

# MA U BAAHAN TAHAY TAAGEERO?

Waxaa jira had iyo jeer qofaad la hadli kartid.

- Wac 000 haddii ay tahay xaalad degdeg ah
- Dhakhtarka Guud/Dhakhtar
- La taliyayaasha jooga North RichmondCommunity Health | 9418 9800
  - [www.nrch.com.au/services](http://www.nrch.com.au/services)
- Foundation House | 9389 8900
- La taliyayaasha jooga Cohealth | 9448 5502
- Lifeline (La taliyayaasha taleefanka ee 24 ka saac) - 13 11 12
- Beyond Blue (La taliyayaasha taleefanka ee 24 ka saac)- 1300 22 46 36
- Nabadgelya Doonka iyo Caafimaadka Qaxootiga ee Cabrini Hub | 8388 7874
- Adeegga Takhasuska leh Caafimaadka Dhimirka | 1300 558 862  
Shaqeeya 24 saacadood maanlintii, 7 maal mood isbuucii.Siinaya isticmaal taleefan oo degdeg ah ee dhakhtarka caafimaadka dhimirka oo khibrad leh. Tani waa adeeg bilaash ah.
- Griefline | 1300 845 745  
Tageero iyo la talinta bilaashka ah ee dadka ay heysato murugo iyo dhimasho heer kasta oo nolosha ka mid ah.
  - [griefline.org.au](http://griefline.org.au)

- Adeega Dib u soo Wicida Isdilka | 1300 659 467

Adeega la talinta online iyo taleefanka qaranka ee 24 saac ee bilaash ka ah ee loogu talagalay dadka jira 15 sanno iyo wixii ka weyn ee qaba dareenka inay isdilaan ama qof iska dilay.

- [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

- Support after suicide | 9421 7640

La talinta bilaashka u ah dhammaan da'a kasta, , kooxaha taageerada iyo ilaha macluumaadka ee loogu talagalay dadka qof kaga dhintay isdilid, • [jss.org.au](http://jss.org.au)

- Mental Health Online

Qiimeynta cilmi nafsiga online ka ah iyo barnaamijyada daaweynta Online ee qofku isagu ishagayo welwelka, cabsida, OCD, PTSD, iyo niyad jabka dadka jira 18+. Waxay bixinayaan barnaamij 12 toddobaad oo online ah oo aad helaysid daaweyn online bilaash ah..

- [mentalhealthonline.org.au/](http://mentalhealthonline.org.au/)

- Sane Australia

Khadka taleefanka FIYOOW wadahadalka online ka ahina wuxuu furan yahay maalmaha toddobaadka laga bilaabo 10 gh ilaa 10gd.

- [sane.org/](http://sane.org/)

- BlueKnot helpline | 1300 657 380

La taliyayaal, tababaran, khibrad leh oo dhibka ka warqaba, rag iyo dumar, ayaa taageeraya kuwa ka soo samatabaxay dhibka iyo waxyeelada carrurnimo.

- [blueknot.org.au/](http://blueknot.org.au/)

- Neami National - Partners inWellbeing | 1300 375 330

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Waxa jirta had iyo jeer qofaad la hadli kartid.

- CareinMind well-being services | 1300 096 269

Taageerada wakhtiga gaaban ee 24-saac, waxay bixisa saddex kulan la talin oo taleefanka la taliyaha caafimaadka dhimirka ah.

- Email: careinmind@nwmphn.org.au

- Head to Help | 1800 595 212

Oo loogu talagalay qof walba, oo ay ku jiraan dadka asal ahaan qaxooti ka soo jeeda, dadka magangelyada doonaya iyo ardeyda dibeda.

8.30 illa 5ta Isniin ilaa Jimce. Email: headtohelpintake@nwmphn.org.au

- Black Dog institute

Machadka Eyga Maddow wuxuu bixiyaa macluumaad iyo illo macluumaad oo ku saabsan niyad jabka, welwelka, kalkalka laba cirifoodle iyo ka hortaga isdilka.

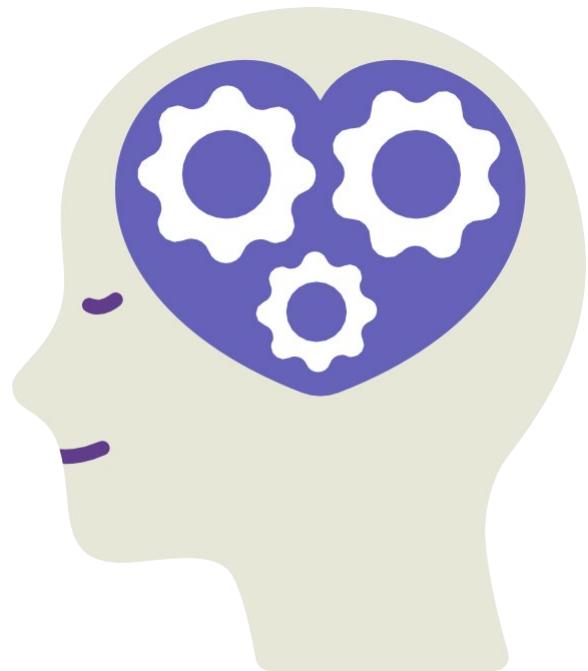
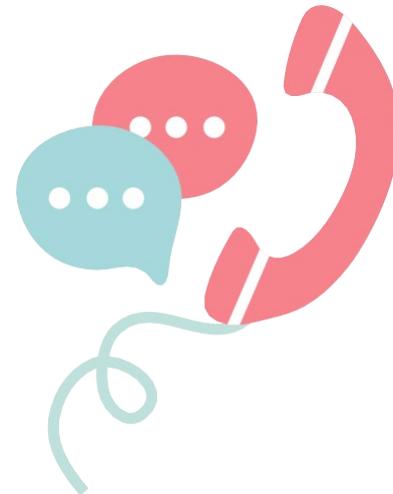
[blackdoginstitute.org.au/](http://blackdoginstitute.org.au/)

- Talasiyyayaasha Veterans-ka iyo qoysaska (open Arms) | 1300 224 636

- Men's Line Australia |

1300 78 99 78

Adeega la talinta online ka iyo taleefanku oo siinaya taageero ragga Australia 24kii saac.



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# MA U BAAHAN TAHAY TAAGEERO?

Waxaa jira had iyo jeer qofaad la hadli kartid.

- Mind Equality Centre |  
1300 054 284

Xarunta Sinnaanta Maanka waa meel amaan u ah LGBTIQ dadka siya la talinta caafimaadka waxyaalaha la xiriira iyo cilmi nafsiyeedka shakhsiyaadka, lamaanaha iyo qoysaska.

- [mindaustralia.org.au/mind-equality-centre](http://mindaustralia.org.au/mind-equality-centre)

- QLife | 1800 184 527

Taleefan bilaash ah iyo wada hadalka online ka ah iyo taageerada dadka isku da'da ah inta u dhaxeysa saacadaha 3:00 casarka ilaa habeen barkii, 7 maalmood isbuucii.

- [qlife.org.au](http://qlife.org.au)

- Queerspace | 9663 6733

Waxay bixisaa la talinta qarsoon ee bilaashka ah ee hooseysa, dadka isku da'da ah iyo tirooyin kale oo adeegyo ah oo lagu taageerayo dadka LGBTIQ iyo qoysaskooda.

- [queerspace.org.au](http://queerspace.org.au)

- Rainbow Door | 1800 729 367

Taleefan bilaash ah iyo taageerada wadahadalka dadka isku da'da ah laga bilaabo 10:00gh ilaa 6.00gd, 7 maalmood isbuucii.

- [rainbowdoor.org.au](http://rainbowdoor.org.au)

- Switchboard Victoria |  
9663 2474

Bilaash, adeegyada taageero ee ay bilaashka ku wadaan dadka isku da'da ah ee loogu talagalay dadka LGBTIQ qoysaska, saaxiibada iyo bulshooyinka.

- [switchboard.org.au](http://switchboard.org.au)



# MA U BAAHAN TAHAY TAAGEERO?

Waxaa jira had iyo jeer qofaad la hadli kartid.



- **Drummond street services | 9663 6733**

Waxaa laga helayaa la talinta shakhsiyeed, fasalada waalidnimada, siminaaro, ama wada shaqeyn kooxeedka waalidiinta iyo qoysaska.

• [ds.org.au](http://ds.org.au)

- **PANDA | 1300 726 306**

Welwelka dhalmada ka hor iyo niyad jabka Australia. Macluumaad bilaash ah iyo adeega Khadka taaleefanka dumarka, ragga iyo qoysaskooda ee ku dhibtoonaya la qabsiga u horseedaya ilaa ama la socda dhalashada ilmaha.

• [panda.org.au](http://panda.org.au)

- **ParentWorks**

Barnaamij online bilaash ah oo loogu talagalay waalidiinta iyo xannaaneeyayaasha carruurta jira 2 ilaa 16. Ka caawinta waalidiinta inay hagaajiyaan xirfadahooda waalidnimo, dabeeccada ilmaha iyo kalsoonida.

• [parentworks.org.au/#/](http://parentworks.org.au/#/)

- **Tresillian family care centres | 1300 272 736**

Waxay siisaa adeega guri ku booqashada iyo kooxo taageero waalidiinta cusub.

Isniin ilaa Axad 7gh to 11gd

• [tresillian.org.au/](http://tresillian.org.au/)

- **InTouch | 1800 755 988**

(Xarunta dhaqamada badan ee ka soo horjeeda qalalaasaha qoyska), adeegyo taageero bilaash ah oo loogu talagalay dumarka qaxootiga ah iyo kuwa soo galootiga ah ee ay haysato ama soo maray marxalad qalalaase qoyseed.

• [intouch.org.au](http://intouch.org.au)

- **Parentline | 13 22 89**

Taageerada taleefanka ee waalidiinta oo bilaash ah oo siineysa la talin iyo taageero ku saabsan arimaha waadnimada.

• [education.vic.gov.au](http://education.vic.gov.au)

- **Rainbow Families**

Qabashada munaasabadaha bulshada iyo kooxaha si laysugu xiro, taageero iyo awood siinta qoysaska LGBTQI+.

• [rainbowfamilies.com.au/](http://rainbowfamilies.com.au/)

- **Children of Parents with a Mental Illness (COPMI)**

Macluumaadka Online ka ah iyo koorsooyinka loogu talagalay waalidiinta , qoysaskooda iyo saaxiibadood si loo taageero dadka dhalinyarada ah iyo carruurta leh waalidiin qaba jirada dhimirkka.

• [copmi.net.au/](http://copmi.net.au/)

- **Safe Steps | 1800 015 188**

Adeegyo taageero xirfadleh oo loogu talagalay carruurta iyo waalidiinta ay heysato qalalaasaha iyo waxyeelada sayga ama sayga hore, xubin kale oo qoyska ka mid ah ama qof u dhow iyaga.

• [safesteps.org.au](http://safesteps.org.au)

- **Shakti Australia | 1800 742 584**

Adeega ka soo Wicitaanka Dhibka luuqadaha badan 24kii saac ee loogu talagalay dumarka ku jira xaaladaha qaalalaaso ama waxyeelo, ka caawinta qoysaskaan inay sameystaan qorshahooda amaan, waxqabdarka iyo kooxaha taageero ee dumar iyo qoys.

• Melbourne 03 9753 4324 | Saacadaha Shaqada ka dib: 0432 611 688

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Waxaa jira had iyo jeer qofaad la hadli kartid.

- **SMS4Dads**

SMS4dads waxay ku siisaa aabayaasha cusub macluumaad iyo xiriirada adeegyada online ka ah taleefankooda gacanta. Fariimo qoraal oo tallooyin leh,

Macluumaad iyo xiriirada adeegyada kale ee caawiya inay aabayaashu fahmaan iyo inay xiriir la yeeshaan ilmahooda oo taageeraan wehelkooda.

• [sms4dads.com.au/](http://sms4dads.com.au/)

- **Mum Mood Booster**

Daaweynta Online ka si loo caawiyo hooyooyinka cusub ee ay heysato niyad jabka ama welwelka dhalmada ka dib oo ay ku jiraan lix kulan oo online ah oo waxqabad looguna talagalay isticmaalayaasha shakhsii ahaan.

• [mummoodbooster.com/public/](http://mummoodbooster.com/public/)

- **COPE (Centre of Prenatal Excellence)**

Macluumaadka kaa caawinaya inaad ka shaqeysid dhammaan dareenada loolanka leh waalid noqoshada iyo ahaanshaha.

• [cope.org.au/](http://cope.org.au/)



# MA U BAAHAN TAHAY TAAGEERO?

## Waxaa jira had iyo jeer qofaad la hadli kartid.



- Dardi Munwurro | 1800 435 799

Adeegyada la talinta qoyska iyo ragga Aboriginal ka ah.

- [dardimunwurro.com.au](http://dardimunwurro.com.au)

- Djirraa | 1800 105 303

Adeega taageerada qalalaasaha qoyska ee dadka Aboriginal ka ah, adeega taageerada bilaashka ah ee dadka Aboriginal ah iyo dumarka Aboriginal ka ee ay hadda heysato qalalaasaha qoyska ama ka hor ay ku dhacday.

- [djirra.org.au](http://djirra.org.au)

- Thirrili- National Indigenous Critical Resonse Service (NICRS) | 1800 805 801

NICRS waxay taageeraysaa shakhsiyadka, qoysaska iyo bulshooyinka ay saameysay isdil ama dhib kale oo weyn. Waxaa lagala xiriiri karaa qofka taageera ka soo jawaabida muhiimka ah 24/7.

- [thirrili.com.au/nicrs](http://thirrili.com.au/nicrs)

- Victorian Aboriginal Child care agency

La talinta qoyska iyo tiro adeegyo taageero ah oo loogu talagalay bulshada Aboriginal ka ah ee Victoria.  
Call: Preston: 03 9480 7300  
Melton: 03 8746 2776  
Werribee: 03 9742 8300

- [vacca.org](http://vacca.org)

- WellMob

Ilaha macluumaadka online ka ah ee fayoqabka dhaqameed , dareen iyo bulsho ee loogu talagalay dadka Aboriginal iyo Torres Strait Islander.

- [wellmob.org.au](http://wellmob.org.au)

- Yarning SafeNStrong | 1800 959 563

Ula sheekayso si amaan ah la taliyayaasha dhaqan ahaan ku haboon oo ‘fahma’, micne ma leh inta loolanku uu le’eg yahay mid yar iyo mid weyn adeeg (24/7 ah).

- [vahs.org.au/yarning-safenstrong](http://vahs.org.au/yarning-safenstrong)

- Yarn safe (Victorian Aboriginal Health Service)

Yarn Safe waxay u heysaa macluumaad dadka dhalinyarada ah ee isu yaqaan Aboriginal and/or Torres Strait Islander. Waa qayb ka mid ah websayka Headspace.

- [headspace.org.au/yarn-safe/](http://headspace.org.au/yarn-safe/)

- Healing Foundation

Healing Foundation waxay bixisaa ilo macluumaad oo aad u badan oo ku saabsan dhibka iyo bogashada kuwa ka soo Samatabaxay Jilashii La xaday, kuwa soo farcamay, qoysaskooda iyo bulshadooda, oo ay la jiraan dadka kale ee Aboriginal iyo Torres Strait Islander peoples.

- [healingfoundation.org.au/](http://healingfoundation.org.au/)

- Reimagine, Aboriginal and Torres strait islander people's hub

Xaruntaani waxay heysaa macluumaad iyo ilo macluumaad oo ku saabsan NDIS loogu talagalay dadka Aboriginal and Torres Strait Islander ee la nool naafada dhimir bulshadeedka. Ilaha macluumaadka waxaa ku jira fiidiyowaa, iyo waxqabad waxbarasho oo loogu talagalay dadka la shaqeeya bulshooyinka Aboriginal and Torres Strait Islander.

- [reimagine.today/aboriginal-and-torres-strait-islander-people-hub/](http://reimagine.today/aboriginal-and-torres-strait-islander-people-hub/)



# MA U BAAHAN TAHAY TAAGEERO?

Waxaa jira had iyo jeer qofaad la hadli kartid.

- **Butterfly Foundation |**  
**1800 33 4637**

Waxay siisaa macluumaad Aboriginal iyo Torres Strait Islanders qaba saluuga cunto cunka ama qaab jireedka. Ilaha macluumaadka waxaa ka mid ah fiidyowyaa, waraaqaha waaweyn iyo warqadaha xaqqiqa.

- [www.butterfly.org.au/get-involved/campaigns/everybodyisde adly/](http://www.butterfly.org.au/get-involved/campaigns/everybodyisde-adly/)

- **Brother to Brother |**  
**1800 435 799**

Waxay siisaa taagro taleefanka ah ragga Aboriginalka ee dhibaatooyinku heystaan.

- **iBobbly app**

App ka Fayoqabka dareen maskaxeedka iyo bulshonimada iscaawinta ee loogu talagalay dadka dhalinyarada ah Aboriginal iyo Torres Strait Islander Australiyaanka ah ee jira 15 sanno.

- [www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/](http://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/ibobbly/)

- **Victorian Aboriginal HealthService |**  
**19403 3300**

Adeeg dhaqan ahaan amaan bilaash ah, oo loogu talagalay dadka waaweyn iyo carruurta. Waxay bixisaa la talinta caafimaadka dhimirka iyo fayoqabka dareenka iyo bulshada, daawo dhaqameedka iyo barnaamijyada bogsashada, xiriirinta daryeelka iyo taageerada gaarida, ee qoysaska iyo shakhsiyadka.

- [vahs.org.au](http://vahs.org.au)



# MA U BAAHAN TAHAY TAAGEERO?

Waxaa jira had iyo jeer qofaad la hadli kartid.



- **Counselling online**

Waa la talin ku saleysan online fariimo ah oo ku saabsan dadka saluugsan isticmaalkooda maandooriyaha ama khambara cabka. Adeega waxaa sidoo kale helaya xubnaha qoyska, qaraabada, iyo saaxiibada.

- [www.counsellingonline.org.au/what-is-counselling-online](http://www.counsellingonline.org.au/what-is-counselling-online)

- **Opioid Treatment Line |  
1800 642 428**

Waxay bixiyaan macluumaadka opiate pharmacotherapy (oo ay ku jiraan methadone iyo buprenorphine), u sii gudbin, tallo, iyo dooda pharmacotherapy.

- **Your Room**

Wuxuu bixiyaa macluumaad ku saabsan aalkolada iyo maandooriyaha kale.

- [www.yourroom.health.nsw.gov.au/aboriginal-info/pages/aboriginal-info.aspx](http://www.yourroom.health.nsw.gov.au/aboriginal-info/pages/aboriginal-info.aspx)

- **Ready to Change |  
1800 888 236**

Barnaamjika la talinta taleefanka bilaashka ah ee dadka ku nool Victoria ee la dhibtoonaya isticmaalkooda daroogada iyo aalkolada ee aan awoodin inay u yimaadaan adeegyada si ka fool ka fool ah.

- **Directline | 1800 888 236**

Adeega taleefanka bilaashka ah 24/7 saac, oo bixinaya u sii gudbin iyo la talinta adeegyada tallaalka takhasuska leh ee dadka uu saameyey la qabsiga.

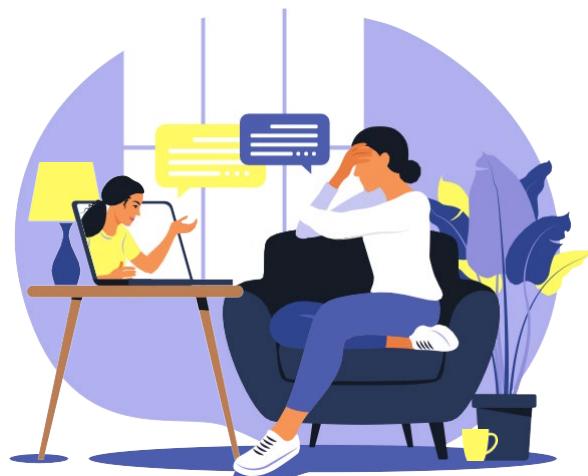
- **Alcohol and other drugs pathway | 1800 888 236**

waxay taageertaa shakhsiyadka, qoysaska iyo saaxiibada ay dhib ka qabsatay helitaanka daaweynta aalkolada iyo maandooriyaha.

- **SMART Recovery | 8413 8413**

SMART Recovery waxay siisaa kooxo taageero online ah iyo ka fool ka fool dadka ay heysato laqabsiga maandooriyaha.

- [www.smartrecoveryaustralia.com.au/](http://www.smartrecoveryaustralia.com.au/)



# MA U BAAHAN TAHAY TAAGEERO?

Waxaa jira had iyo jeer qofaad la hadli kartid.

- **Kids Helpline | 1800 55 1800**

Adeega la talinta taleefanka 24ka saac ee da'aha 5 - 25.

- **Child Protection | 13 12 78**

Si loo soo sheego dayacaada iyo waxyeelada ilmaha.

- **The Brave Program**

Barnaamij Online ah oo lagu caawinayo carruurta da'doodu tahay 8 ilaa 17 ee welwelka qaba.

• [www.brave-online.com/](http://www.brave-online.com/)

- **Young Carers Helpline | 1800 242 636**

Waxay siiyaa dadka dhalinyarada ah tallooyin ah sidii ay nafsaadooda u ilaalin lahaayeen iyo qofkaad daryeelyasid.

• [www.carersaustralia.com.au/support-for-carers/young-carers-network/](http://www.carersaustralia.com.au/support-for-carers/young-carers-network/)

- **Headspace**

Waxay siisaa la talin iyo taageero online iyo taleefan ah dadka dhalinyarada ah 12 - 25 iyo saaxiibadoo iyo qoysaskooda.

• Headspace Collingwood: 9417 0150  
eheadspace: 1800 650 890  
[www.headspace.org.au](http://www.headspace.org.au)

- **Bite Back | 1300 845 745**

Waxay horumarisaa fayoqabka iyo adkeysiga dadka dhalinyarada ah 12-18 sanno jir.

• [www.biteback.org.au/](http://www.biteback.org.au/)

- **Smiling Mind**

Online iyo barnaamijka app ka ku saleysan hagaajinta fayoqabka dadka dhalinyarada ee feker maan daaweyn.

Provides age-specific content for 7-to adult years.

• [www.smilingmind.com.au/](http://www.smilingmind.com.au/)

- **ReachOut**

Bulshada online ka ah ee dadka dhalinyarada ah ee u dhaxeeya da'aha 14-25 inay isla hadlan, isku xirmaan oo ay istaageeraan.

• [www.forums.au.reachout.com](http://www.forums.au.reachout.com)

- **Canteen Connect**

Canteen Connect waa bulsho online ah halkaas oo aad kula kulmi kartid dad kale dad kale oo da'daada ah oo hela.

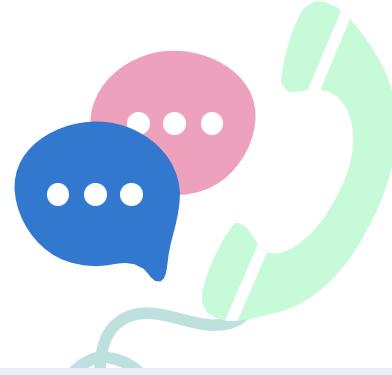
Bulshadaan waxaa loogu talagalay dadka dhalinyarada ah ee da'doodu tahay 12-25 haddii iyaga ama kuwa ay jecel yihiin uu saameeyey kansar. Ku xirnow qof aad isku da'thiin, ku biir wada sheekaysiga, akhri ilaha macluumaaadka, bogga wax lagu qoro oo ka qaybgal munaasabada. La talinta sidoo kale waxaa lagu helayaa taleefanka ama la hadal toos ah.

• [www.canteenconnect.org/](http://www.canteenconnect.org/)

- **Youth Beyond Blue | 1300 22 4636**

Macluumaaadka, online ka ah, iyo taleefan kula talinta ee dadka dhalinyarada ah 12 ilaa 25 sanno jir, oo la xiriiri kara xirfadlayaasha caafimaadka dhimirka oo tababarhan 7 maalmood, isbuucii, 24 saacadood maalintii.

• [www.beyondblue.org.au/who-does-it-affect/young-people](http://www.beyondblue.org.au/who-does-it-affect/young-people)



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- Elder Abuse helpline | 1300 651 192
- National Dementia Helpline | 1800 100 500

Adeeg taageero iyo macluumaad iimeyl iyo taleefan ah oo qarsoon bilaashna ah.

## • Seniors' Hubs

Deganayaasha Yarra ee jira 50-sanno iyo ka weyn waa la soo dhaweynayaa (oo hore loo oran jiray Xarumaha Dadka Waa weyn), si aad uga qaybqaadatid nashaad kala duwan oo aad u sameysatid isku xirada bulshadeed.

- Richmond Seniors' Hub - 1 Hosie Street, Richmond
- Collingwood Seniors' Hub - 4 Eddy Court, Collingwood

- Bent Twig Alliance (BTA) | 9205 5276

LGBTI Elders and Allies Social group (with City of Yarra).

BTA group waxay labadii isbuucba ku kulmaan Collingwood. Wac Willowview Centreon 9205 5276.

- Interpreting Service (TIS National) waa adeeg turjumaad oo bilaash ah | 131 450

• [www.tisnational.gov.au/](http://www.tisnational.gov.au/)

Si aad ballan mutarjum horay ugu samaysato, email ugu dir:  
[tis.prebook@homeaffairs.gov.au](mailto:tis.prebook@homeaffairs.gov.au)



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