

“I weydii sida aan ahay waxaana oranayaa waa fiicanahay. Laakiin taasi miyaanay ahayn waxaan dhamaanteen iska dhahno?”

- Nate Feuerstein & Tommee Profitt,  
2017, If you want love.

## Ma ka welwelsan tahay inaad qabto walaac?

5tii qofba, 1 ka mid ah dadka dhalinyarada ah waxaa ku dhaca walaac – waa arrinta ugu badan oo keenta xaallada caafimaadka dhimirka ee dadka dhalinta yar.



Waa wax si kasta caadi u ah in ay nasoo maraan waqtiyo caafimaadkeena dhimirku u baahan yahay kaalmo, sida caafimaadkeena jirka marka uu na hayo madax xanuun, hargab ama duray.

Waxay noqon kartaa caadi inaad dareento walaacsanaan xoogan marka ay jiraan xaalada adag ama waxyaalla badan oo noloshaada saameeynaya. Si kasta ha ahaatee, ma u malaynaysaa inaad dareemayso walaac waqtiga badankiisa? Tani ma saamaynaysaa noloshaada? Welwel xad dhaaf ah dartii ma kugu adagtahay tahay inaad nasato oo isdejiso?

Wallaacu waa ka duwan yahay dareemida cabsi, welwelsanaan ama xasilooni daro. Qof walbana waxaa soo mari doona walaac xilli noloshooda ka mid ah. Astaamaha iyo isbedelada ka yimaada walaaca dadku way ku kala duwanaan karaan. Astaamaha iyo calaamadaha guud waxaa ka mid noqon kara isbedelada dabeecada, fekerka iyo samaqabka jirka.

## Isbedelka dabeecada

- Dhibaatooyinka nasashada iyo isdejinta
- Dhibaatooyinka seexashada
- Kicida habeenkii badanaa
- Si sahala wax u dhibsiga
- Ku xanaaqa si sahala
- Ka fogaanshaha arkida saaxiibada iyo qoyska
- Ka maqnaanshaha dugsiga ama shaqada

## Isbedelka fekerka

- Aad u welwelida
- Ka fekerida in dadka kale kaa qabaan fekerada xun
- Ka fekerida in waalidka iyo macalimiintu ay kuu caraysan yihiin
- Ka qabida fikrad xun mustaqbilka
- Aad uga fekerida xaalladaha
- Awood la'aanta inaad toos u fekerato

## Adeegyadaani waxay bixiyaan kaalmo qarsoodi ah oo aqoon ku salaysan:

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



## Waxyaallaha muhiimka ah ee la xasuusanayo markaad caawimayso saaxiib

Ma leedahay saaxiib ama xubin qoys oo uu haysto waqti adag kuguna aamina loolanka haysta? Dhib maaha in aadan ogaan dhibaataadooda. Waxay kaa rabaan adiga inaad u kaalmayso oo aad dhegaysato.

Ceebta bulsho ee la xiriirta caafimaadka dhimirka ayaa ka joojin karta dadka uu haysto walaacu inay talo caafimaad raadiyaan, waxayna iyaga u keeni kartaa silic siyaada ah. Waa muhiim in aadan cidna la wadaagin macluumaad qof kuu sheegay oo kugu aaminay haddii aanay ku siin ogolaansho ama haddii aan qofkaasi khatar ugu jirin inuu wax is-yeello ama cid kale waxyeello.

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



## Calaamadaha jirka

- Wareer
- Gariir
- Calool xanuun
- Wadna garaac
- Dhibaataada neefsiga
- Dhididida
- Muruq xanuun

## Maxaad samayn kartaa si aad u maarayso walaaca?

- Ku celceli neefsiga iyo jimicsiga, sida neef qaadasho iyo soocelin si tartiiba
- Jir ahaan ahow mid firfircoom
- Seexo hurdo kugu filan
- Cun cunto caafimaad
- Ogsoonow sidaad u fekerto iyo waxa keena inaad walaacdo
- La hadal qoyska iyo saaxiibadaad aaminto dareenkaaga wixii ku saabsan
- Ka fogow in aad keli ahaato waqtiga intiisa badan

## Noocyada kala duwan ee walaaca

Waxaa jira noocya kala duwan oo walaac ah. Cabsi aan asal lahayn, jaahwareer siyaada ah (OCD) iyo post-traumatic stress disorder (PTSD) ayaa ah noocyada guud ee walaaca. Wuxuu leeyahay calaamado iyo astaamo kala duwan, waxayna u baahan yihiin habab kala duwan oo lagula tacaalo si loo maareeyo.

## Xaggee laga raadsadaa caawimo iyo macluumaad

Aad ayay u adkaan kartaa qof qaba walaac inuu weydiisto caawimo laakiin waxaa jira gooba badan oo amaan u ah dhalinyarada inay tagaan kana hadlaan siday dareemayaan iyo waxyaallaha haysta. Kaalmada dhalinyaradu helli karaan marka walaacu hayo wuxuu door fiican ka cayaaraa wax ka qabashada iyo ka soo ladnaanta. Ka bilaabida dhakhtar guud ayaa ah talaabada ugu horraysa uguna fiican.



“Ask me how I’m doing  
I’ll say okay. But ain’t  
that what we all say?”

- Nate Feuerstein & Tommee Proffitt,  
2017, If you want love.

## Are you worried that you may have **anxiety**?

1 in 5 young people experience anxiety -  
it is the most common mental health  
condition for young people.



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.

It can be normal to feel anxious in stressful situations  
or when we have a lot going on. However, do you  
think that you’re feeling anxious most of the time? Is  
this impacting on your life? Do you worry so much  
that it is hard for you to rest and calm down?

Anxiety is more than feeling scared, worried or  
uneasy. Everybody will experience feelings of anxiety  
at some point in their life.

The symptoms and changes that occur with anxiety  
can differ from person to person. Common signs  
and symptoms of anxiety may include changes to  
behaviour, thoughts and physical wellbeing.

### Changes to behaviour

- Problems resting and calming down
- Problems sleeping
- Waking up often at night
- Becoming irritated easily
- Having a short temper
- Avoiding seeing friends and family
- Absence from school or work

### Changes to thoughts

- Worrying a lot
- Thinking that other people have bad thoughts  
about you
- Thinking that parents or teachers are  
disappointed with you
- Having negative thoughts about the future
- Overthinking situations
- Not being able to think straight

## These services will provide professional and confidential support:

- Doctor
- Counsellor
- Banyule Youth Services – [banyuleyouth.com](http://banyuleyouth.com)
- Headspace: mental health service for young people – [headspace.org.au](http://headspace.org.au)
- Himilo Community Connect – [himilo.org.au](http://himilo.org.au)
- Lifeline: crisis support and suicide prevention – [lifeline.org.au](http://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 anxiety 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 also seek professional help from one of the services listed above.



## Physical symptoms

- Dizziness
- Trembling
- Stomach pain
- Racing heart
- Difficulty breathing
- Sweating
- Muscle tension

## What can you do to manage anxiety?

- Practice breathing and relaxation exercises, such as breathing in and out slowly
- Be physically active
- Get enough sleep
- Eat healthy foods
- Notice how you think and what triggers you to feel anxious
- Talk to family and friends you trust about your feelings
- Avoid being alone all of the time

## Different types of anxiety

There are many different types of anxiety. Panic attacks, obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) are common types of anxiety. They have different signs and symptoms, and require different approaches to manage them.

## Where to go for more help and information

It can be very hard for a person experiencing anxiety 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 anxiety plays an important role in coping and recovery. Starting with seeing a GP (doctor) is a good first step.

