

# Hadii aad U Baahan Tahay Waxoogaa Kaalmo ah

Xafiisyada taageera xog uruurintan waxa ay doonayaan inay kaaga mahadnaqaan ka qayb galkaaga. Dhamaan xog uruurintu waa sir. Xog uruurntani waxaa kaliya loo isticmaalaya in lagu ogaado habdhaqanada caafimaadka ee dadka dhalinyaro ah. Macluumaadkan waxa uu naga caawiyaa buuxinta baahiyaha ardayda.

Hadii aad qabto wax su'aalo ah oo ku saabsan xog uruurintan, waxa aad kala xidhiidhi kartaa: [contact@wacovidstudentsurvey.org](mailto:contact@wacovidstudentsurvey.org). Hadii xog uruurintu ay ku dhibto ama ay kaa xanaajiso adiga oo aad doonayso inaad cid kala hadasho, waa kuwan dhawr qof oo aad la xidhiidhi karto. Waxa aanu ku talinaynaa inaad samayso mid kamid ah waxyaabaha isla markaba hadii aanad ku qanacsanayn oo aad doonayso kaalmo:

- Kala hadal qof wayn oo aad ku kalsoon tahay oo qoyskaaga ah ama bulshada ah, sida waalidkaa, tobobarahaa, cid aad ku dayato, jaarkaa, iyo/ama hogaamiye kooxeed.
- Kala sheekeyso qof wayn oo aad ku kalsoon tahay oo ku sugan dugsigu, sida macalin, lataliye, kaaliye caafimaad, khabiirka waxka qabad, ama maamule.
- La xidhiidh mid ama wax ka badan oo meelaha ku qoran hoos wixii taageero dareen iyo si aad u ogaato halka aad ka heleyso kaalmo.

Magaca	Lambarka	Websaytka	Ku Hadla Isbaanish	Sir	Kharashka
<b>Khadka Fariimaha Qoraalka ah ee 24 Saacadood</b>	U dir fariin ah "HOME" 741-741	<a href="http://Crisistextline.org">Crisistextline.org</a>	Haa	Haa	Waxba
<b>Khadka Kurayga 24 Saacadood ee Hablaha iyo Wiilasha</b> (tacadiga, xanaaqa, mushkiladaha waxbarasho, balwadaha kiimikooyinka, xidhiidhada iyo isku buuga)	La hadal: (800)448-3000 Fariin ah u "TEEN" u dir 839863	<a href="http://yourlifeyourvoice.org">yourlifeyourvoice.org</a>	Haa	Haa	Waxba
<b>Khadka Tooska ah ee Tacadiga Guriga Dhaxdiisa</b>	(800)799-7233	Wada Sheekeys Toos ah: <a href="http://thehotline.org">thehotline.org</a>	Haa	Haa	Waxba
<b>You Are Not Alone Network (Dhalinyarta Dadka Dhaladka ah)</b>	877-209-1266	<a href="http://Youarenotalonenetwork.org">Youarenotalonenetwork.org</a>	Waxaa La Heleyaa Turjubaan Maqal iyo Muuqaal ah	Haa	Waxba
<b>Khadka Kaalmada Kasoo Kabashada Washington ee 24 saacadood</b> (khadka kaalmada ee balwadaha, mushkiladaha khamaarka iyo caafimaadka maskaxda)	La hadal ama Fariin qoraal ah u dir: (866)789-1511	<a href="http://warecoveryhelpline.org">warecoveryhelpline.org</a>	Waxaa la heleyaa Turjubaan Maqal iyo Muuqaal ah	Haa	Waxba
<b>Khadka Kahortaga Khaarajinta Nafta ee Qaran</b>	(800)273-TALK (8255)	<a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>	Haa	Haa	Waxba
<b>Adeegyada Jawaabka Mushkilada Daryeelka</b> (caafimaadka maskaxda)	(800)584-3578	<a href="http://imhurting.org">imhurting.org</a>	Haa	Haa	Waxba
<b>Washington Teen Link</b> –dhalinyaro dhawr iyo toban jiro ah oo wakhtigooda ku deeqa 6-10 habeenimo	La hadal ama Fariin qoraal ah u dir: (866)833-6546	Wada Sheekeys Toos ah: <a href="http://teenlink.org/chat/">teenlink.org/chat/</a>	Maya	Haa	Waxba
<b>Mashruuca Trevor (dhalinyarta LGBT):</b>	866-488-7386 ama fariin qoraal ah u dir oo ah START 678-678	<a href="http://thetrevorproject.org">thetrevorproject.org</a>	Maya	Haa	Waxba
<b>Khadka Dhalinyarta Dhawr iyo Toban Jirada ah ee Qaran</b>	800-852-8336 ama fariin qoraal ah oo ah TEEN u dir 83936	<a href="http://Teenonline.org">Teenonline.org</a>	Maya	Haa	Waxba