

Partners in Wellbeing

Adeegan lacag la'aanta ah wuxuu bixiyaa kaalmada loo siinayo qofka si gooni ah taas oo ay helayaan dadka ku nool Victoria ee ay da'doodu tahay 16 sano iyo wixii ka weyn. Waxaan ka caawinaa waxkaqabashada caafimaadkooda, horumarinta xeeladaha la qabsiga, iyo bixinta taageero dhanka shucuurta ah marka loo baahdo.



In la fahmo waxa khaldan

Inlasahmiyo waxakeenayawalbahaarka ama welwelka lana fahmo qaabka aad u fakirayso, dareenkaaga iyo khibradahaaga.

in la dejiyo xaaladaha

Waxaalasoo bandhigaanidaamyo aad ku maareynayso walbahaarka, welwelka isla markaasna lagu hormarinayo caafimaadkaaga iyo adkeysigaaga.



Caawimaad ku aadan sidaad noloshu ula sii halgami lahayd

waxaa la ogaanayaa dadka noloshada qeybta ka ah, adeegyada taageerada, iyo agabyada kale si ay kaaga caawiyaan sidii aad ku maareyn lahayd wax kasta xilliyada aad walaaca la nooshahay.



In la joogteeyo xiriirka

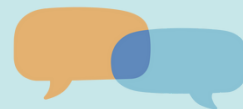
Waxaan kula soo sameyn doonaa xiriir joogta ah si aan kuu siino taageero shucuureed, gargaar wax ku ool ah waxaana kaa caawin doonaa inaad adeegsato istaraatiijooyinka aad carab-baabtay si loo maareeyo welwelkaaga, walaacaaga loona wanaajiyo samaqabkaaga.

Ku xirnoow adeegyada kale

Partners in Wellbeing (Hawladaaga Ku-mideysan Bedqabka) waxay kaa caawin karaan marin u helidda iyo sidii aad adiga ama qof aad taqaanid aad ugu xirnaan lahaydeen Mental Health and Wellbeing Local and Hub Services (Adeegyada Caafimaadka Maskaxda iyo Ladnaanta Deegaanka) ee ka howlgala gobolkaaga.

**MENTAL HEALTH
& WELLBEING
HUB**

Caawimo lacag la'aan ah iyo taageero ayaa loo heli karaa dhamaan dadka ku nool Victoria ee da' kasta leh. Taageero ayaa sidoo kale loo heli karaa goysaska, asxaabta iyo daryeelayaasha dadka qaba xanuunada caafimaadka dhimirka.



**mental health &
wellbeing local**

Mental Health and Wellbeing Local waa adeeg lacag la'aan ah oo caawiya dadka ku nool Victoria ee jira 26 sano iyo wixii ka weyn si ay u helaan taageerada caafimaadka dhimirka iyo badqabka, ee ka howlgala meesha ugu dhow gurigaaga.

Wixii macluumaad intaas ka badan ah, iskaan garee QR koodhka si aad u booqato mareegahayaga ama aad u isticmaasho wada [sheekaysigayaga tooska ah \(live chat\)](#) isla markaasna aad noola hadasho



Isniinta ilaa Jimcaha: 9-ka subaxnimo ilaa 5-da galabnimo
Xidhan maalmaha sabtida iyo axada iyo maalmaha ciidaha

Wac 1300 375 330 si ay wax kuugu bilowdaan.

www.partnersinwellbeing.org.au

Adeega turjubaanka iyo fasiraada

Haddiiadubaahantahay caawimaadsi aadu fahamto macluumaadkan, wac **1300 375 330**.



Waxaanu garawsanahay Madax-dhaqameedka dhulka aanu ku shaqayno, waxaana ixtiraamaynaa Odayaashii hore, kuwa jooga iyo kuwa imaan doona.

