

Sheekooyin ku saabsan Murugada - Qaybtii Labaad- Heliddaa Caawinaad



Talaaboyinka muhiimka ay tahay in la fahmo iyo in la loo helo gargaar Murugada: U tag dhakhtarkaaga. Baadhitaan caafimaad samee oo ka hadal sida uu dareenkaagu yahay. Raadi daweynta murugada ku haysa. Waad dareemi kartaa fiicnaan. Arag dhakhtarkaaga. Ha sugin. Kala hadal dhakhtarkaaga sida aad dareemaysid.

Raadso baadjitaan caafimaad si aad meesha uga saartid cudurada kale oo laga yaabo in ay sababayaan calaamadaha murugada. Waydii haddii aad u baahantahay in aad aragtid qof qiimayn kara isla markaasna daweyn kara murugada. Haddii aadan haysan dhakhtar, waxaad ka raadisaa buugga taleefanada ee degaanka. Tag boggaga adeegyada dowladda (waxaa laga yaaba in ay ay yihiin midabka buluuga ah) oo ka raadi "xaruumaha caafimaadka" ama " xaruumaha caafimaad ee bulshada". Wac midka kugu dhow oo waydiiso gargaar. Raadi daweynta cudurka murugada. Waxaad dareemi kartaa raysasho.

Waxaa jira laba nooc oo caan ah oo lagu daweyno murugada: (1) Dawo iyo (2) "hadal" lala qaato dhakhtar cilmi nafsiga. **Waydii** dhakhtarkaaga nooca adiga kugu haboon. Dadka qaarkiis waxay u baahanyihiin labada siyaaboodba in lagu daweyno si ay u dareemaan fiicnaan.

Dawo Dawada lagu daweyno Murugada waxaa lagu magacaaba "**antidepressants**." Dhakhtarkaaga caadiga ah ama dhakhtarka jirrada maskaxda (waa dhakhtar caafimaad maskaxeed oo u tababaran oo ka caawiqaa dadka cudurka muruga haya) ayaa kuu qorikara iyaga. Antidepressants waxaa laga yaaba in ay qaadato usbuuc si ay u shaqayso. Hubi in aad u sheegtid dhakhtarkaaga sida aad dareemaysid. Haddii aadan dareemayn wax fiicnaan ah, waxaa laga yaaba in aad u baahantahay in aad isku daydid dawooyin kale si aad u heshid dawo wax ku taraysa. Dawooyinka marmarka qaarkiis waxay keenaan "cilado qarsoon" oo aan loo baahnayn. Waxa laga yaabaa in aad dareentid daal, arigtada oo haydh-haydh galo, ama aad xanuun ka dareentid calooshada. U sheeg dhakhtarka hadii aad iska heshid arrimahan ama cilado kale.

Wada-hadalka dabiibka ah "Wada-hadal" dabiib ah waxuu ku salaysan yahay sheeko lala yeesho qof ah sida saykoolajiiist, **la-taliye ama shaqaale bulsho**. Waxay kaa caawinaysaa in aad baratid sida aad u bedeli lahayd sida ay murugado kuu fikir geliso, sidaad dareentid, iyo sidaad u dhaqantid. Waydii

dhakhtarka ama dhakhtarka jirrada maskaxda qofka aad ugu tagi lahayd sheeko dabiib ah. **Waxaad dareemi kartaa fiicnaan.**

Sida loo caawiyo qof ay haysto murugo

Haddii aad garanaysid qof u eg in ay haysto murugo una baahan gargaar, halkaan waxaa ku qor waxyaabo aad samayn kartid: U sheeg qofka in aad danaynaysid isaga ama iyada. La qaybso macluumaadka barnaamijkan qofka murugaysan. Kala hadal qofka in uu arko dhakhtar. U kaxee qofka ballanka dhakhtarka. Haddii uu dhakhtarku kuugu deeqo magaca iyo teleefan numberka dhakhtar jirrada maskaxda ah ama qof lala yeesho wada-hadal dabiib ah, wac lambarka kana caawi qofka in uu samaysto ballan. U kaxee qofka ballanta uu samaystay "Ka war hay" qofka gadaal marka uu bilaabo ama ay bilowdo daawaynta.

Waxyaabaha xusuusto mudan: Raadi caalamadaha murugada. Faham in ay murugadu tahay cudur jira oo dhab ah. U tag dhakhtarkaaga, samee baadhitaan caafimaad kana hadal sida aad dareemaysid. Raadso daawaynta cudurka murugada ku haysa. Waxaad dareemi kartaa fiicnaan.

Warbixin dheeraad ah:

Waxaad wici karta ama aad u qori karta mid ka mid ah hay'adahan si ay kuugu soo diraan macluumaad bilaash ah oo ku saabsan cudurka murugada. Waxaad kale oo ka heli kartaa macluumaad dheeraad ah boggagooda internetka.

National Institute of Mental Health (NIMH)

1-800-421-4211 www.nimh.nih.gov

National Alliance for the Mentally Ill (NAMI)

1-800-950-6264 www.nami.org

Depression & Bipolar Support Alliance

1-800-826-3632 www.ndmda.org

National Foundation for Depressive Illness, Inc. (NAFDI)

1-800-239-1265 www.depression.org

National Mental Health Association (NMHA)

1-800-969-6642 www.nmha.org

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