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# Midkee ayaad dooran lahayd?

## Meelaha caawnimada laga helo ee Ontario

### Telefoonka dumarka la waxlayeelayo

24 saacadood telefoonka loo wacdo marka la dhibaataysan yahay ee 200 luqadood leh: 1-866-863-0511  
Dhagoolaha ama qofka maqalka culus: 1-866-863-7868  
[awhl.org](http://awhl.org)

### Qorsheenta Badbaadinta

Ka hel qorshaha badbaadinta internetka oo aad daabacan karto aad na isticmaali karto.  
[immigrantandrefugeenff.ca/need-help/safety-planning](http://immigrantandrefugeenff.ca/need-help/safety-planning)

### Hel meelo dheeraad ah iyo

#### Baro sida loo caawiyo

Booqo shabakadda ololaha bulshooyinka Socdaalka iyo Qaxoontiga – Deriska, Asxaabta iyo Qoysaska  
[immigrantandrefugeenff.ca](http://immigrantandrefugeenff.ca)

### Xuquuqdaada Sharciyeed

Kani waa buug internetka laga helo oo u saabsan xuquuqda sharciyeed ee dumarka ku nool xadgudub.  
[cleo.on.ca/en/publications/handbook](http://cleo.on.ca/en/publications/handbook)

### Hel Hooy

Shabakadda hooyga badbaadinta  
[sheltersafe.ca](http://sheltersafe.ca)  
211 Bogga guriyaynta u gaarka ah  
[211ontario.ca/211-topics/housing/transitional-housing](http://211ontario.ca/211-topics/housing/transitional-housing)

### Caawimada sharciyeed ee Ontario

Dadka ka soo badbaaday dhibaato qoys, sida ay doonto ha ahaatee xaaladdooda qaxoontinnimada, waxay heli karaan laba saacadood oo bilaash ah ee la talin qareen: 1-800-668-8258  
[legalaids.on.ca](http://legalaids.on.ca)

### Goleyaasha Daawaynta kufsiga iyo Dhibaataada Qoyska

Hel gole kuu dhow  
[satcontario.com/en/locate\\_centre.php](http://satcontario.com/en/locate_centre.php)

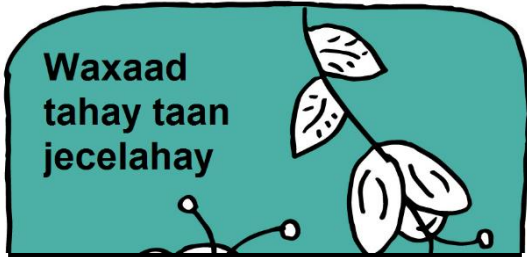
### Goleyaasha Taageera Dumarka la Kufsado

Hel gole kuu dhow  
[sexualassaultsupport.ca/support](http://sexualassaultsupport.ca/support)

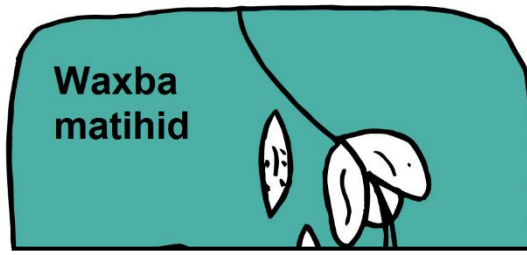
### Adeegyada Turjubaanista Luqadda

Turjubaan ayaa u jooga bixiyayaasha adeegga siday u wada xiriiraan macaamiishooda oo ah dhibaataada qoyska, dhibaato kufsi ama ka ganacsiyayn.  
70 luqadood ka badan ayaa la helayaa (ay ku jirto ASL)  
[languageinterpreters.on.ca](http://languageinterpreters.on.ca)

## 1) Kani waa jacayl badbaado iyo caafimaad



## 2) Kani waa xadgudub qalbiga ah



### Waa maxay xadgudubka qalbiga?

Xadgudubka qalbiga waa marka uu qof yiraahdo ama uu sameeyo waxyaabaha kaa qaada qaymahaaga, isku ganacsanta, kalsoonida, ama xorriyadda. Waxaa dhici kara inay ku dareensiyaan in aad tahay qof xun, ama in aanad noolaan kareyn la'aantood. Waxaa laga yaabaa in ay ku canaantaan ama ay iska dhigaan in aadan ba jirin.

### Marna ma habboona nooc kasta ee xadgudub ah

Xadgudub wuxuu noqon karaa, jirka, galmood, hadal, qalbiyeed, dhaqaaleed, maskaxeed, ama nafsiga. Wuxuu noqon karaa dabagal ama adeegsi aaladaha farsamo si lagu helo. Wuxuu noqon karaa dabeecad go'doomin ama xukumaad. Qoyska balaadhan wuxuu ku biiri karaa xadgudubka. Xadgudubka wuxuu ku dhacaa dhammaan bulshooyinka.

### Haddii aad xadgudub ku nooshahay, dembi ku ma aad lihid. Ma aad tihid keligaa. Waxaa jiraan ilooyin ku qoran kaarkan dushiisa ee ku taageeri kara.

### Sideen u garanyaa hadii deriskayga, saaxiibkayga ama xubin reerka in uu ku nool yahay xadgudub?

#### Saaxiibadaa jaalkeeda miyuu...

- U dhaqmaa inuu leeyahay naagtiisaa?
- Isaga oo keli ayaa hadlaa marka ay wada joogaan?
- Wuu yareysadaa?
- Uu yiraahdaa isaga ayaa ah dhibbanaha ama uu udhaqmaa sida qof murugaysan?
- U dhaqmaa sida uu ka sarreeyo dadka kale?
- Isku dayaa in uu kaa fogeeyo?
- Uu been sheego siduu iska dhigo nin wanaagsan?

#### Saaxiibadaa may...

- May u muuqataa in ay murugsantahay ama ay goonni isu bixiso?
- May u muuqataa inay baqanayso haduu meelaha ka dhow yahay??
- Baabi'iso qorshooyinka kaana leex leexato?
- Cudur daar u samaysaa ama ay difacdaa dhaqankiisa?
- Si dheeraad ah u soo wacdaa shaqada in ay xanuunsan tahay?
- Isku daydaa in ay daboosho calaamooyinka dilka?
- Isticmaasho maandooriye ama khamri dheeraad ah siday u adkaysato?

#### Haddii aad aragto mid ka mid ah calaamooyinkan xadgudubka:

**Fiiiri.** Ha is moogaysiin calaamooyinka digniinta ah aad aragto

**Magacow.** Haddii ay badbaado ku jirto in sidaa la sameeyo. U sheeg iyada waxaad ka warwareyso

**Baar.** Sii meelaha khayraadka caawinimada ka heli karto (sida waxa ku qoran kaarkan dabadiisa)

*Haddii ay qorshaynayso in ay ka tagto, ku dhiirri geli in ay samaysato qorsha ay ku badbaado.*