



Language: Somali

Adeeg Cilmi-nafsi ee Kala-duwaanshaha Dhaqanka ee

Dadka asal ahaan ka soojeeda dhaqan iyo luqad ahaan kala duwan

Faahfaahinta Adeegga:

- Ay heli karaan dadka asal ahaan ka soojeeda dhaqan iyo luqad kala-duwan (CALD) kuwaas oo jira 12 sano iyo wixii ka weyn kuwaas oo qaba dhibaato maskaxeed oo sahlan ama dhexdhexaad ah
- Macaamiishu waxay heli karaan (ilaa 10 kulan) kuwaas oo dhaqan ahaan ku haboon ahna caddayn ku salaysan talasiin cilmi-nafsi
- Turjubaano ayaa la isticmaali karaa marka loo baahdo
- Waxaa laga heli karaa meel kasta oo ka mid ah magaalaweynta Perth
- Lacag la'aan iyo qarsoodi

Goobahayaga:

- Leederville
- Mirrabooka (iyo agagaareheeda)
- Langford
- Fadlan nagala soo xiriir adeegyada ugu dhow degaankaaga

Helitaanka Adeegga:

U-gudbinta dhakhtar guud ayaa loo baahan yahay si loo hello talasiin. Fadlan arag dhakhtarkaaga si loo qabanqaabiyo gudbin.

Waxyaallaha aan ku jirin:

Adeeggani waa:

- Mid aan ahayn adeeg qalalaase
- Maaha macaamiisha khatarta ku jira
- Maaha jiro caafimaad maskaxeed qalafsan oo aad u daran, tusaale ahaan: khalkhal maskaxeed, khalkhal shakhsiyeed isbuufis, khalkhal-laba-cirfood ah, PTSD qalafsan, khalkhal waxbarasho, khalkhal baahsan oo autisimka, ciladaha la xiriira feejignaanta, arrimaha daroogada iyo aalkolada
- Shakhsiyaadku maaha inay hadda haystaan heer qaxootinimo iyo raadinta magangelyo doonka

Nagala xiriir:

Macluumaad intaas ka badan ama in la sameeyo waxweydiin:

Tel: 0418 724 549

limayl: CaldPsychService@lwb.org.au

Booqo: www.lwb.org.au/CDPS

LIFE WITHOUT BARRIERS

Adeegaan Cimi-nafsi ee Dhaqamada kala duwan waxaa kaalmaysay iyada oo ku maalgelisay WA Primary Health Alliance oo hoos timaadda Barnaamijka PHN ee Xukuumadda Australiya.