

Caawimada aad ka heli karto degaankaaga

Bristol Mental Health | www.bristolmentalhealth.org

VitaMinds - Improving Access to Psychological

Therapies | 0333 200 1893 |

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/

Bristol City Council Mental Health Links

www.bristol.gov.uk/social-care-health/mental-health-services

Samaritans | 0117 983 1000 or text 07725 90 90 90

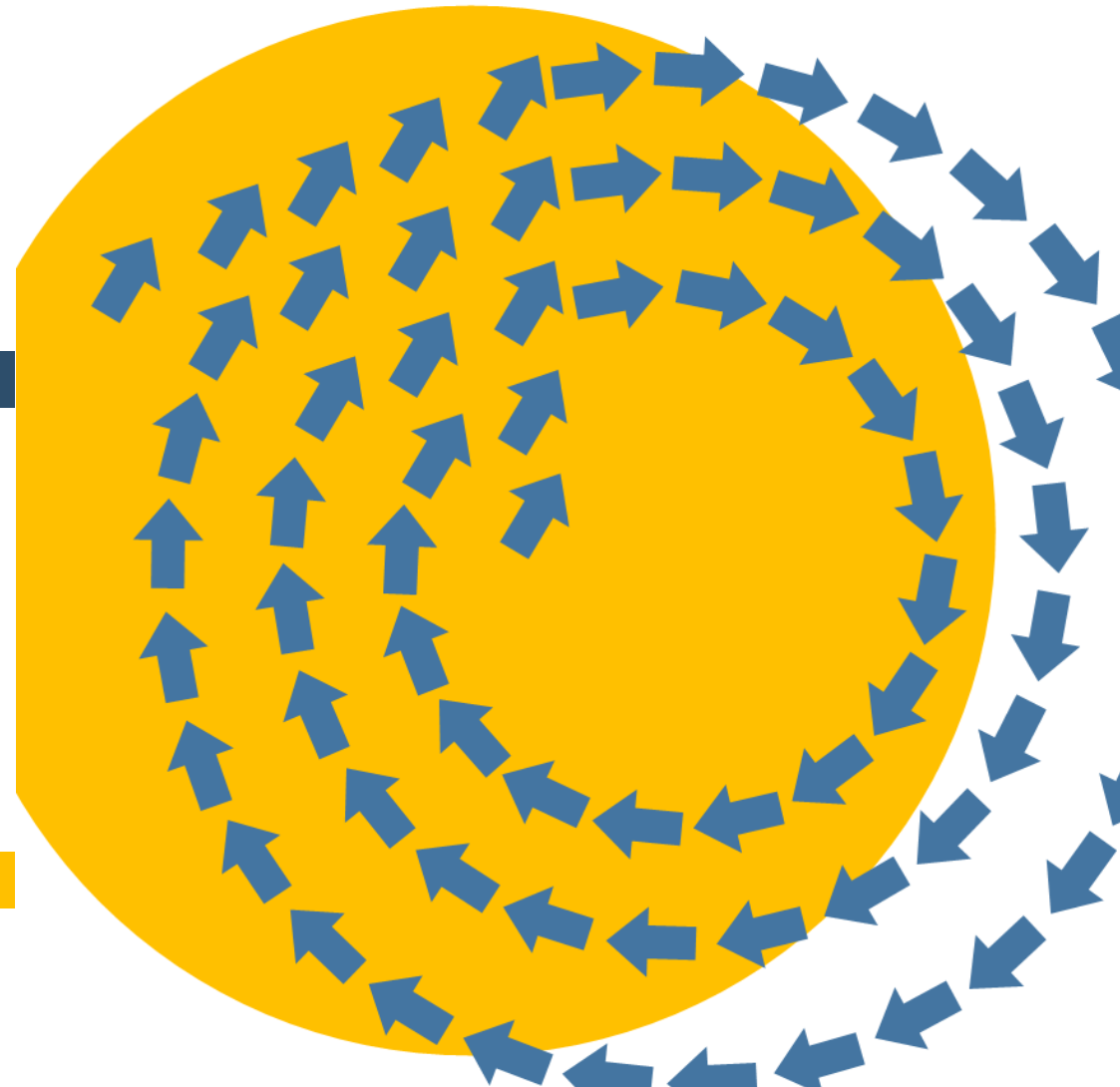
Community Access Support Service (CASS) Kooxaha amma hay'adaha fududeeya inaad hesho caawimo la xiriirta caafimaadka maanka" Mental Health Kooxaha amma hay'adaha fududeeya inaad hesho caawimo la xiriirta caafimaadka maanka

0117 304 1400 | info@cassbristol.org

www.cassbristol.org

WAA MAXAY

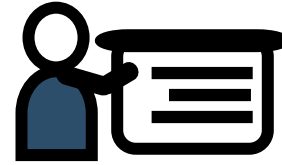
BAQUHU?



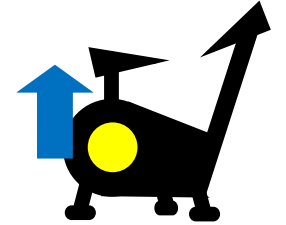
Baquhu waa dareen xasiloonida qofka saameya oo noqon kara mid sahlan amma xooggan .

Waa caadi in qofku welwelo mararka qaarkood, sida marka aad imtixaan galeyso ama aad waraysi shaqo doon ah galayso. Si kastaba ha ahaatee, dadka qaar ayay ku adkaataa in ay maareeyaan welwelkooda. Dareenkooda cabsida amma baqaha ah ayaa mar walba saameeya nolol maalmeedkooda.

Waxa kale oo jira waxyaabo kale oo aad iskaa u samayn karto si aad u yarayso cabsida amma baqaha, tusaale ahaan:



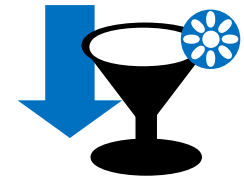
in aad qaadato casharro amma tababar iskaa aad u samayso (self-help courses)



Adoo Jimicsi jidhka ah sameeya oo joogto ah



sigaarka yarayso



khamriga iyo kafayiinta” caffeine” oo aad yarayso

Takhtarrada qoyska(GP-yada) Bristol qaarkood waxa ay ka bixiyaan tilmaan bulsho(social prescribing) baqaha amma cabsida, oo ay ka mid tahay fursad aad u hesho farshaxanka, jimicsiga, wax-karinta iyo barnaamijyo kale oo caafimaadka la xiriira, kuwaas oo laga heli karo meel degaankaaga u dhow.

Dawaaynta baqaha amma cabsida

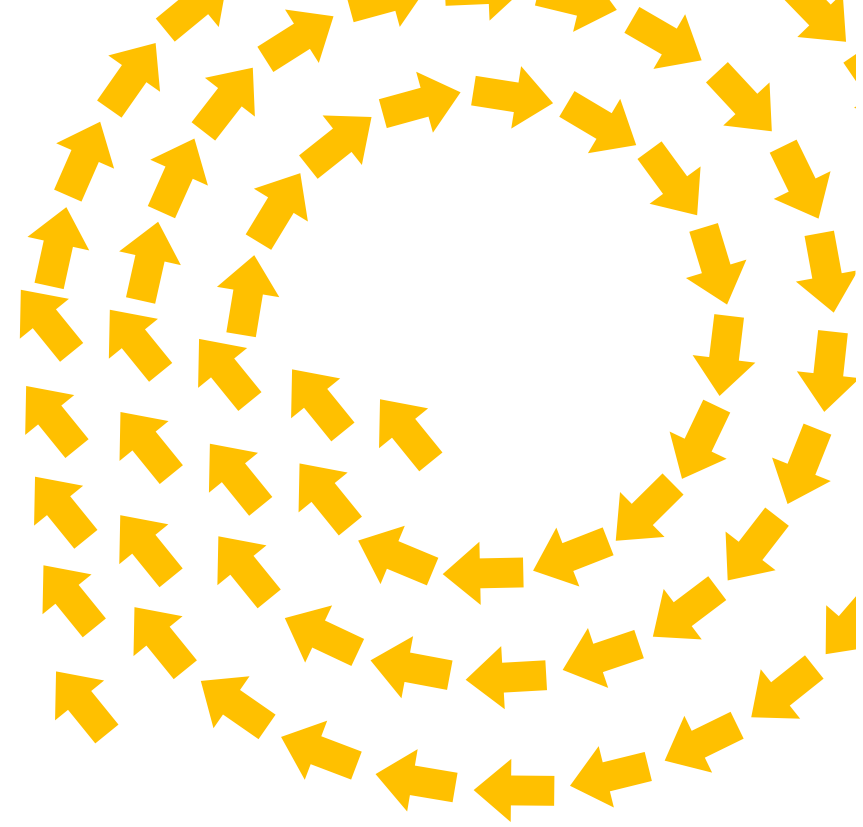
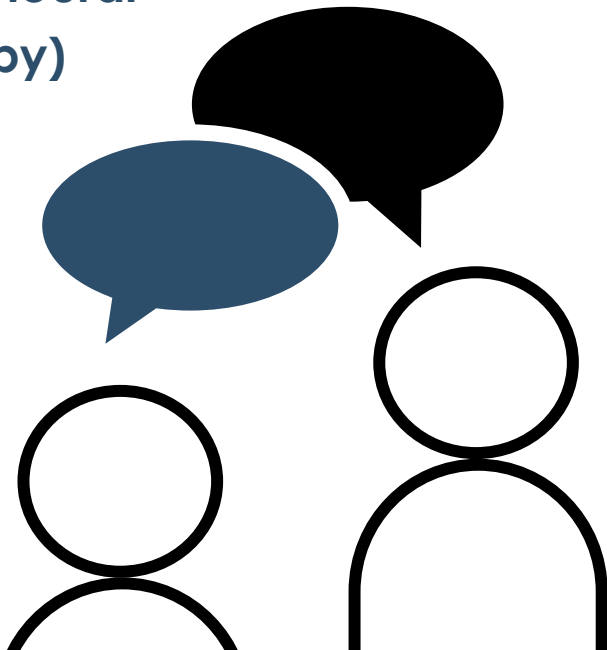
Baqaha amma cabsidu waxa ay raad wayn ku yeelan kartaa nolol maalmeedkaaga, balse waxa jira siyaabo badan oo wax looga qaban karo, kuwaas oo fududayn kara sida aad dareemayso:

Daaweyn

Saykooloji ahaan ah (Cognitive Behavioural Therapy)

Daawooyin

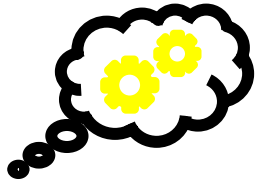
(antidepressants)



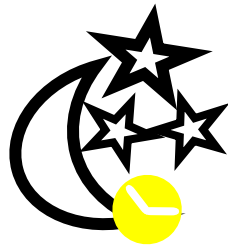
Dadka Baqaha amma cabsida joogtada ah lihi waxa dhici karta in ay maalmaha badankooda ay diiqad ku jiraan inta bandanna ay ay ku adkaato in ay xusuustaan goortii ugu dambaysay wakhti ay nafis ku jiraan. Marka ay xal u helaan arrin baqasho ku haysaba, waxa la soo darsa

Calaamadaha & astaamaha

Baqaha amma cabsidu waxa ay sababi kartaa astaamo jidh ahaan amma maskax ahaan ah, waxaana ka mid ah:



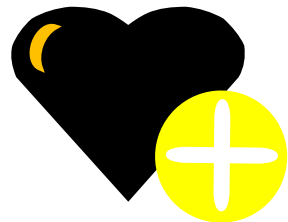
Xasillooni darro iyo walaac badan



Hurdo xumo



Dawakhaad amma madax wareer



Wadno boodid aad ah

Maxxa sababa baqaha?

Ma fududa mar kasta in la ogaado sababta ay dadku cabsida amma baqaha u dareemaan, waxase ay kai man karaan waxyaabo badan oo ay ka mid yihiin:

- ➔ Isku dheelli tir la'aan Kimiko oo ka dhaca maskaxda
- ➔ Waxyaabo waalidka ka dhaxasho oo hiddo raac ah.
- ➔ Xaalad dhibaato weyn leh oo ku soo marta sida mushkilad qoys, Carruurnimo ay dhibaato kugu soo gaadhay amma Carruurnimo laguugu xoog sheegtay, amma laguugu bah dilay.
- ➔ Xaalad caafimaad darro ah oo muddo dheer ku haysay sida lafo-burburka” arthritis”.
- ➔ Daroogada iyo khamriga oo six un loo isticmaalo.

Si kastaba ha ahaatee, dad badan ayaa ay ku timaaddaa cabsidu amma baquhu iyadoo aanay jirin sabab muuqata oo cad.