

Tababar nasiinada - isgalka jirka

Ujeeddadda tababarkani waa inaad adiga iskaa ugu tababarato sidaad u nasan laheyd. Ujeeddadduna waa iney kaa caawiso daryeelka maskaxiyan iyo jir ahaan, wax kaaga baxayana majiraan
Tababarkan waa tababar nasiinada isgalka jirka. Tababarkaana waa inaad barataa farqiga u dhexeeya dareenka isgalka jirka iyo nasiinada, halka uu jirkaagu iskaga jiro. Sameynta tababarkana waxaad ku nasin kartaa jirkaaga. Markey murquhu iskaa galaan wey sahlan tahay inaad nasasid. (2s)
Haddii tababarkani aadan jecleysan waad joojin kartaa, markaad doonto. (5s)

Isu qaabee oo u fadhiiso ama u seexo sida kugu habboon. (2s)
Waxaad sameyn kartaa tababarkan indhaha oo kuu furan ama kuu xiran. (2s)
Haddii aad sameyneysey tababarka indhaha oo kuu xiran, waad furan kartaa indhaha markaad doonto hadaad u aragto iney kugu habboon tahay. (2s)
Samee tababarkan adigoo u neefsanaya si deginaan ah neefsigaaga caadiga. (2s)
Markaad adkeyneyso murqahaaga, si deginaan ah u jiid neefta. (2s)
Markaa debciyeyso, si deginaan ah u afuuf neefta. (2s)
Haddii adkeynta murqahaaga qaar dhibsaneyso, uga gudub nasiinada kale. (5s)

Ku bilowga tababarka inaad feer duubato gacantaada bidix. (2s)
U adkee gacantaada suurogal ahaan intey awoodaadu tahay. (3s)
Dareen isgalka jirka. (3s)
Is debci. (5)
U nasi gacantaada bidix oo fidi farahaaga. (2s)
U nasi gacantaada bidix si buuxdana u dareen nasiino iyo miisaanka gacanta. (5s)
Ogsoonow, farqiga u dhexeeya dareenka isgalka jirka iyo nasiinada. (10s)

Waxaad hadana ku xijisaa inaad feer duubato gacantaada midig. (2s)
U adkee gacantaada suurogal ahaan intey awoodaadu tahay. (3s)
Dareen isgalka jirka. (3s)
Is debci. (5)
U nasi gacantaada midig oo fidi farahaaga. (2s)
Samee neef walbood afuufeyso in jirkaaga nafiso marba marka kadanbeysa. (2s)
Dareen nafis. (2s)
Ogsoonow, farqiga u dhexeeya dareenka isgalka jirka iyo nasiinada. (10s)

Labada gacmoodba feer duubo. (2s)
Si deginaan ah u jiid neefta oo dareen sidey gacmahaagu u gigtiran yihiin. (2s)
Dareen isgalka jirka. (2s)
Si deginaan ah u afuuf neefta oo labada gacmoodba nasi. (2s)
Sidaada caadiga u neefso. (5s)
Nasi gacmahaaga oo farahana fidi adigoo u nasinaya. (2s)
Dareen nasiino raaxo leh iyo diiranaan gacmaha iyo farahaba. (2s)
Waad u nasin kartaa gacmahaaga marba marka ka danbeysa. (10s)

Fidi lugtaada bidix adigoo togaya feeshaada. (2s)
ku fikir isgalka jirka. (2s)
U debci lugtaada bidix si caadiya oo dareen miisaanka lugta halka aad ku heyso. (3s)
U nasi lugtaada bidix. (3s)
Ogsoonow, farqiga u dhexeeya dareenka isgalka jirka iyo nasiinada aad ka dareemeyso lugtaada bidix. (10s)

Fidi lugtaada midig adigoo togaya feeshaada. (2s)
Dareen isgalka jirka lugtaada midig. (2s)
iyo nasiinada. (3s)
U debci lugtaada midig si caadiya oo dareen miisaanka lugta halka aad ku heyso. (3s)
Nasi lugta oo dhan oo dareen nafis marba marka ka danbeysa. (3s)
Ogsoonow, oo dareen hadana farqiga u dhexeeya dareenka isgalka jirka iyo nasiinada. (10s)

Wadajir u samee inaad togto labadaada lugood mar. (2s)
Si degenaan ah neefta u jiid toгна labada feel. (2s)
Dareen isgalka jirka ee labadaada lugood. (2s)
Si degenaan leh u afuuf neefta kadibna debci lugihii. (2s)
Sidaada caadiga u neefso. (5s)
U nasi murqaha lugaha marba marka ka danbeysa. (3s)
Dareen nasiinada iyo diiranaanta lugahaaga adigoo dulsaaraya halka ay yaalaan. (10s)

Dhabarkaaga ku tiiri halka aad ku tiirsan tahay. (2s)
Adkee calooshaada. (2s)
Intii cabaar ah ku hay caloosha sideeda. (2s)
debci hadda. (2s)
Debci murqaha caloosha oo jirkaagoo dhan u nasi. (3s)
Dareen sidey calooshaadu u degtey ooy hadba usii nafiseyso. (10s)

Adkee xabadkaaga adigoo si deganaan ah u jiidaya neef, taasoo buuxineysa sanbabadaada (2s)
Isku celi waxyar neefta- Dareen isgalka jirka. (2s)
U afuuf neefta si deganaan ah adigoo sanbabbadaadii ka faaruqinaya neefta. (2s)
Sidaada caadiga u neefso oo nasi xabadkaagii. (3s)
Neef walbood afuufaysana u nasi jirkaaga. (3s)
Waad dareemeysaa kala duwanaanshaha dareenka nasiinada iyo isgalka jirka. (5s)
Dareen intii cabbaar ah habka neefsigaaga sida aad hadda u neefsaneysa. (10s)

Labadaada garbood u qaad dhagahaaga xagooda. (2s)
Dareen isgalka jirka xooga ah eed dareemeyso. (2s)
debci hadda. (3s)
U nasi labadii garbood oo hoos halkoodii ugu soo celi iyagoo dabacsan. (5s)
Waad dareemeysaa kala duwanaanshaha dareenka nasiinada iyo isgalka jirka. (5s)
Neef walbood afuufeyso ku nafis marba marka ka danbeysa. (10s)

Ku qabo garkaaga qoortaadaa adigoo adkeynaya murqaha iskuna qabanayo ilkaha. (5s)
Dareen isgalka jirka qoortaada iyo garkaaga. (2s)
Sidaa ahow cabaar. (2s)
debci hadda. (3s)
U nasi dhammaan murqaha qoorta iyo murqaha jeegadaada oo idil. (2s)
oo markaa debci. (10s)

Kaduud wejigaaga. (2s)
Dareen isgalka wejigaaga. (1s) dhoola cadee (3s)
debci hadda (3s)
U nasi wejigaaga. (3s)
Nasi wejiga (5s), nasi indhaha (5s) nasi garka (5s), nasi dibnahaaga (5s) iyo inaad nasiso carabkaaga (5s)
Dareen nasiinada wejigaaga (2s)
Waad dareemeysaa kala duwanaanshaha dareenka nasiinada iyo isgalka jirka. (10s)

Dhamaadka tababarka dareen, sida uu jirkaagoo dhan u nafisey adigoo dareemaya halka jirkaagu saaran yahay. (3s)

Jirkaaga qeybta hoose(2s)

Qeybta dhexe (2s)

Iyo nasashada qaarka sare ee jirkaaga. (5s)

Dareen halka aad saaran tahay sidey kuu sido ood ugu nasan karto. Iska ahow sidaas. (10s)

waad ku sii siyaadin kartaa dareenkaga nasiino adigoo neefta intii xad ah jiidaya (3s) iyo inaad afuufdo. (5s)

U ogolow in jirkaagii inaad dareemo nasiino nafis ah. (10s)

Tababarka kadib waxaad dareemeysaa inuu jirkaagii nastey maankana kuu dagey. (3s)

Waxaad dareemeysaa inaad hesho tamar cusub. (3s)

Maxaad ku sheegi laheyd xaalada dareen hadda, mar haddaad nasatey? Wuu ahaan karaa ereygaas "nafis" ama "nabad" ama erey kalood jeceshay. (5s)

Adigoo niyadaada ku haya ereygaas, waad ku xasuusan kartaa mar walba xaalada nafis iyo markaad is tiraah waad u baahan tahay. (10s)

Isku day inaad toosto: inaad iskala bixiso ood dhaqdhaqaaq yar gacmaha iyo lugaha sameeso. (10s)

Markaad dareento inaad si caadiya usoo kacdey, waad furi kartaa indhihi. (10s)

Hadda waad soo jeedaa waxaanad dareemaysaa firfircooni.

Serene-project, The Southwest Finland Association for Mental Health / Serene-hanke, Lounais-Suomen

Mielenterveysseura

www.turunkriisikeskus.fi

toimisto@turunkriisikeskus.fi

