

Xasuusta oo Guurta

Hadii aad suuxdo ama aad miyir beesho, waxaa iska caadi ah inaad la kulanto xasuusta oo kaa lunto. Tani waxay ka dhigan tahay in aadan xasuusan xataa in lagu dhiijiyay ama ceejiyay.

Waxa uu miyirku kugu soo noqon karaa adiga oo aan garanaynin sida waxa keeney inaad sidan noqoto, ama waxa aad xasuusan kartaa waxyar iyo qaybo kamid ah tacadiga. Tusaale ahaan, waxa aad xasuusan kartaa inaad madbakha joogtay laakiin aad kadibna kasoo toostay sariirtaada.

Waa iska caadi oo saamaynta caafimaad daro ee caadiga ah. In aadan xasuusan tacadi kama dhigna in aysan dhicin. Hadii aad wakhti xasuusan waydo oo aad isku aragto wax calaamado ah ama saamayn dhiijin, qabo ERama la hadal 911 isla markaba.

Tilmaamaha Ka Saaritaanka

Waxa aad xaqiijisaa in qof kula joogo 24-72 saacadood ee xiga.

Waxa aad yeelan kartaa mushkilad ama ma yeelan kartid kadib marka aad ka baxdo maanta. Fadlan la hadal 911 ama qabo ER isla markaba hadii aad isku aragto saamayn cusub oo ceejinta ah.

Waxa aad isku arki kartaa waxoogaa damqasho ah ama naburo qoortaada ama aaga madaxa. Waxa aad saartaa baraf meesha ku barartay ilaa 20 daqiiqo, 4 jeer maalintii, 2 maalmood ee ugu horeeya. Ka qaad sawiro meesha naburada ama dhaawacyada cusub ay ka muuqdaan.

Kadib marka aad u tagto dhakhtarka, waxa aad duwaan gelisaa wixii astaamo ah ama dhaawacyo ee aad yeelato. Ka qabto balan la socod dhakhtarkaaga ama bixiyaahaga daryeelka caafimaadka 1-2 todobaad.



Metro Office of
Family Safety

Where Hope and Healing Begin

Hadii aad ka warwarsan tahay amaankaaga ama aad mararka gaar ka baqato lamaanahaaga ama qaraabadaada, waxaad heleysaa kaalmo. Si aad ula hadasho cid kuu ololaysa, waxa aad la xidhiidhi kartaa xafiisyadeena. Dhamaan macluumaadkaaga waxaa la ilaalin doonaa sirtiisa oo dhamaan adeegyadu waa bilaash.

**Xarunta Amaanka Qoyska
iska imaatinka iyo balamaha
610 Murfreesboro Pike Nashville, TN 37210
(615) 880-1100**

**Isniin - Jimce, 9:00 subaxnimo - 6:00 galabnimo
Kaalmada Amarka Ilaalinta 24/7**

**Jean Crowe Advocacy Center
goobta maxkamada
100 James Robertson Pkwy., Suite 114
Nashville, TN 37201
(615) 862-4767**

**Isniin - Jimce, 7:45 subaxnimo - 4:00
galabnimo**

Waxaa lagaa caawin doonaa inaad xarayso Amarka Ilaalinta, abuurto qorshayaasha amaanka, aad qiimayso heerkaaga khatarta, ku xidhnaato khayraadka sida hoyada iyo latalinta, iyo inuu ku siiyo meel amaan ah oo aad ku sugto dhagaysigaaga maxkamada.

Khibradaada tacadigu waa kuu gaar ah, iyo dhabadaada amaanka ah iyo kasoo bogsashadaadu sidoo kale. Waanu ku dhagaysanaa, ku aaminaa, oo waxa aanu kuu sharaxnaa khayraadka aad heli karto. Waxa aad dooranaysaa hadii aad bilayska gaadhsiinayso ama hadii kale.

Hadii aad joogto Nashville, waxa aad sidoo kale la hadli kartaa khadka tooska ah ee YWCA 24-saacadood:
1-800-334-4628

Hadii aad ka baxsan tahay Nashville, waxa aad kala hadli kartaa 24 saacadood Khadka Tooska ah ee Tacadiga Guriga Dhaxdiisa ee Qaran:
1-800-799-7233



Macluumaadk a ku saabsan dhiijinta (cune ku dhaga)

**Qofna uma qalmo in la
waxyeelleeyo**

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Kaligaa ma tihid



4 dumarka 1 ayaa la kulma tacadi kaga yimaada lamaanahooda ama qaraabadooda wakhti kamid ah noloshooda.*

Dadkaas, 10 kiiba 1 ayaa la kulma ceejin ama cune ku dhag uu kula kaco lamaanahooda ama qaraabadood.



Ceejinta aadka waxaa weeye tacadi aad u daran oo khatar ah.

Waad miyir meeli kartaa oo aad suuxi kartaa

5 - 10
ilbidhiqsi

Waxa ka bixi kartaa faraha xakamada kaadidaada oo adiga oo aan is lahayn ayaad kaaji kartaa

15
ilbidhiqsi

Waxa ka bixi kartaa faraha xakamada saxarada oo adiga oo aan is lahayn ayaad xaari kartaa

30
ilbidhiqsi

Waxa aad waayi kartaa noloshaada gudaha

1-3
daqiiqo

Ceejintu maaha shayga kaliya ee keena waxyeelada heerkana ah. Wax kasta oo baajiya neefsigaaga ayaa khatar ah. Waxaa kamid ah in gidaarka lagu dhajiyo qoortaada, in laabta lagaaga fadhiisto, in xuurto lagugu qabto ama in lagugu dhago cunaha, in biyo lagugu dhax hayo, ama in sanku iyo afka lagu qabto.

Saamaynta Ceejinta

Isticmaal liiskan si aad ula socota wixii saamayn caafimaad daro ee aad la kulanto.

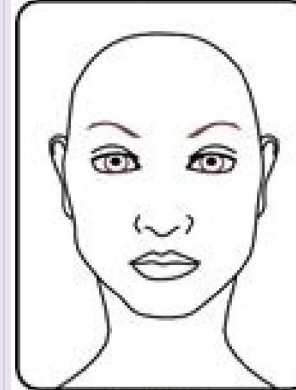
- dhibco cas/soosali ah oo yaryar oo wajiga ah, madaxa, indhaha, dhagaha, ama sanku ah (waxaa loo yaqaan meel yar oo dhiig fadhiisto)
- jug madaxaaga ah, dilaac laftaada madaxa, ama jug
- xoq xoqan wajiga, calaamado cidiyo, meel dilaacyo (xoqniin), ama naburo wajiga ah, qoorta, laabta, garbaha, ama dabnahaaga (kuwan qaar ayuu qofku is gaarsiin karaa)
- indho dhiig ah
- dhiigid dhagahaaga ama sankuaga ah
- naburo, dilaac, ama barar afkaaga ama dabnahaaga ah
- barar dabnaha ama barar carabka ah
- qufac aan baabi'in
- qufac dhiig
- miyir beel ama in la suuxo
- isbadal codkaaga ah
- dhib hadal, barar, ama neefsi
- kabuubyo cunahaaga ah
- murqo xanuun qoorta ama cunaha
- barar qoortaada, cunahaaga ama carabkaaga
- korodh xanuunka qoorta
- tabcaanimo qayb kamid ah jidhkaaga
- kabuubyo ama adkaansho
- xiribo soo daata
- dhibsaho fahanka hadalka
- dhibsasho lugayn
- madax xanuun aan baabi'in marka dawada kaar jabiyaaha la cuno
- dawakhaad ama wareer
- isbadal aragtida ah
- dilaac xididada dhiiga ee indhahaaga
- suuxdin
- xasuusta oo guurta ama wax kala garasho waa
- hunqaaco

50%

Dhaawacyo muuqda waxa lagu arkaa KALABADH dhamaan kiisaska, oo waxa aad la kulmi kartaa mushkilad nafta khatar u ah maalmo ama xataa todobaado kadib. Waxaa muhiim ah inaad la kulanto dhakhtar xataa hadii aad ladan tahay.

Isticmaal shaxdan si aad ugu calaamadsato ama aad kula socota wixii calaamado muuqda ah ama astaamo kaa soo baxa.

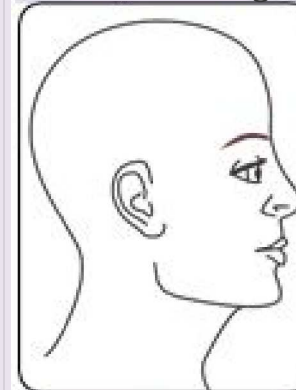
Xaga Hore



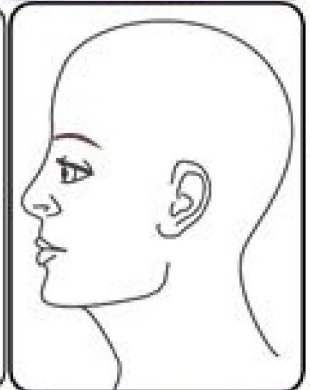
Daanka Hoostiisa



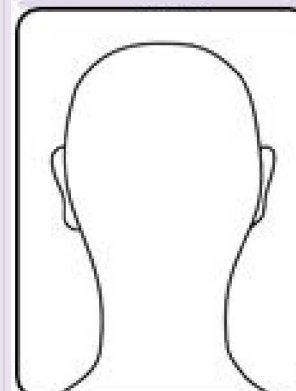
Dhanka Midig



Dhanka Bixid



Dhabarka



Afka Gudihiisa

