

Haddii Aad U Baahan Tahay Xoogaa Caawimaad Ah

Xafiisyada taageera xog aruurintaan waxay jecelaan lahaayeen inay kaaga mahadceliyaan ka qaybqaadashada. Dhammaan xog aruurinada waa kuwo qarsoodi ah. Xog aruurinta waxa kaliya loo isticmaali doonaa in lagu barto dhaqamada caafimaadka ee dhalinyarada. Macluumaadkaan ayaa naga caawin doona inaan si wanaagsan u daboolno baahiyaha ardayda.

Haddii aad qabto su'aalo ku saabsan xog aruurinta, waxaad kala xiriiri kartaa shaqaalaha Healthy Youth Survey (Xog aruurinta Dhallinyarada Caafimaadka Qaba) adigoo isticmaalaya healthy.youth@doh.wa.gov. Haddii xog aruurinta uu ku dhibo ama walwal ku geliyo oo aad rabto inaad qof kala hadasho, halkan waxaa ku qoran lambarro aad la xiriiri karto. Waxaan kugula talineynaa inaad sameyso mid ka mid ah waxyaabahan isla markiiba haddii aad dareento raaxo darro oo aad rabto in lagu caawiyo:

- La hadal qof weyn oo aad ku kalsoon tahay oo ka tirsan qoyskaaga ama bulshadaada, sida waalidka, macalinka, lataliye, deris, iyo/ama hogaamiye diimeed.
- La hadal qof weyn oo aad ku kalsoon tahay oo jooga dugsiiga, sida macalin, la-taliye, kalkaaliye caafimaad, khabiir wax-qabad, ama maamule.
- La xiriir mid ama in ka badan oo ka mid ah meelaha hoos ku taxan – *si lacag la'aan ah oo gabi ahaanba qarsoodi ah* – si aad u hesho taageero shucuureed iyo si aad u ogaato halka aad caawimaad ka heli karto.

Mawduuca Diirada La Saarayo	Magaca	Adeegyada	Saacadaha	Adeegyada Luuqadda/Dhaqanka ee La Bixiyo	Xulashooyinka Xiriirka <small>🌐 intarneet 📞 taleefan 🗨️ qoraal</small>
Dhalinyerada Ururka khaniisiinta, khaniisyada, labeebshaha, dadka jinsigooda badelay	<i>The Trevor Project</i>	Dhalinyerada Ururka khaniisiinta, khaniisyada, labeebshaha, dadka jinsigooda badelay ah Caafimaadka Maskaxda	24/7	Ingiriis kaliya	🌐 thetrevorproject.org (sheekaysi toos ah) 📞 866.488.7386 🗨️ Qoraalka "START" to 678678
Dhallinyerada Dhaladka Ah	<i>You Are Not Alone Network</i>	Dhallinyerada Dhaladka Ah Caafimaadka Maskaxda	24/7	Isbaanish; Adeegyada Dhegoolayaasha & Dadka Maqalka Adag	🌐 youarenotalonenetwork.org 📞 877.209.1266 🗨️ --
Rabshadaha qoyska/ Ka faa'iidaysiga	<i>Domestic Violence Hotline</i>	Rabshadaha Guriga, Xadgudubiyada Xiriirka	24/7	Dhagoole, Indho la'aan, Maqalka Ku Adag; Adeegyada Dadka Maraykanka Dhaladka ah	🌐 https://www.thehotline.org/ (sheekaysi toos ah) 📞 1.800.799.7233; TTY: 1.800.787.3224 🗨️ Qoraalka "START" u dir 88788
Rabshadaha qoyska/ Ka faa'iidaysiga	<i>National Trafficking Hotline</i>	Xadgudubka Galmada & Ka-faa'iidaysiga Galmada	24/7	Ingiriis iyo Isbaanish, luuqad dheeraad ah iyadoo la isticmaalayo turjumaan wicitaan ah; Maqalka iyo Hadalka Naafo Ka Ah (wac 711)	🌐 https://humantraffickinghotline.org/ (sheekaysi toos ah) 📞 888.373.7888 🗨️ Qoraalka BEFREE u dir (233733)

Cunto Xumo	<i>National Eating Disorder Association</i>	Cunto xumo	☎️ Isniin-Khamiis 6am-6pm, Jimco 6am-2pm ☎️ Isniin-Khamiis 8am-6pm, Jimco 8am-2pm 💬 Isniin-Khamiis 12pm-3pm, Jimco 10am-2pm	Ingiriis kaliya	☎️ www.nationaleatingdisorders.org ☎️ 800.931-2237 💬 Qoraalka “NEDA” u dir 741741
Isticmaalka Maandooriyaha	<i>Washington Teen Link</i>	Caafimaadka Maskaxda, Isticmaalka Maandooriyaha, Xoogsheegashada	☎️ 6-9:30pm ☎️ 6-10pm 💬 6-9:30pm	Turjumaanada luuqadaha oo dhan; Dhegoole', Indhola'aan iyo Dhago La'aan, Ku Adag Maqalka TTY	☎️ teenlink.org (sheekaysi toos ah) ☎️ 866.833.6546 💬 866.833.6546
	<i>Washington Recovery Help Line</i>	Isticmaalka Maandooriyaha, Dhibaatada Khamaarka, Caafimaadka Maskaxda	☎️ 24/7 ☎️ 24/7 💬 Isniin-Jimco 9am-9pm	La mid ah ururka kor ku xusan ee Washington Teen Link	☎️ https://www.warecoveryhelpline.org/ (iimayl) ☎️ 866.789.1511 💬 866.789.1511
	<i>Boys Town National Hotline</i>	Khalalaasaha Isdilka, Caafimaadka Habdhaqanka, Isticmaalka Maandooriyaha, Kheyraadka Waalidiinta	24/7	Isbaanish (khadka tooska ah), adeegyada tarjumaadda, iyo hadalka & maqal-la'aanta	☎️ https://www.yourlifeyourvoice.org (iimayl) ☎️ 1.800.448.3000 💬 Qoraalka “VOICE” u dir 20121
Dhalinyero-ka-Dhalinyero	<i>Washington Teen Link</i>	Caafimaadka Maskaxda, Isticmaalka Maandooriyaha, Xoogsheegashada	☎️ 6-9:30 pm ☎️ 6-10pm 💬 6-9:30pm	Turjumaanada luuqadaha oo dhan; Dhegoole', Indhola'aan iyo Dhago La'aan, Ku Adag Maqalka TTY	☎️ teenlink.org (sheekaysi toos ah) ☎️ 866.833.6546 💬 866.833.6546
	<i>National Teen Line</i>	Taageerada Caafimaadka Maskaxda ee Dhallinyerada	☎️ 24/7 ☎️ 6-10pm 💬 6-9pm	Ingiriis kaliya	☎️ https://www.teenline.org/ (iimayl) ☎️ 800.852.8336 💬 Qoraalka “TEEN” u dir 839863
Caafimaadka Maskaxda	<i>Care Crisis Response Services</i>	Caafimaadka Maskaxda, Taageerada Dareenka, Ka Hortagga Is-dilitaanka	24/7	Isbaanish; Dhegool ah & Maqalka ku Adag	☎️ ImHurting.org (sheekaysi toos ah) ☎️ 988 ama 1.800.273.8255 💬 988 ama 1.800.273.8255
	<i>Washington Teen Link</i>	Caafimaadka Maskaxda, Isticmaalka	☎️ 6-9:30 pm ☎️ 6-10pm 💬 6-9:30 pm	Turjumaanada luuqadaha oo dhan; Dhegoole', Indhola'aan	☎️ teenlink.org (sheekaysi toos ah) ☎️ 866.833.6546 💬 866.833.6546

	Maandooriyaha, Xoogsheegashada		iyo Dhago La'aan, Ku Adag Maqalka TTY	
<i>Washington Recovery Help Line</i>	Isticmaalka Maandooriyaha, Dhibaataada Khamaarka, Caafimaadka Maskaxda	☎ 24/7 ☎ 24/7 💬 Isniin-Jimco 9am-9pm	La mid ah ururka kor ku xusan ee Washington Teen Link	🌐 https://www.warecoveryhelpline.org/ (iimayl) ☎ 866.789.1511 💬 866.789.1511
<i>Boys Town National Hotline</i>	Khalalaasaha Isdilka, Caafimaadka Habdhaqanka, Isticmaalka Maandooriyaha, Kheyraadka Waalidiinta	24/7	Isbaanish (khadka tooska ah), adeegyada tarjumaadda, iyo hadalka & maqal-la'aanta	🌐 https://www.yourlifeyourvoice.org (iimayl) ☎ 1.800.448.3000 💬 Qoraalka "VOICE" u dir 20121
<i>National Suicide Prevention Lifeline</i>	Caafimaadka Maskaxda, Qalalaasaha Isdilka, Dhibaataada shucuureed	24/7	Isbaanish; Dhegool ah & Maqalka ku Adag	🌐 988lifeline.org (sheekaysi toos ah) ☎ 988 ama 1.800.273.8255 💬 988 ama 1.800.273.8255
<i>National Teen Line</i>	Taageerada Caafimaadka Maskaxda ee Dhallinyerada	☎ 24/7 ☎ 6 - 10pm 💬 6 - 9pm	Ingiriis kaliya	🌐 https://www.teenline.org/ (iimayl) ☎ 800.852.8336 💬 Qoraalka "TEEN" u dir 839863