

Does someone you know have a mental illness?

## (Qof aad taqaan ma qabaa cudurka dhimirka)?

Somali

Mararka qaarkood dadku ma rumeystaan in iyaga ama qof ka tirsan qoyskooda uu qabo cudurka dhimirka waayo inta badan waxay ka baqan inay wax u dhinto magaca wanaagsan ee qoyskooda. Hase yeeshee taa micneheedu waa in qof qaba cudurka dhimirka uusan helin daweynta uu isaga ama iyadu u baahan tahay. Kaba soo qaad haddii qof qoyskagaa ka tirsan lagu arko astaamaha (calaamad) cudurrada ku dhaca jirka. Qaraabadu ma ku fiirsan laheyd in qofkaas jirradiisu ka sii darto oo aanan Dhakhtarna loogu yeerin? Dabcan waa maya.

Cudurka dhimirku ma aha wax laga baqo. Sida cudurada kale ee jirka ku dhaca, waa wax la dawyn karo. Daweyntiisa waxaa ka mid in dawo qofka loo qoro, talo bixin, iyo maareynta shiddada ka dhalata cadaadis-maskaxeedka, matalan. Mararka qaarkood waxaa laga yaaba inuu qofku u baahado inuu in muddo ah ku jiro isbitaal. Hase yeeshee daweynta ka sokow, waxaa kale oo caawin kara-isbedel ku yimaqda sida bulshadu ula dhaqanto dadka qabo cudurkan. Dadka qaba cudurka dhimirka waxay u baahan yihiin taageero iyo aqbalid ama soo dhaweyn. Aqbalid la'aantu waxay u horseedeysaa in dadka maanka looga jiro iyo qoysaskooda isku dayaan iney jirrada ka qariyaan bulshadooda. Taasina waxay reerka qofku ka dhashay u keeni kartaa takoornaan iyo iyadoo arrinkaasi uu jirrada qofka sii xumeeyo.

Tallaabada ugu horreysa ee dabecadahan lagu beddeli karo waa iyaddoo si ka wanaagsan loo garwaaqsado loona fahmo cudurka dhimirka. Sida cudurrada kale ee jirka ku dhaca, cudurka dhimirku (oo haleela shantii qofba mid inta ay nool yihiin) wuxuu la yimaadaa dhibaatooyin kala duwan. Qaar ka mida sida waallida ama niyad-jab fara badan, waxay noqon karaan kuwo aad u daran, meesha dhibaatooyinka caadiga oo ay ka midka yihiin walwalka iyo baqintuba ay sahlan yihiin.

Fikradda xun ee bulshooyinka qaarkood waxay ka timid fikradda ah in cudurada ay si dhaw loogu xiriiriyo rabshadda, laakiin dadka dhimirka ka jirani kama rabshad badna dadka kale. Fikir kale waa in cudurka maskaxda waxaa dhaliya qofka oo ay shaqsiyadiisu daciif tahay. Cudurka dhimirku ma ha mid qofna lagu eedeyn karo. Runna ma in dadka cudurkaan qabaahi ay ka liitaan xagga isugalmoodka; inta badandadka gabdhaha xooga ma aha qaar maskaxda ka jirran.

Waxaan gacan ka wada geysan karnaa in mujtamacu isbedelo iyadoo:

- La ogaado in cudurka dhimirku yahay mid la mid ah dhibaatooyinka kale ee caafimaadka lana aqbaloo haddii qofku uu u dhaqmo si aan caadi aheyn taasi waxay noqon kartaa astaanta lagu garto cudurka dhimirka, sida qufacu uu u noqon karo astaanta hargabka. Isku day inaad wax badan ka ogaato cudurka si aad u garato sababta uu qofku ugu dhaqmaayo sida aan caadi aheyn.
- In saaxibtinimo iyo taageeraba la tuso asxaabta, qaraabada, deriska ama dadka meel laga wada shaqeeyo kuwaas oo uu asiibay cudurka dhimirka iyo in dadka kale lagu dhiiri geliyo iney iyana sidaas u dhaqmaan.
- In lagu dhiri geliyo dadka qaba cudurka dhimirka iyo qoysaskoodaba iney caawimo doontaan

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