



# Taageerada dhijitaalka ah iyo taleefoonka ee caafimaadka maskaxda inta lagu jiro COVID-19

11/09/2020

## Taageer goorta iyo meesha aad u baahan tahay

Dowlada Australiya waxay xoojisay adeegyo dhowr ah oo taageero dhigital iyo telehealth ah, oo ay kujiraan dadka nugal iyo kuwa leh baahiyo aad u adag.

Waxaa jira dhowr siyaabood oo aad caawimaad ku heli karto.

- Adeegga Taageerada Caafimaadka Maskaxda ee Coronavirus (Coronavirus Mental Wellbeing Support Service) waxaa si gaar ah loogu talagalay in lagu caawiyo dadka iyada oo loo marayo cudurka faafa ee COVID-19.

Ph: **1800 512 348** | <https://coronavirus.beyondblue.org.au>

- Khadka Taageerada ee COVID-19 ee Dadka Australiyaanka ee da'da ah (COVID-19 Support Line for Senior Australians) wuxuu siiyaa taageero caafimaad dhimir dadka waaweyn ee Australiyaanka ah, qoysaskooda iyo daryeelayaashooda.

Ph: **1800 171 866**

- Madaxa caafimaadka (Head to Health) waa goob fiican oo laga bilaabo haddii adiga, ama qof aad daryeeshid, uu u baahan yahay caawimaad maareynta walaaca iyo walwalka. Waxay bixisaa helitaanka taleefan bilaash ah oo jaban iyo adeegyo caafimaad iyo taageero maskaxeed oo khadka tooska ah. [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

## Taageerada Rabshadaha

Qof kasta oo dhibaato la soo deristo wuxuu talo iyo taageero deg deg ah ka doonan karaa adeegyada soo socda.

- Lifeline Australia waa adeeg ka caawiya dhibaatooyinka oo bixiya taageero waqti-gaaban ah dadka ay ku adag tahay la-qabsashada ama nabadgelyadoodu. Tani waa adeeg 24 saac ah.

Ph: **13 11 14** | [www.lifeline.org.au](http://www.lifeline.org.au)

- Khadka caawinta caruurta (Kids Helpline) waa lacag la'aan, qarsoodi ah oo ah 24/7 taleefan iyo la-talin khadka tooska ah loogu talagalay dhalinyarada da'doodu tahay 5 ilaa 25 sano.

Ph: **1800 55 1800** | [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

- MensLine Australia waa adeeg taleefan iyo latalin toos ah oo loogu talagalay ragga.

Ph: **1300 78 9978** | [www.mensline.org.au](http://www.mensline.org.au)

- Adeegga Dib u-wacisita Is-dilka (Suicide Call-Back Service) waxaa loo heli karaa qof kasta oo ka fikiraya is-dilid, la nool qof ka fikiraya inuu is-dilo, ama ku murugooday inuu is-dilo.

Ph: **1300 659 467** | [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

## Dhalinyarada

- headspace waxay dhalinyarada 12 ilaa 25 sano jir siisaa adeegyo bilaash ah ama qiimo jaban. [www.headspace.org.au](http://www.headspace.org.au)
- ReachOut Australia waxay leedahay taageerooyin wax ku ool ah, qalab iyo talooyin loogu talagalay dhalinyarada iyo waalidkood. Ujeeddadeedu waa inay ka caawiso dhallinyarada inay ka gudbaan arrimaha maalinlaha ah iyo waqtiyada adag. [www.au.reachout.com](http://www.au.reachout.com)
- Hay'adda 'Satellite Foundation' waxay taageertaa carruurta iyo dhallinyarada waalidkood qabo cudur maskaxeed. Mu'asasadu waxay bixisaa taageero dadka isku heerka ah iyo aqoon isweydaarsiyo is-dhexgal ah si lagu taageero oo awood loo siiya dhalinyarada. [www.satellitefoundation.org.au](http://www.satellitefoundation.org.au)

## Cunno xumida

- Butterfly Foundation waxay taageero siisaa dadka Australiyaanka ah ee ay khusayso cunno xumada ama muuqaalka jirka.

Ph: **1800 334 673** | [www.butterfly.org.au](http://www.butterfly.org.au)

- Qoysaska Australiyaanka ah ee Cunista Cunno Xanuunnada waxay siisaa kooxo taageero khadka tooska ah daryeelayaasha dadka la dhibaataysan cunno xumida.

[www.edfa.org.au](http://www.edfa.org.au)

## Adeegyada Kale

- Blue Knot Foundation waxay bixisaa adeegyo la-talin ah oo loogu talagalay dadka ay la kulmaan saameynta naxdinta carruurnimada iyo kuwa iyaga taageera, si gaar ah ama xirfad ahaan.

Ph: **1300 657 380** | [www.blueknot.org.au](http://www.blueknot.org.au)

- Independent Community Living Australia waxay bixisaa adeeg eFriend ah. Adeeggu wuxuu siiyaa taageero asaag faneed dadka laga yaabo inay la kulmaan kalinimo ama la daalaa dhacaya welwel ama niyad jab.

Ph: **02 9281 3338** | [www.efriend.org.au](http://www.efriend.org.au)

- MindSpot waxay bixisaa qiimeyn iyo koorasyo daaweyn ah ee dadka waaweyn ee Australiyaanka ah kuwaas oo la kulma dhibaatooyin xagga walwalka, diiqada, niyadjabka, niyad xumada iyo murugada.

Ph: **1800 61 44 34** | [www.mindspot.org.au](http://www.mindspot.org.au)

- PANDA waa khad gargaar qaran oo lagu taakuleeyo shakhsiyaadka iyo qoysaska si ay uga soo kabtaan welwelka umusha iyo niyadjabka.

Ph: **1300 726 306** | [www.panda.org.au](http://www.panda.org.au)

- QLife waxay bixisaa taageero dadka isku heerka ah oo aan la magacdhabin oo lagu taageerayo LGBTIQ.

Ph: **1800 184 527** | [www qlife.org.au](http://www qlife.org.au)

- SANE Australia waxay siisaa taageero dadka isku heerka ah, la-talin, macluumaad iyo tixraacyo loogu talagalay dadka waaweyn oo loo aqoonsado inay leeyihiin arrin caafimaad oo maskaxeed oo murugsan ama naxdin iyo dhibaato.

[www.sane.org.au](http://www.sane.org.au)

- Khadka caawinta ee SafeNStrong waa khad dhibaato qarsoodi ah oo taageeraya ladnaanta bulshada iyo shucuurta ee Aborijiniska iyo Torres Strait Islanders ee ku nool Victoria.

Ph: **1800 959 563** | [www.vahs.org.au/yarning-safenstrong](http://www.vahs.org.au/yarning-safenstrong)

## Taageero haddii aad ku nooshahay Fiktoriya

Dawlada Australiya waxay hirgalisay 15 xarumood oo cusub oo loogu talagalay caafimaadka maskaxda si loo sii taageero dadka reer Fiktoriya si ay u helaan caawimada ay u baahan yihiin, markay u baahdaan.

Rugyadan *HeadtoHelp* waa adeeg bilaash ah, waadna booqan kartaa xarumahan qof ahaan ama khadka taleefanka si aad ugala hadasho xirfadlaha caafimaadka dhimirka baahiyahaaga.

Ph: **1800 595 212** | [www.headtohelp.org.au](http://www.headtohelp.org.au)