

Adeegyada Taageeridda Caafimaadka Maskaxda ee Coronavirus

Caawinta caafimaadkaaga maskaxda iyadoo loo marayo xanibaadaha

Waxaa jiray isbedelo badan dhawaan, iyo dib u helida naftaada xirnaashaha xirmada ayaa laga yaabaa inaad dareentid xoogaa warwar ah ama xitaa gebi ahaanba in aad ahaatid qoto dheer.

Haddii aad dareemaysid in aanad hubin sidaad u xamilaheyd, ama cidaad u jeedsaneysid **waxaan halkaan u joognaa inaan gacan ka geysanno taageerada caafimaadka dhimirkaaga.**

📞 Anaga nagal hadal adoo noo sharxaya

La taliyayaasheena tababaran ayaa halkan u jooga in ay taleefanka kugu taageer Waa lacag la'aan oo la heli karaa 24/7.

1800 512 348

🖱️ Caawinta khadka tooska ah iyo macluumaadka

Websaydhkeenna ayaa si joogto ah loo cusboonaysiiyaa macluumaad, talo iyo xeelado si kaa caawin doona inaad maamushid wanaagaaga iyo caafimaadka maskaxda waqtigaan. Sidoo kale waxay bixisaa 24chat websaydka ah oo bilaash ah oo leh la taliyayaal tababaran.

coronavirus.beyondblue.org.au

👥 Is-dilid iyo taageero xasaradeed

Caawimaad deg deg ah, wac Lifeline **13 11 14**

Hadaad kujirtid xaalad deg-deg ah ama Khatarta degdegga ah ee waxyeelada naftaada ama kuwa kale, fadlan soo wac **000**

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📞 1800 512 348

🧠 Taageerada dadka aan Af-Ingiriiska ku hadlin

Waxaan haynaa ikhtiyaarro kala duwan oo loogu talagalay dadka oo afkooda koowaad aanu aheyn Af-Ingiriis.

Dadka aan u isticmaalin Af-Ingiriisiga luqadda koowaad waxay heli kartaa turjumaad bilaash ah taageero laga helo Tarjumida iyo Adeegga Afcelinta

www.tisnational.gov.au

Adigoo adeegsanaya TIS National, waad haysan kartaa taleefanka toos ama horay loo sii ballansaday adeegyada turjubaanka.

Adeegyada degdegga ah fadlan wac

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