

Dareemida murugo iyo in sidaadii hore aadan ahayn?

Ma ka welwelsan tahay inaad qabto niyadjabka?



Waa wax caadi ah in aan leenahay waqtiyo kuwaas oo caafimaadkeena maskaxeed u baahan yahay taageero, sida ku dhacda caafimaadkeena jireed markuu nagu dhaco madax-xanuun, hargab ama duray. Waa laga yaabaa inaad maqasho waxyaalla ku saabsan niyad xumo ama aad ka welwelsan tahay ama wax ku dhaceen adiga naftaada, saaxiibkaa ama xubin qoyska ka mid ah.

Niyad xumadu waa ka weyn tahay habacsanaan ama murugo. Way ku adkaan kartaa dadka niyadjabku hayo inay ka hadlaan wax ku saabsan isbedelka iyo dareenkooda ama aragtiyaha. Taasi waxay noqon kartaa in dadka ku wareegsani aanay la socon waxay ku sugan yihiin.

Calaamadaha iyo astaamaha guud oo niyad xumadu waxay noqon karaan isbedelka dabeecada, dareenka iyo samaqabka jireed.

Isbedelka dabeecada

- Ka fogaanshaha saaxiibada iyo qoyska
- Dhib ku qabida wajihida iyo qabasha la'aanta hawlaha
- Tegid la'aanta tijaabooyinka iyo imtixaanada dugsiga cabsi dhicitaan darteed
- Ka kicid la'aanta sariirta subaxii

- Wax ka qabad la'aanta baahida saxada sida qubaysiga iyo cadaysiga
- Bilaabida isticmaalka mukhaadaraadka si aad u dareento ladnaan.

Isbedelka fikradaha

- Ka fekerka in aan lagu jeclayn
- Fekerka xun ee ku saabsan naftaada
- Fekerka wax-is-yeelida iyo isdilka

Isbedelka dareenka iyo caadufada

- Dareemida in hawlaha maalmeed ay aad u adag yihiin in la sameeyo
- Inaad murugaysan tahay waqtiga intiisa badan
- Ka xanaaqida waxyaalla sahlan
- Luminta rabitaanka inaad waqti la qaadata saaxiibadaa
- Inaad isu aragto dembiile ama aad masuul ka tahay waxyaallo aadan lugba ku lahayn
- Aadan ku raaxaysanayn waxyaallaha aad ka helli jirtay
- Luminta kalsoonida iyo isku kalsooni hoosaysa
- Dareemida qiima la'aan

Meesha laga hello macluumaad intaas ka badan

Waxay noqon kartaa wax aad u adag in qof raadiyo caawimo markuu dareemo niyad xumo laakiin waxaa jira meella badan oo amaan u ah dhalinyarada inay aadaan oo kala hadlaan siday dareemayaan iyo waxyaallaha haysta. Kaalmada dhalinyaradu helaan markay niyad xumadaan ayaa door muhiim ah ka qaadata wax ka qabashada iyo ka soo kabsashada. Iyaga oo ka bilaabaya inay arkaan dhakhtar guud waana talaabada bilowga ugu fiican.

Adeegyadaani waxay bixiyaan kaalmo qarsoodi ah oo aqoon ku salaysan:

- Dhakhtarka
- Tala-bixiyaha
- Adeegyada Dhalinyarada Banyule – banyuleyouth.com
- Headspace: Adeega caafimaadka dhimirka ee dadka dhalinta yar – headspace.org.au
- Himilo Community Connect – himilo.org.au
- Khadka Lifeline: kaalmada qalalaasaha iyo ka hortagga isdilka – lifeline.org.au or call 13 11 14



Waxyaallaha muhiimka ah ee ay tahay in la xasuusto marka saaxiib la caawimayo

Ma leedahay saaxiib ama xubin qoyska ka mid ah oo uu haysato waqti adag oo kula wadaagay dhibtooda/loolankooda? Dhib ma laha in aadan hayn dhamaan jawaabaha dhibaatooyinkooda. Waxay kaaga baahan yihiin waa inaad noqoto qof caawimaya oo dhegaysanaya.

Ceebta bulsho ee la xiriirta caafimaadka dhimirka ayaa ka joojin karta dadka ay haysato dhibtu inay raadiyaan daaweynta, waxayna keeni kartaa silic siyaada ah. Waa muhiim in aadan la wadaagin macluumaadka lagugu aaminay qof kaleeto, haddii aanay ku siin ogolaansho ama haddii ay-yan khatar ugu jirin inay naftooda ama qof kaleeto waxyeelaan.

Ku dhiirigeli kuwaas inay ka raadiyaan caawimo mid ka mid ah adeegyada kor ku xusan.



Calaamadaha jireed

- Jiro jirkaaga ah
- Heerka awooda oo hoosaysa
- Gaajada oo siyaada ama hoos u dhacda iyo/ama miisaanka
- Dhibaato la xiriirta seexashada, ama hurda siyaada ah laakiin weli aad dareemayso daal siyaada ah
- Muruq xanuun
- Madax xanuun iyo madax faraj

Dadku waxay yeellan karaan aragtiyahaan, dareenkaan iyo shucuurtaan hadba mar taasna macneheedu maaha inay qabaan niyadjab. Si kasta ha ahaatee, haddii isbedeladaas, aragtiyahaas iyo dareenkaasi tegi waayo laba asbuuc ka dib, waxaa fiican inaad raadsato caawimo.

Maxaa dhaliya niyadjabka?

Waxaa jira waxyaalla badan oo dhaliya niyadjabka kuwaas oo ay ka mid yihiin:

- Cilaaqaadka oo burbura
- Dhibaatooyinka saaxiibka iyo qoyska
- Luminta qofkaad jeclayd
- Dhibaatooyinka dugsiga
- Luminta shaqada
- Dhibaatooyin dhaqaale

Dadka dhaqan iyo luqad ahaan kala duwan ayaa laga yaabaa inay la kulmaan waxyaallaha keena niyadjabka:

- Cadaadiska isbedelka
- Arrimaha aqoonsiga
- Saamaynta qaxooti ahaanta
- Qoys maqan (la la'yahay)
- La kulmida cunsuriyad
- Filitaanka dhaqanka

Wax ka qabashada niyadjabka

Waa muhiim inaad ogaato aragtiyaha iyo dareemada saameeya niyadaada. Taasi waxay kaa dhigaysaa inaad la socoto waxyaallaha kaa farxiya iyo kuwa xoojiya samaqabkaaga, iyo waliba waxyaallaha ku geliya murugada. Kuwaasi waxay kaa caawimi karaan inaad wax ka qabato niyadjabka/niyad xumada. Waxaa kale oo jira isbedelka hanaan nololeedka aad samayn karto si aad u bilawdo inaad dareento ladnaan. Taas waxaa ka mi dah cunida cunto caafimaadka u fiican, jimicsi joogto ah iyo inaad seexato hurda kugu filan.



Banyule
CITY COUNCIL

Feeling sad or not like yourself?

Are you worried that you
may have **depression?**

It is completely normal to have times when our mental health needs support, just like our physical health does when we have a headache, cold or flu.

You may have heard about depression and worried whether it has affected you, a friend or family member. Common signs and symptoms of depression may be changes to behaviour, thoughts, feelings and physical wellbeing.

Depression is more than feeling down or sad. It can be hard for people who are experiencing depression to talk about changes to their feelings and thoughts. This can mean that people around them are unaware of what they are experiencing.

Changes to behaviour

- Avoiding friends and family
- Having trouble focusing and not achieving tasks
- Not attending tests and exams at school for fear of failing
- Not being able to get out of bed in the morning

- Not looking after hygiene needs like showering or brushing teeth
- Starting to use substances to feel better

Changes to thoughts

- Thoughts of being unloved
- Negative thoughts about self
- Thoughts of self-harm and suicide

Changes to feelings and emotions

- Feeling that daily activities are too hard to do
- Being sad most of the time
- Getting annoyed by small things
- Losing interest in catching up with friends
- Feeling guilty or responsible for things that are out of personal control
- Not enjoying favourite activities anymore
- Losing confidence and having low self-esteem
- Feeling worthless

Where to go for more help and information

It can be very hard for a person experiencing depression to ask for help but there are many places that are safe for young people to go and talk about how they are feeling and what they are experiencing. The support that young people have around them as they experience depression plays an important part in coping and recovery. Starting with seeing a GP (doctor) is a good first step.

These services will provide professional and confidential support:

- Doctor
- Counsellor
- Banyule Youth Services – banyuleyouth.com
- Headspace: mental health service for young people – headspace.org.au
- Himilo Community Connect – himilo.org.au
- Lifeline: crisis support and suicide prevention – lifeline.org.au or call 13 11 14



Important things to remember when helping a friend

Do you have a friend or a family member who is experiencing a difficult time and trusts you with their challenges? It's okay not to know the answers to all their problems. What they need from you is to be there as a support person and to listen.

Social stigma associated with mental health can stop people who are experiencing depression from seeking treatment, and can cause more suffering for them. It's important not to share information someone has shared with you in trust, unless they have given permission or if they are at risk of hurting themselves or someone else.

Encourage them to seek professional help from one of the services listed above.



Physical symptoms

- Physical illness
- Low energy levels
- Increase or decrease in hunger and/or weight
- Trouble falling asleep, or sleeping a lot but still feeling tired
- Muscle pain
- Headaches and migraines

People can experience these thoughts, feelings and emotions from time to time and that doesn't always mean that they have depression. However, if these changes, thoughts and feelings remain for longer than two weeks, it is best to seek help.

What causes depression?

There are many things that can trigger depression including:

- Breakdown of relationships
- Problems with friends and family
- Losing a loved one
- Problems at school
- Losing a job
- Financial problems

Culturally and linguistically diverse communities may experience further triggers for depression including:

- Pressure to change
- Identity issues
- Impact of being a refugee
- Missing family
- Experiencing discrimination
- Cultural expectations

Caring for yourself with depression

It is important to be aware of the thoughts and feelings that impact your mood. This will make you aware of the things that make you feel good about yourself and boost your wellbeing, and also things that make you feel sad and down. This can help you prepare ways to cope with your depression. There are also lifestyle changes that you can make to help you start feeling better. This includes eating healthy foods, exercising regularly, and getting enough sleep.

