa mid si fudud iskugu darma ama u-xanaaqa
- Wuxuu cunaa cunto badan ama mid aad uga yar inta caadiga ah

Arimaha caafimaadka dhimirka waxay saamayn karaan qof kasta, sida uu qof kastaa jidh ahaan u xanuunsan karo, dhalin-yaro iyo waayeeel, rag iyo haween, dadka ku dhashay Australia iyo dadka yimid Australia sida soo-galootiga ama qaxootiga, kuwa wax-bartay iyo kuwa aaw-waxbaran iyo dadka lacagta badan haysta iyo kuwa aan lacag badan haysan!

Xogta fiicani waa inay jirto waxyaalo badan oo aan dhammaanteen samayn karno si aan u-ilaalino caafimaadka dhimirkeena waxaan jira caawimaado badan oo aan heli karno haddii aan xanuunsano. Xusuusnow, weydiisashada ama ogolaanshaha caawimaadda sida ugu horreysa oo suurtagalka ah waa u lagama maarmaan bogsoodka!

Qoyska, saaxiibada iyo dadka bulshada ka mid ah ayaa caawin kara aygoo ka taageera inay helaan adeegyada.

Marka la daaweyyo waxay bilaabaan inay bogsoodaan.



## Sidee baad u bilaabi kartaa sheekada ku saabsan walwalida ama dhaqanka aan caadiga ahayn?

### Weydii

- Dooro waqtiga markii qofku degan yahay oo aan lagaa fad-qalalaynayn.
- Hel meel gaar ah.
- U-sheeg qofka inaad ka walwalsan tahay isbaddellada aad ka dareentay dhaqankooda.
- Haddii qofku xanaaqo ama uu rumaysan yahay inuusan wax dhibaato ah qabin, sheekada ujooji waqtii kale.

**Waxaad weydiin kartaa:** “Waxaan dareemay inaadan waqtii badan la qaadan saaxiibadaa... wax walba ma OK baa?”

- si furfurnaan ah u dhagayso. Isku day inaad xukumin ama aad ‘xalliso’ dhibaatada
- Hako oo qofka u ogolow inuu hadlo. Way ku adag tahay ayaga, sidaas darteed haku degdegin ama haka cabsan aamusnaanta

### Taageer

- Sheeg caawimaadda ama hoggaamiyeysaasha bulshadu aad siin kartaan.
- Ku caawi qof inuu ka fakaro khiyaaradooda xaggaa caawimaadda.
- Haddii uusan qofku dhagaysanayn, weydiiso xubinta qoyska, saaxibka, ama hoggaamiyaha ruuxiga ah kuwaas oo aad ogtahay inuu ku kalsoon yahay, inuu la hadlo asaga.
- Sii rajo (raja gali).

**Waxaad oran kartaa:** “Waxaan filayaa inaan kuu heli karo qofka ku habboon inuu ku caawiyo” ama “dhammaantayo nolosheena way nagu dhacdaa mar aan sarrayno iyo maray naga jajaban tahay waana OK oo waa caadi in la codsado caawimaad dheeraad ah waqtiyadaas oo kale”.



## Sidee baad u-caawin kartaa?

### Hel Caawimaad

- Ku dhiirigeli qofka inuu u-tagoo GP ay ku kalsoon yihii ama ku caawi inay mid doortaan.
- Ka sii caawimaad qofka inuu samaysto ballan ama u raac ballantooda kowaad.
- Weydi GP inuu u ballamiyo turjumaan (haddii loo baahdo) kana codso ballan waqtii dheer ah.
- U-sheeg inaad wadajir qoraal u samaysaan, si ay uga caawiso in loo sharxo arimaha dhaqtarka.
- Wac adeegyada qaarkood ku liis-garaysan baroosharkan wixii talooyin ah.

**Waxaad oran kartaa:** "Miyaad haysataa GP aad la hadli karto? Dhaqaatiirtu way kaa caawin karaan walwalkan "Mise" Ma doonaysaa inaan waco adeegga si aan uga helno talooyin si aad u caafimaado?"

### La sii soco sheekaysiga ka dib

- Sii wada wada-samaynta waxyaalaha aad wadajirka ugu raaxaysataan. Waxyaalahaas yaryar ayaa isbaddel samayn kara.
- Haddii uusan qofku doonayn inay weli ka hadlaan dhibaatadooda, ugu yaraan way ogyihii inaad daryelayso, wayna dhagysan doonaan markaasna caawi markii ay diyaar yihiiin.



## Sidee baad talooyin ku heli kartaa?

Dhammaan adeegyadan waxay bixiyaan wicitaanka taleefanka oo qarsoodi ah, lacag la'aan ah marka la wacayo xirfad-yaqaanka caafimaadka kaas oo kala talin kara waxa la samayn karo. Adeeggu wuxuu bixin doonaa turjumaanka taleefanka. Way ballamiin karaan ama waxaad ka wici kartaa Adeegga Fasiraadda & Turjumidda (TIS) taleefanka 131 450.

### Barnaamija Qld ee Taageeridda Ka-Badbaadayaasha Jir-dilka iyo Musiibada (QPASTT) (07) 3391 6677

QPASTT waxay leedahay sarkaalka heeganka oo la heli karo Isniiinta ilaa Jumcaha 9-5pm si ay u bixiyaan talooyin iyo meel-u-dirid.

### Xarunta Caafimaadka Dhimirka Dhaqamad-Badan ee Qld (07) 3167 8333 ama 1800 188 189 (Lacag la'aan)

Wac 8.30am - 5pm Isniiinta - Jumcaha.  
Weydiiso "Intake".

Adeegyadan soo socda waxaa lagu heli karaa taleefan, 24ka saac maalintii, 7 maalmood asbuuciiba.

### 1300 MH CALL (1300 64 2255)

Talooyinka caafimaadka dhimirka oo leh taageero degaan iyo khinyaarada qiimaynta oo ka jira Brisbane South, Logan iyo Bayside. Gobolada kale ee Queensland, kala xiriir 13 HEALTH (13 43 25 84) si laguugu xiriiriyo isbitaalka degaankaaga.

### Beyond Blue 1300 22 4636

wac talooyinka ama online-ka kaftanka (3pm – 12am) haddii aad qabto walwalo ku saabsan dareenka hooseeya, walaacsanaanta ama niyad-jabsanaanta. [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Kids Helpline 1800 55 1800

'Waan daryeelnaa waana dhagaysanaa, mar kasta ama sabab kasta oo jirta' (kuwa jira 5-25 sano) [www.kidshelp.com.au](http://www.kidshelp.com.au)

### Shiddada

#### Khadka Is-dilka Adeegga Call Back-

ka wac 1300 659 467 waxay siisaa kala-talinta shiddada taleefanka ah dadka khatarta ugu jira isdilka, ama waxay la-talisaa daryeelayaasha qofka kaasoo is-dilaya [www.suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**Lifeline 13 11 14** haddii aad ka fakarayso inaad wax is-yeesho ama aad nafta iska qaado wac ama kula sheekayso online-ka si gaar ah adigoo adeegsanaya sheekaysiga taageerada shiddada. [www.lifeline.org.au/gethelp](http://www.lifeline.org.au/gethelp)

**Wac 000** (Saddex eber) weydiisana ambalaaska

**Yaa soo-mara arimaha caafimaadka dhimirka? – Cidkasta!**



## **Sidee baad u taageeri kartaa qof kale kaasoo **qiimaynaya adeegyada caafimaadka dhimirka?****

- Sheeg doorkaaga inaad tahay wakiilka bulshada, qoyska ama saaxiib.
- Weydii su'aalo KASTA oo aad qabto.
- Haddii qofku doonayo una baahan yahay taageeradaada joogtada ah weydii inuu saxiixo foomamka ogolaanshaha si aad u haysato ogolaanshihiisa inaad ka-qayb noqoto iyo inaad wargashanaato.
- Ku-adkayso adeegyada isticmaala turjumaannada (haddii loo baahdo)
- Ku-tali in adeegu ka qaybgeliyo Xarunta Caafimaadka Dhimirka Dhaqamad-Badan ee Queensland haddii aad dareensan tahay in garasho dheeraad ah oo ku saabsan dhaqanka loo baahan yahay.

## **Sidee baad ugi heli kartaa macluumaadka ku saabsan caafimaadka dhimirka ee bulshadaada?**

Dalbo kulanka macluumaadka LACAG LA'AANTA ah:

**Barnaamijka Qld ee Taageeridda Ka-Badbaadyaasha Jir-dilka iyo Musiibada (QPASTT)**  
- (07) 3391 6677

**Karunta Caafimaadka Dhimirka Dhaqamad-Badan ee Qld**  
- (07) 3167 8333 ama 1800 188 189 (Lacag La'aan)



## Adeeggee ayaad la samaysan kartaa ballanta?

### Barnaamijka Qld ee Taageeridda Ka-Badbaadayaasha Jir-dilka iyo Musiibada (QPASTT) (07) 3391 6677

Da'ha 5 ilaa dadka waaweyn. QPASTT maahan adeegga shiddada hase ahaatee waxay bixisa la-talin ku saabsan arimaha caafimaadka oo la xiriira waayo-aragnimada dadka la jir-dilay ama musiibada qaxootiga la-xiriirta kahor intaysan u soo haajirin Australia. QPASTT waxay kaloo maamushaa barnaamijka ka-hortagga isdilka dhalinta waxayna leeyhiin sarkaalka heeganka oo diyaar u ah inuu siyo talooyin iyo meel-udirid. [www.qpastt.org.au](http://www.qpastt.org.au)

### Culture in Mind (07) 3198 2500

Da'da 18+ maahan adeegga shiddada hase ahaatee waxay taageertaa wanaagga bulshada, caadifada iyo dhimirka ee dadka CALD kuwaas oo degan aagga Greater Brisbane. [www.cultureinmind.org.au](http://www.cultureinmind.org.au)

### Harmony Place (07) 3848 1600

Da'ha 18+ waxay taageertaa dadka ka soojeeda asalka CALD kuwaas oo ay hayaan arimaha caafimaadka dhimirka oo daran joogtona ah. Ballamaha saacadaha aan-shaqadu jirin waxaa laga heli karaa [www.harmonyplace.org.au](http://www.harmonyplace.org.au)

### Head Space

**Woolloongabba:** (07) 3249 2222

**Inala:** (07) 3727 5000

Wixii meelo kaloo badan ah oo Qld ka jira ka hubi website-ka. Da'ha 12-25. Caawimaadaha dadka dhalin-yarada ah oo ku jira waqtiyada adag. [www.headspace.org.au](http://www.headspace.org.au)

### World Wellness Group (07) 3333 2100

Haya'dda caafimaadka iyo wanaagga dhaqamada-badan. Waxaa ka mid ah GP, kala-talinta, daawooyinka dhaqan ahaaneed iyo killinikada acupuncture-ka bulshada. [www.worldwellnessgroup.org.au](http://www.worldwellnessgroup.org.au)



## Maxaad samayn kartaa markii **qofkii aad ka walwalsanayd uu diido in la qiimeeyo** ama uu diido inuu yeelo daaweynta?

Ka fiirso inaad codsato Amarka Baarista Caddaaladeed (JEO). Wixii macluumaaad dheeraad ah kala hadal mid kasta oo adeegyada liis-graysan ah. Qofka la qiiimaynayo ma ogaan doono cidda samaysay codsiga.

### **Kumaad wacaysaa markii wax degdeg ah jiro?**

**Haddii qofku ogolaado:** Wac 000 (saddex eber) oo weydiiso ‘Ambalaas’ - Halkan Qld adeegga ambalaasku waa lacag la’aan.

**Haddii uusan qofku ogolaan:** Halkii ay jirto khatar in cid waxyeelo gaarto, wac 000 (saddex eber) waxaad weydiisataa ‘Boliiska’. Ha ogaadeen inaad danaynso wax ku saabsan caafimaadka dhimirka ee qofkaas.

Ka wac 112 taleefanka moobaylka ah haddii aadan haysan wax kareedhit ah, ama inaad ka baxsan tahay aagga daboolka shabakadda.

In kastoo dadaal kasta oo macquul ah la sameeyey si loo hubiyo in macluumaadka lagu bixiyey tilmaamahan inuu sax yahay, QPASTT ma aqbalayso ka-masuulnimada wixii dhaawaca, khasaaraa ama waxyeellada sida tooska ah ama aan tooska ahayn uga dhalan karta adeegsi kasta ama ku-tiirsanaanta macluumaadkan. Si aad u hesho koobiyo dheeraad ah, ka soo degso [www.qpastt.org.au](http://www.qpastt.org.au)

### **Sidee baad wax badan ku heli kartaa?**

**Caafimaadka Dhimirka ee Australiada Dhaqamada-badan** [www.mhima.org.au](http://www.mhima.org.au)

**Carruurta Waalidiinta qaba Xanuunka Dhimirka (COPMI)**  
[www.copmi.net.au](http://www.copmi.net.au)

**Sane** [www.sane.org](http://www.sane.org)

**Beyond Blue** [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Sharciga Caafimaadka Dhimirka 2000**  
[www.health.qld.gov.au/mha2000/factsheets.asp](http://www.health.qld.gov.au/mha2000/factsheets.asp)