

SOMALI YOUTH HELPLINE

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Waalidiinta Somaaliyeed ee ku nool Ealing iyo hareereheeda:

- Caruurtaada ma ka mid yihiin qaar da'doodu tahay 13-25 jir?
- Mushkilad awoodaada ka baxsan oo aad u taag-weyday carruurta ma kaa haysataa ?
- Isbaddel faa'iido leh haddii uu si dhakhso ah u dhici waayo, ubadkaaga mustaqbalkooda ma u cabsoonaysaa?
- Haatan diyaar ma u tahay dhaqdhaqaaq cusub oo isbaddelkaa hirgelin kara?

Haddii su'aalahan kor ku qoran aad 'Haa' kaga wada jawaabtay, kala dooro in aad ku dhaqaaqdo labadan talaabo ee hoos ku qoran mid ahaan:

- (1) In aad tilifoon ama email kula soo xidhiidho **Somali Youth Helpline** si gaar ahaan laguugu caawiyo. *Professional counsellors or professional behavioural Therapists* ayaa lagu balaminayaa . Xidhiidhkooda (telephone, e-mail & address) ayaanu ku siinaynaa si aad toos ballan ula samaysato. Markaas xafiiskooda amma meeshii kale ee aad ku heshiisaan ayaa wiig walba saacad isku arkaysaan.
- (2) In Resource Centre, Featherstone Terrace oo addresska kor ku qoran ah ballantu noqoto. Xafiiska Somali Youth Helpline ayaa halkaa ku yaala. Makhsin gaar ah ama fasal weyn oo saacadaha uu firaqada yahay laga faa'idaysan karo ayaa kolba kii door biddaan la isticmaali karaa.

Saqaalaha Somali Youth Helpline waxa ay diyaar u yihiin soo dhaweyn iyo wixii kale ee looga baahdo ee ay targumaddu ka mid tahay.

Qodobka ugu muhiimsan hab-dhaqanka Somali Youth Helpline waxa weeye sir dhawr. Taas oo ah in wixii aynu ku wada hadalnaa na dhaafeyn.

Waxa aannu ku tala-jirnaa in aan qabano kulan idinka iyo dadka professionals ihi ay isku arkaan. Si uu kulaankaasi si fiican ugu dhaco, waxa aannu jeclaanahay in aan qabsanno shir ka horeeya. Sida awgeed, fadlan nala soo xidhiidh si shirkaas u diyaarinno oo tirada dadka jecel in ay ka qayb qaadaan u ogaano. Zuhuur ama Samiira kala soo xidhiid numberada kor ku qoran.