Caafimaad Maskaxeed oo wanaagsan ayaa ka bilaabanaya adiga. Sidee ayaad dareemeysaa?

Hubi Niyaddaada

Is-Qiimaynta

Qofkasta mar mar si loo joogo wuu la kulmaa giigsanaan, murugo iyo xaalad laga walaaco -oo waa wax qayb nolosha ka mid ah. Hase-yeeshee, haddii aad dareemayso in ay kaa taag badisey, diiqo/niyad-jabsanaanta, ama aadan awooddin in aad samayso waxyaabihii horey aad ka heli jirtay in aad samayso, waxaa la joogaa wakhtigii aad ula hadli la hayd xirfadle oo qiimayn lagu samayn la'haa caafimaadkaaga dhanka niyadda/shucuurta/dareenka. Ka jawaabbidda su'aallaha hoos ku qoran waa mid dhaqso ah oo sahlan oo lagu qiimaynayo haddii aad la kulmayso heerar caadi ah giigsanaan iyo in kale.

Labadatoddobaad ee la soo dhaafay, heer ilaa intee ayay ku dhibeen mid ka mid ah dhibaatooyinkan?
(Leen kasta, isticmaal " ✓" si aad jawaabtaada ugu tilmaanto)

	Marna (0)	Dhowr maalmood (1)	Maalintiiba nus in ka badan (2)	Ku dhowaad maalin kasta (3)
Xiiseyn aad u yar ama ku faraxsan in howl qabto	☐	☐	☐	☐
Shucuur hoosaad dareensan, murugaysan, ama rajo-xun	☐	☐	☐	☐

Isku dar buundooyinkaaga isu-geyn saf-gudub kasta wadajira si aad u hesho buundada isu-geynta!

_____ + _____ + _____ + _____

= Buundada Isu-geyn:
_____

Waxa dhibcahaagu ka dhigan yahay

Is-qiimaynta **ma** aha aalad lagu oggaanayo; hase-yeeshee, waa wada wanaagsan oo lagula soconayo shucuurtaada iyo guud ahaan fayo-qabkaaga dhanka niyada. Waxaa lagula talinnayaa shaqsiyaadka keena buundada isu-geyn '**4**' ama in ka sareeya ay dhammaystiraan aaladdaan baaritaan ee nooca buuxa si loo go'aamiya haddii ay isku arkeen ama ay la kulmeen calaamaddaha isku si ah diiqada/murugada iyo in kale.

Si aad u hesho nooca buuxda ee baaritaanka, booqo: https://bit.ly/Check_Your_Mood

Waxaa soo Saaray Drs. Robert L. Spitzer, Janet B. Williams, Kurt Kroenke iyo colleagues, iyadoo deeq waxbarasho ay uga timid Pfizer Inc © 1999. Su'aallo Qoraal Ee Caafimaadka Bukaan-Socodka (PHQ-9 & PHQ-2). (n.d.). Laga soo baxay 24 Luulyo, 2017, http://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/patient-health.aspx.

Faraqa u dhaxeeya Garowso

Qofkasta mar mar si loo joogo wuu la kulmaa giigsanaan, murugo iyo xaalad laga walaaco -oo waa qayb nolosha ka mid ah. Hase-yeeshee, haddii aad dareemayso in lagaa taag badiyey, diiqo/niyad-jabsan, ama aadan awooddin in aad samayso waxyaabihii horey aad ka bogan jirtay in aad samayso, waxaa la joogaa wakhtigii aad ula hadli la hayd xirfadle oo qiimayn lagu samayn la'haa caafimaadkaaga dhanka niyadda/shucuurta.

Maxay yihiin calaamaddaha caamka ah niyad-jabka/caabuqa/diiqada?

- Murugo ku adkaysasho, kurbo/walwal, ama niyad "firaaqa"
- aDhib ku ah seexashada ama inuu seexdo, ama inuu seexdo in ka badan inta caadiga ah
- an waxba farxadgelinnayn
- Cunto qaadasho hoos u dhacda iyo miisaan dhimis, ama cunto qaadasho kororta iyo miisaan kor u kaca
- Ciyaaro/howlo-samayntooda horey loo jeclaa oo la xiisayn jiray oo la daayo
- Degenaansho/nasasho la'aan
- Waxkasta dhibsada
- Dhibaato isku ursursanaanta ee dhanka shaqada ama iskuulka, ama dhibaato dhinaca xusuusta ama go'aan gaarida
- Daacsaa/daal ama tamar la'aan
- Dareen murugo, rajo-xumo ama wax-laguma-fale
- Fekir isdilid ama geeri

Isku Xiro oo wax badan ka baro

Qatka Dhibaatada & Helitaanka -(888) 724-7240

- Leenka-xog-gudbinta oo asturan oo dhexgalka dhibaatada caafimaadka dabeecaddaha, xogta iyo adeegyada ee Deegaanka San Diego County oo 24 saacadood maalin kasta, 7 maalmood toddobaadkii. Haddii adigu aadan hubin sida loo wajahayo xaalad caafimaad dabeecado gaar ah, wac oo la xiriir qatka bilaashka oo la hadal xirfadle ku caawin kara.

Anshs Ayay Nagu Xiran Tahay -www.Up2SD.org

- Qoraallo waxbarasho oo dhowr ah—oo ay ku jiraan warqaddo talo-siin, illoon tilmaamo, iyo fiidiyooyaal—ayaa qatka internetka lagugu diyaariyay. Kordhi aqoontaada caafimaadka dhimirka oo baro sida dadka kale aad wax ugu qaban karto, calaamaddaha aad u garan karto, oo aad jaaliyaddaada u wacyi gelin karto xanuunka dhimirka.

Caafimaadka Dhimirka Maraykanka ee Deegaanka San Diego County [Mental Health America of San Diego County] -www.mhasd.org

- Ururka u dooda fayo-qabka caafimaadka dhimirka ugu horeeya ee San Diego! Hel illooyin bilaash ah ee wacyi gelin ee loogu talagalay caafimaadka dhimirka iyo ka qaybgelinta barnaamijyada iyo tabbarrada si markaa aad haysato aaladdaha aad ugu jawaabcelin la'ahayd xaaladdaha deg degga ee la xiriira xanuunnada maskaxda iyo daawayntiisa ilaa xirfadlaha ku caawin la'haa ka imaanayo.

National Alliance on Mental Illness (NAMI) San Diego -www.namisandiego.org

- Tan ilaa sanadkii 1978, NAMI San Diego waxay fidinnayeen fursaddo, barnaamijyo iyo adeegyo oo ay ugu talagaleen qoysaska iyo shaqsiyaadka ay saameeyeen xanuunnada dhimirka oo daran. Qadka-caawinaadda Taageerada Assaaga & Qoyska, koox taageero, kullano waxbarasho, warside, iyo fasallo looga hadlayo xanuunka dhimirka ayaa loo diyaariyay guud ahaan dadwaynaha.

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