

Sida Loogo hortago Isdilka

Somali

Isdil: Inaanan ka hadlin ayaaba la qaatay. Waxaan rejeynayaa ineysan weligeed ku dhicin qof aan garaneynno. Hase yeeshee Isdilku waa xaqiiqo, sida aad u maleyneysana wayba ka baahsan tahay. Layskama indha tirikaro suurtagalnimada in qof aad jeceshahay naftaada ay ku weyso iyadoo isdisha. Adigoo fiiri dheer u yeesha caalaamooyinka digniinta ah iyo ka hadalka ku saabsan “wax aan lagaba fikiri Karin” ayaad ku awoodi kartaa in aad hor istaagto dhimasho.

Yaa Qatar ku sugan (Who is at risk)?

Dadka ay dhici karto iney isdilaan waxaa ka mid ah kuwa:

- Qaba jiro daran oo masaxkaxeed iyo mid jireedba
- Ku talax tagsan khamri ama mukhaadaraad
- Ay la soo gudboonaato wax wayn oo uu lumiyo sida geeri ku timaada ruux uu jeclaa, shaqo la'aan ama reerka oo kala taga (isfurid)
- Ay la soo gudboonaato isbedel wayn oo noloshooda ku yimaada sida ilmaha oo soo gaara da'da toban iyo jirka ama dhibaato waayeel,
- Horey ugu hanjabeen isdil.

Maxay dadku nafta isaga qaadaan (Why do people commit suicide)?

Waxaa jira xaaldo badan oo ka qayb qaadan karo in ruux uu go'aansado inuu naftiisa ama naftaada iska qaado, laakiin dareenka qofka oo ku aadan xaaladahaas ayaa ka muhiimsan xaaladaha qudheeda.

Dhammaan dadka ku hamiya iney isdilaan waxay dareemaan in naftu ay tahay mid aan la xamili Karin. Waxaa la soo gudboonaada dareen fog oo rajo la'aaneed, kaalmo la'aaneed iyo qalbi jab. Cudurada maskaxda qaarkood, waxay qofka ku keeni karaan in maqlaan codad ama ay istusaan wax aan xaqiiqo ahayn taas oo u soo dedejisa iney naftooda gooyaan.

Dadka ka hadla iney naftooda gooyayaa ama isku daya iney isdilaan inta badan ma doonayaan iney isdilaan, inta badan waxay doonayaan in la saacido. Mararka qaar iskudayga isdiliddu waxay u keentaa in qofku uu arrintaas dib uga laabto haddii la helo caawimo ku filan oo qofka ku kaalmeysa inuu sameeyo isbedellada loo baahan yahay.

Haddii qof aad garaneyso uu dareemayo quus ku filan inuu isdilo, waxaad kari kartaa inaad ku kaalmeysa in la helo hab wanaagsan oo arrinta lagu maareeyo. Haddii aad adiga qudhaadu uu culeysku kaa bato aadna u maleyso ineysan jirin wax kale oo la sameyn karo “in la iska takhaluuso mooyaane”, xasuuso, waxaa la jira dariiq lagu ku kaalmeyn karo oo dhibaataadaada xal loogu heli karo.

Maxay yihiin calaamooyinka khatarta ah (What are the danger signs)?

Qaar ka mid ah calaamooyinka digniinta oo muujinayo in ruux isdili karo waxaa ka mid ah:

- Ku celcelin joogto ah hadallo muujinayo rajo la'aan, caawimo la'aan ama farxad la'aan
- Dhaqan ka baxsan dabeecadda sida maas'uuliyi darro ku timaado ruux weligiis taxaddar badnaa.
- Calaamooyinka Buufiska (depression)- hordo la'aan, gooni u socodnimo, isagoo raashinka aan hamuum u qabin (loss of appetite), daneyn la'aan hawlaha caadiga ah
- Si dhaqso ah oon laga fileynin isugu bedel qof aad u farxad badan.
- Isagoo siiya wixiisa qaaliga ah saaxibadiis iyo qoyskiisa.
- Iyagoo dardaarma, iyagoo ka baxa caymiska, ama sameeya u diyaargaroo dhimasho sida isagoo sheega waxyaabihii ugu dambeeyay ee uu rabi lahaan.
- Ku dhawaaqid hadallo la xariira dhimaasho iyo geeri, ama oraaqyo looga danleeyahay in lagu dhaqaaqo isdil. Ku dhawaaqidda in la damacsan yahay isdilid waa si dhab ah.

Ka hortagga Isku davidda in la isdilo (Prevent a suicide attempt)

Haddii aad ka werwersan tahay in qof uu isdili karo, ku dhaqaaq ficil. Haddii ay suuragal tahay qofka si toos ah ula hadal. Halka arrin ee ugu muhiimsan oo aad sameyn karto ayaa ah in aad si taxaddir ah u dhageysato adigoo aan xukumin.

In laga hadlo isdilka kali ah ayaa yareyn kara suurtagalnimada in qof uu dhaqaaqo ficil isdil ah.

Wax dhib ah malaha mana soo dedejinayso in ruux isdilo haddii aad mawduucaas kala hadasho ruux aan ku fikireyn isdil.

Hel meel ammaan ah oo aad kula hadasho ruuxa, una ogolow in uu hadlo waqtiga ugu badan ee uu u baahan yahay. U xaqiiji qofka inaad daneynayso aadna ixtiraameyso xogtiisa. Weydii qofka waxyaabo ku saabsan dhacdooyin uga dambeeyay kuna dhiirigeli in qofku uu si xurriyad ah u muujiyo dareemkiisa. Ha yareysan dareenkiisa.

Weydii haddii qofku dareemayo quus ku kallifi karto inuu ku fekeru inuu isdilo. Haddii jawaabto noqoto haa, su'aal "Maxaa kuu qorsha ah? Sidee iyo Goobtee aad damacsan tahay inaad isku disho"? Qir in arrinto ku saamaysay, kana cabso haddii ruux kuu sheego in uu ku fikiraayo inuu isdilo hase yeeshee ha la boodin inaad tirahdo "Waryaa waa inaad sidaan ku fikirin: arrimuhu sidaas uma xuma". Xasuuso waxaa lagugu aaminay ruux dareenkiisii ugu dambeeyey. Inkasto oo ay u muuqato mid darenkaaga kicinayso, haddana inaad qofka kala hadasho waxyaabahaas uu dareemayo ayaa u keeni karto inuu nafiso.

Weydii haddii ay jiraan wax aad u qaban karto. Kala hadal imkaaniyaadka loo kaashan karo (qoyska, saaxiib, ha'adaha bulshada, xaruumaha masiibooyinka) iney ku saacidaan, ku siiyaan kaalmo wax ku ool ah, kula taliyaan ama ku daweeyaan.

La sameey qofka qorshe ku aadan saacadaha ama maalmaha soo socda. La xiriir qofka ama xiriirro sameey adigoo ku hadlayo magaciisa ama magaceeda. Haddii ay suuragal kuu tahay raac qofka si u u helo kaalmo. U sheeg qofka goorta aad diyaar u tahay, hubina inaad diyar u noqoto markuu kuu baahdo. Sidoo kale, hubi in awoodaada la ogyahay, iskuna day inaad markstaba uu jiro ruux uu qofkani u yeeran karo waqti kasta oo maalinta ka mid ah.

Weydii yaa kale oo og dareenkaaga isdilideed. Miyeey jiraan dad kale oo ay tahay iney ogoodaan? Qofku ma daneynayaa in uu u sheego? Nasiib darro, qof kastaaba arrintaan si taxaddar ku jiro ulama dhaqmo. Sirta oo la xafido waa muhiim, laakiin xaaladda ha ku haynin qarsoodi haddii nafi ay qatar ku jirto.

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