Hagaha kuwa ag taagan Taageerada ka badbadayaasha xaafadaada xilliga musiibada COVID 19

Cymorth i Ferched Cymru
Welsh Women's Aid

Kala fogaanshsha bulshada waxaa suurtagal ah in uu kor u qaado rabshadaha ka dhanka ah dumarka, ranshadaha guriga, iyo rabshadaha galmada waxaana ay saameyn ku leedahay badbaadada kuwa ka badbaadey iyo shabakadahooda taageerada.

Hadda in kabadan abid, waa muhiim in aan fahanno rabshadaha iyo xadgudubka iyo taageerida baahida ay qabaan ka badbaadayaasha.

Niniejsze informacje pomogą dostrzec oznaki krzywdy i oferują wskazówki dotyczące dostępnego wsparcia.

Fadlan sameey

- **Meel laga caawiyo u sheeg** Sida ugu wax tar badan ee lagu caawiyo waa in aad dadka la wadaagto khadka caawinaadda ee Live Fear Free: 0808 8010 800 Haddii aad jeceshahay in aad talo bixin iyo macluumaad, khadka caawinaadda toos usoo wac. **Haddii aad u maleeyneeyso in uu qof ku jiro khattar deg deg ah soo wac 999.**

- **Si kale u fikir.** Khadka caawinaadda ee Live Fear Free ka dhig mid la arki karo sida ugu suurtogalsan. Daaqaddaada ayaad ku dhajin kartaa, gaarigaada, ama meesha aad ka shaqeeyso. Asxaabtaada shaqo ayaad waydiin kartaa in ay lambarka emailada ku daraan iyo gaari shirkadda leedahay oo la wadaago wadistiisa. Sidoo khadka caawinaadda waxaa dadka kula wadaagi kartaa shirarka aaladda zoom ka lagu yeesho ama dadka xaafadda ee aad iska caawisaan Covid-19 koox ahaan oo aad Facebook kuwad xirantihiin.

- **Xasuus noow in kala fogaanshaha bulshada uu kusii adkeeyay ka bad baadayaasha in ay hadlaan.** Qaar badan oo kamid ah ma doonayaan in la maqlo marka ay ka hadlayaan ama ma doonayaan in ay ka hadlaan wax ay dhici karto in ay maqlaan caruur ama xubnaha kale ee guriga kula nool. Qaarkood waxaa laga yaabaa in la xaddiday xiriir ay sameeyn karaan ama lala socdo xiriirrada ay sameeynayaan. Fiiri in uu jiro is badal xagga hab dhaqank ah ama is badal ku yimid xiriirradii joogatada ahaa.

Khadka Tooska ah ee Caawinta Cabsida

Wixii macluumaad sir ah, talobixin ama taageero ku saabsan rabshadaha guriga, rabshadaha galmada, ama rabshadaha ka dhanka ah dumarka qof walba ayaa la soo xiriiri kara Khadka Tooska ah ee Caawinta Cabsida ee lacag la'aanta ah isagoo kula soo xiriiraya luqad kasta 24 saacadood 7 maalmood todobaadkiiba una soo dir...

Telefoon	**0808 80 10 800**
Fariinta taleefoonka	**07860 077333**
Email	info@livefearfreehelpline.wales
Kala sheekeysiga internetka (Webchat)	https://gov.wales/live-fear-free/contact-live-fear-free

Więcej informacji można uzyskać na stronie inyernetowej://gov.wales/live-fear-free/contact-live-fear-free

Fadlan ha samayn

- **Haka talo bixin ama ha isku dayin in aad hagaajiso xaalado inta badan aad u cakiran.** Xaqiiq ahaan waa arrin ay fududahay in la isku dayo taas oo ah in ka bad baadayaasha loo sheego waxa ay tahay in ay sameeyaan, ama aad kula taliso arrin adiga kuu shaqaysay ama in la isku dayo in la xalliyo dhibaatadooda. In lala wareego waxay u ekaan kartaa hab dhaqanka qofkii dhibka gaystay. Dadka intooda badan ma awoodaan in ay talo ku habboon ka bixiyaan xaaladahaan aan horeey loosoo arag. In si ay bad baado ku jirto loogu tilmaamo adeeg caawin oo xaafadda ka jiro ama khadka caawinaad ee Live Fear Free ayaa ah mar walba sida ugu habboon.

- **In ay macluumad bixiyaan haku riixin.** Waa shay dabiici ah in la doono in la fahmo sida ay wax dhaceen. Laakiin tani waxay ka bad baadayaasha ka dhigi kartaa in ay dareemaan in aan la rumeeysan ama in su'aalo waydiin lagu hayo. U ogolaaw in ay kuu sheegaan waxa ay u arkaan in ay u wanaagsantahay iyaga.

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Fadlan Samee

- **Dhagayso oo rumeeyso ka bad baadayaasha.** Waxay aad ugu dhowdahay in ka bad baadayaasha ay talo waydiistaan asxaabtooda ama qoys inta aysan lasoo xiriirin wakiillo rasmi ah ka hor. Jawaabta ay helaan marka ay soo sheegaan xad gudub, ayaa noqon karta farqiga u dhaxeeyo in ay doortaan talo bixin ay ka helaan dad takhasus leh iyo in kale.

- **Qiro oo ansixi.** Waxaa dhici karto in ka bad baadayaasha ay sheegaan in ay dareemayaan neerfooso, baqayaan ayna wel welayaan. In la ansixiyo wel welkooda waxay tusi kartaa in aad dhab u qadaneeyso.

- **Iyaga garab istaag.** Ka bad baadayaasha iyaga ayaa ugu aqoon og xaaladdooda, sidaas darteed iyaga haku hagaan. Haddii aysan diyaar u ahayn in ay si buuxda u sheegaan xad gudub, xiriir lasii wad adigoo isticmaalayo qaabab lagu dareemayo bad baado. Waxaa suurtogal ah in si ay bad baado ku jirto aadan uga hadli karin waxa ku dhacayo iyaga laakiin si guud ula sheekeeyso, adinkoo is dhaafsanayo farriimo qoraal ah, sawirro ama noocyada kale ee wada xirir. Bad baado. Tani waxay ka bad baadayaasha u ogolaaneeysaa in aad wali meeshaas u joogto haddii ay u suurto gasho in ay taariikh dambe kulasoo xiriiraan.

- **Baaritaan ku sameey adeegyada ay bixiyaan kuwa takhasuska leh ee xaafaddaada.** Macluumaad ku saabsan adeegyada laga heli karo xaafaddaada si aad u hesho **halkaan** ku qor post code ka kaada ama gobolka aad ku nooshahay.

Fadlan ha samayn

- Ha sameeyn wax farogashi ah oo laga yaabo in ay khattar ku galiso iyo/ama ka bad baade/do. Haddii aad u maleeyneeyso in uu qof ku jiro khattar deg deg ah oo cunfi xagga jirka ah, isla markiiba soo wac 999.

- **Farriimo iska cad oo aad caawinaad ku dalbanayso dadka hakula wadaagin baraha bulshada.** Erayada maldahan ama farriimaha maldahan ee sida wayn baraha bulshada dadka lagula wadaago inta badan ma aha kuwo ay bad baado iyo nabad galyo ku jirto in ka bad baade caawinaad ku dalbado. Marka si guud dadka loola wadaago si loogusoo gudbiyo xad gudub, jaho wareer ayeey sababi karaan ama dhib wadihii ayaa dhexda u gali karo. Sidoo kale waxay khattar galin karaan bad baadada ka bad baadaha haddii fariimaha baraha bulshada mar mar un kaliya la hubiyo. Markasta oo ay suurtogal tahay, usoo tilmaan lambarka caawinaad ee Live Fear Free.

- **Ha iska indho tirin xaalad aan sax kuula muuqan.** Haddii aad u wel welsantahay qof jaaliyadda xaafadaada kamid ah, toos usoo wac khadka bilaashka ah ee si aad u hesho talo bixin dheeri ah.

Halkaan guji si aad u hesho macluumaad bad baado iyo talooyin is daryeel oo loogu talogalay ka bad baadayaasha .

Caawintaadu lagama maar maan ayeey u tahay si aad u caawiso in la joojiyo xad gudubyada.
Hadda, si ka badan sidii hore ayeey ka bad baadayaasha jaaliyaddaadu kuugu baahanyihiin.
Ha iska fiirsan
Ka bad baadayaasha garab istaag.
#StandwithSurvivors

Lambarro wax tar wayn leh.

Bawso. Waxay adeeg takhasus u fidisaa jaaliyadaha dadka madoow: 0800 7318147

Dyn wales. Waxay caawinaad u fidisaa dadka u galmoodo kuwa aan ku jinsiga ahayn, khaniidsiinta, kuwa u galmoodo dadka ku jinsiga ah iyo kuwa aan ku jinsiga ahaynba, ragga naagaha isu bedalay ee xad gudubka guryaha la kulmo lamaanayaashooda. 0808 801 0321

Respect. Urur ka shaqeeyo arrimaha xad gudubyada guryaha ka dhaco oo la shaqeeyo kuwa dhibka gaysto, ragga dhibanyaasha ah iyo dhibka soo gaaro dadka da'da yar oo kasoo gaaro dadka u dhow. 0808 802 4040

Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800

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