

Ma aragtay qof loo xoogsheegtay?



Xoogsheegashadu waa markii uu qof si ula kac ah uga caraysiiyo ama uu waxyeelo qof kale in ka badan hal mar

Haddii aad aragto qof loo xoogsheeganayo waa inaad caawisaa

Sidee ayaad u caawin kartaa

- Baraha u sheeg
- U sheeg qofka u dhaqmayaha sida xoogsheegashada ah inuu joojiyo sidaas
- Ha iska fiirsan ama haka qaybgelin
- Isku day inay kooxdu ka hadasho waxyaalo kale
- U sheeg qofka loo xoogsheegtay inuu kula cayaaro



Adeegyada turjumidda ayaa la heli karaa ayagoo lacag la'aan ah. Wixii caawimaad ah ka wac **TIS** (Adeegga Turjumaanka Taleefoonka ah) 131 450 waxaadna weydiisataa inay kaaga wacaan **Kids Help Line** 1800 551 800.

Waxaad kaloo ka eegi kartaa www.kidshelp.com.au

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