

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

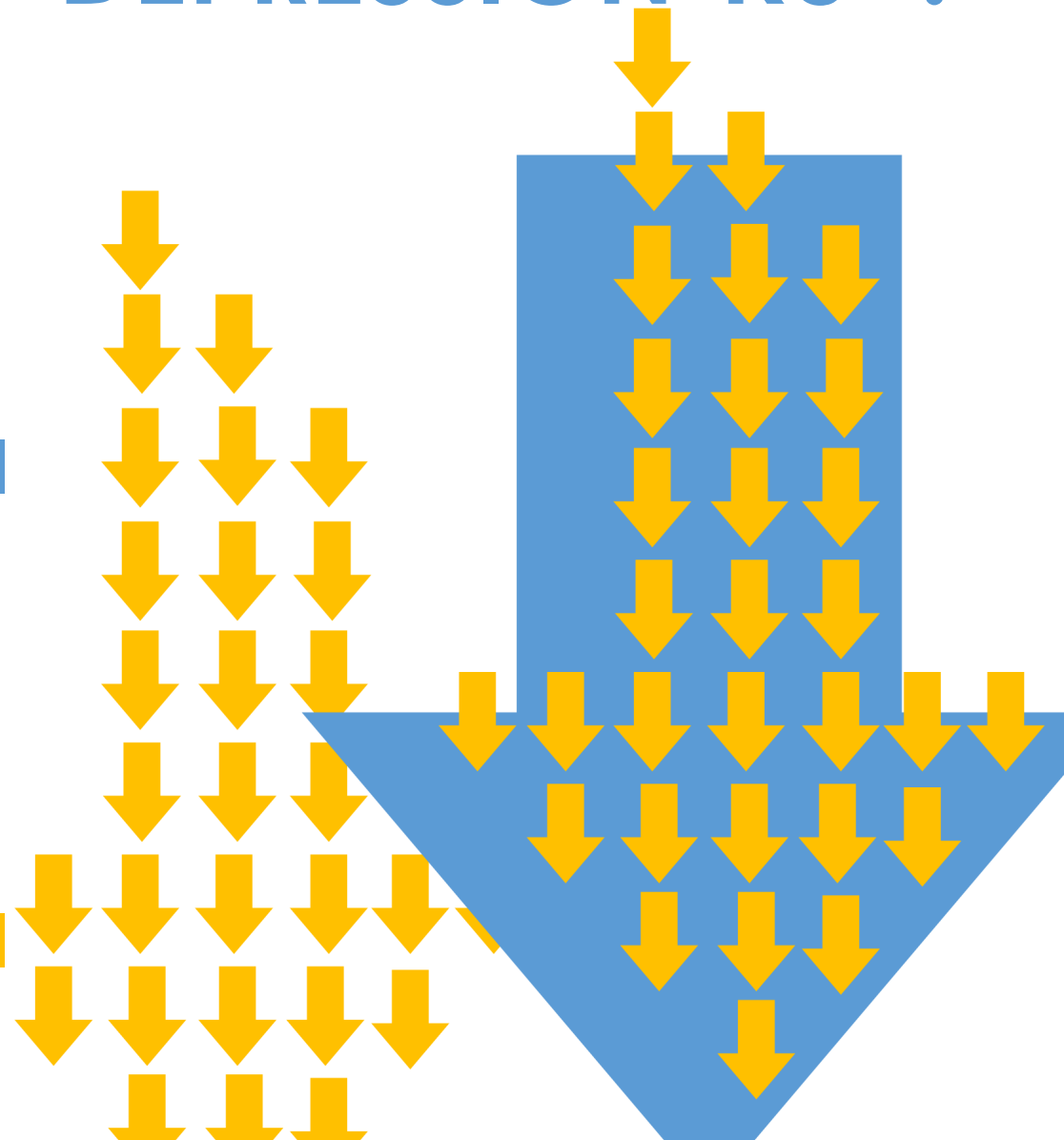
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WAA MAXAY

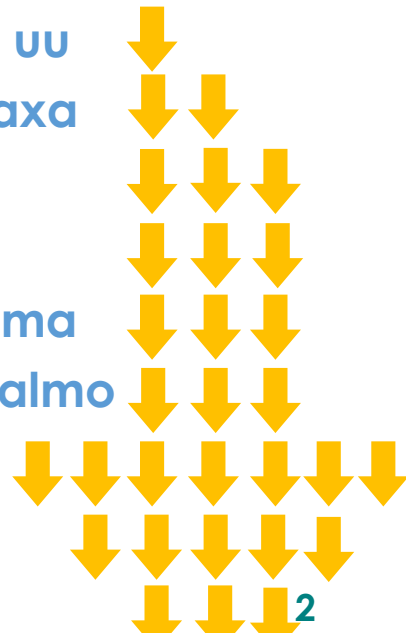
NIYAD-JABKU

“DEPRESSION-KU”?



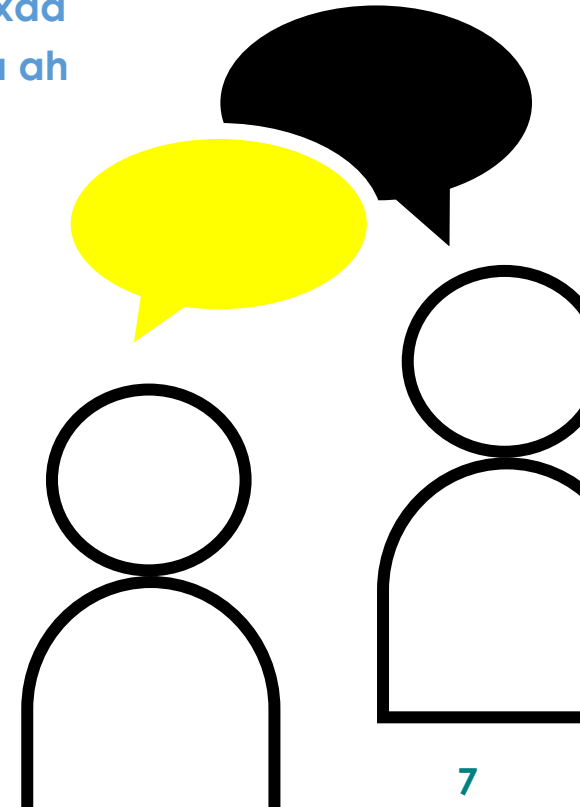
Niyad-jabku waa hoos u dhac saameeya mooraalka qofka muddo dheerna jira, waxaana uu ahaan karaa mid fudud amma mid aad u culus.

Dadka badankiisu waxa ay la kulmaan marar uu dareemo hoos u dhac xagga mooraalkiisa ah amma niyad xumo, balse marka uu niyad jab kugu dhaco, waxa aad noqonaysaa qof farxaddu ay ku yar tahay muddo toddobaadyo amma bilo ah oo aan ahayn maalmo keliya.



Daawaynta hadalka ah (Talking therapies) sida ka loo yaqaanno “Cognitive Behavioural Therapy”, ayaa inta badan loo adeegsadaa niyad-jabka aan ka soo raynayn. Waxa kale oo lagu qori karaa dawooyinka nooca loo yaqaanno”anti-depressants”.

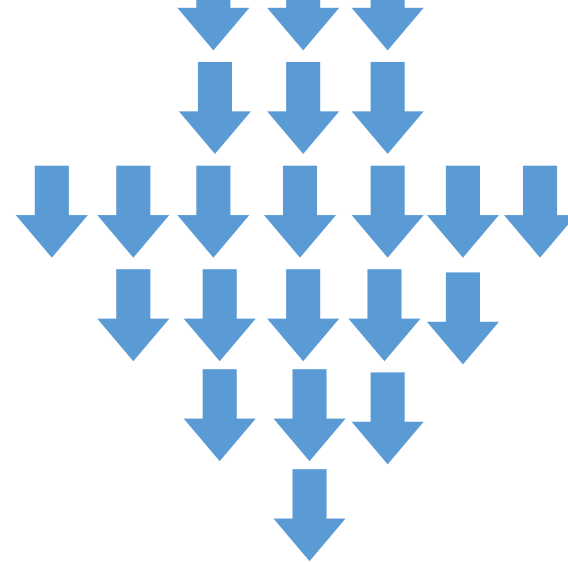
Niyad-jabka dhexe amma ka sii daranna, waxa la isugu dari karaa daawaynta la hadalka ah “talking therapy” iyo dawooyinka “ anti-depressants”-ka ah. Waxa kale oo laga yaabaa in lagu gudbiyo khabiir ka mid ah kooxda caafimaadka maanka ah “mental health team”.



Daaweynta Niyad-jabka

Waxa muhiim ah in aad aragto dhakhtar haddii aad u malayso in uu niyad-jab "depression" kugu dhacay. Haddii uu niyad-jabku khafiif yahay, waxa laga yaabaa inu takhtarku kugu la taliyo bal in muddo la eego in aad iskaa u ladnaan karto, isagoo aad si joogto ah u arkayso takhtarka. Waxa kale oo laga yaabaa inu kugula taliyo hab dhaqankaaga nolosha oo aad wax ka beddesho sida Jimicsi aad samays, sigaar cabidda oo aad joojiso, cuntada caafimaadka u wanaagsan oo aad cunto, amma inu kuu diro kooxaha iskaa-wa-u-qabso dadka ku caawiya.

Takhaatiirta qoyska(GP-yada) Bristol waxa ay bixiyaan filmaamo bulsho(social prescribing) oo ku saabsan niyad jabka, sida fursad aad u hesho farshaxanka, jimicsiga, wax karinta iyo barnaamijyo kale oo la xiriira caafimaadka, kuwaas oo laga heli karo meel degaankaaga u dhow.



Niyad-Jabka fudud amma khafiifka ahi waxa weeyi adigoo uu mooraalkaagu si joogto ah hoos ugu dhaco, halka niyad-jabka culusina uu ku gaadhsiiyo dareen ah in aanay sii noolaashuhaba qiimo kuugu fadhiyin.



Astaamaha iyo calaamadaha

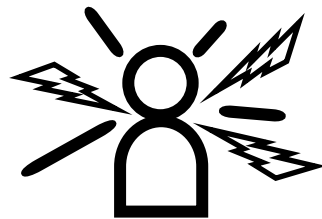
Haddii niyad-jab kugu dhaco waxa laga yaabaa in aad dareento murugo iyo rajo la'aan, iyo adiga oo xiisayn waaya waxyaabihii aad ka heli jirtay, aanad dareento inay ilmo kugu soo joogsanayso. Waxa kale oo ka mid ah astaamaha:



daal joogto ah oo aad dareento



hurdo xumo



adigoo dareema xanuun iyo garaac badan.



nafsadda cunitaanka amma galmada oo hoos u dhacda



adigoo dadka ka dhex baxa oo gooni jog noqda

Maxaa keena niyad-jabka?

Maraka qaarkood waxa niyad-jabka keeni kara waxyaabaha nolosha la soo darsa ee ay ka midka yihiin geeri kugu timaadda, shaqadaadii oo aad lumiso amma lagaa eryo, amma mararka qaarkood marka ay dumarku umulaan ayaaa niyad jab ku yimaaddaa.

Dadka u leh hiddo qoys niyad-jabka ayaa waxa ay u badantahay in laftooda niyad-jab ku dhaco. Waxase dhici karta inaad la kulanto niyad-jab iyadoo aanay sabab la tilmaami karaa jirin.

Niyad-jabku "depression-ku" waa wax caam ah guud ahaan, waxaana uu saamayn karaa dadka noocyadiisa kala duwan oo dhan oo ka madax bannaan inu yahay rag amma dumar, jinsiyad gaar ah amma xagga da'daba.