

Waa maxay Adeegga Caafimaadka Dhimirka iyo Fayo-qabka Bulsheed (Community Mental Health and Wellbeing Service)?

Adeeggan ayaa kaa caawin doona oo kaa taageeri doona caafimaadkaaga dhimirka iyo fayoobaanta.

Waxaan ballan kaaga qaban karnaa kooxdayada takhasuska leh ee xirfadlayaasha daryeelka caafimaadka dhimirka iyada oo loo marayo dhakhtarkaaga GP.

Adeeggan cusub wuxuu u sahlayaa dadka inay helaan taageerada saxda ah iyadoo isugu keenaya adeegyo kala duwan oo laga heli karo NHS iyo bulshadaada.

Sidee ayuu adeeggu ii caawin karaa?

Waxaan caawinnaa dadka iyadoo la siinayo taageero, talo, iyo daaweyn.

Waxaan kaa caawin karnaa caafimaadkaaga dhimirka iyo jirka, iyo sidoo kale inaan kaa caawinno xallinta arrimaha saameeya fayo-qabka sida lacagta, shaqada, guriyeynta, xiriirka, dhaawaca, xadgudubka, ama balwadda.

Waxaan u baahanahay caawimaad hadda.

Haddii aad u baahan tahay taageero degdeg ah oo la xiriirta caafimaadkaaga dhimirka, had iyo jeer waxaa jira qof aad la hadasho.

Waxaad wici kartaa **Khadka Caawinta Caafimaadka Dhimirka ee Degdegga ah ee Birmingham iyo Solihull** (oo ay maamusho Birmingham Mind) 24 saacadood 7 maalmood toddobaadkii si aad u hesho talo iyo taageero adigoo ka wacayo

0121 262 3555 ama **0800 915 9292**

Waxaad la hadli kartaa **Samaritans** hadda, ama wakhti kasta habeen iyo maalinba adigoo wacaya **116 123**

Ama iimayl ugu dirayo jo@samaritans.org si aad u hesho jawaab 24 saacadood gudahood.

Haddii aad khatar degdeg ah ku tahay naftaada ama dadka kale **wac 999** ama tag goob A&E ee kuugu dhow.



Weydii dhakhtarkaaga GP wixii macluumaad dheeraad ah, ama booqo www.bsmhft.nhs.uk

v26.06.22

Birmingham iyo Solihull Caafimaadka Dhimirka iyo Fayo-qabka Bulsheed



Haddii aad la kulanto dhibaatooyin la xiriira caafimaadkaaga dhimirka, niyadda, ama fayo-qabka adeeggan ayaa diyaar kuugu ah inuu ku taageero.



Birmingham and Solihull
Community Mental Health
and Wellbeing Service

Yaa heli kara adeegga?

Waxaan qaabilnaa qof kasta oo jira 18 ama ka weyn ee la tacaalayo astaamo caafimaad dhimireed oo cusub ama socda, iyo sidoo kale dadka lagu xaqiijiyay baaritaan hore caafimaadka maskaxda sida Bipolar (Dareen Baddel), Shaqsiyad wareer (Personality Disorder), Schizophrenia iwm.

Waa kuwee Kooxda Caafimaadka Dhimirka iyo Fayo-qabka Bulsheed?

Waxaan nahay koox xirfadlayaal daryeelka caafimaadka dhimirka ah oo ku saleysan dhakhtarkaaga gaarka ee deegaanka ee Birmingham iyo Solihull.

Adeeggan waxaa la bixiyaa iyada oo lala kaashanayo Birmingham and Solihull Mental Health NHS Foundation Trust (Hay'adda NHS ee Caafimaadka Dhimirka ee Birmingham iyo Solihull) iyo Birmingham Women's and Children's NHS Foundation Trust (Hay'adda NHS ee Haweenka iyo Carruurta ee Birmingham) waana qayb ka mid ah Nidaamka Daryeelka Isku-dhafan ee Birmingham iyo Solihull (ICS).



**Birmingham and Solihull
Integrated Care System**
Caring about healthier lives

Maxay dhacayo marka la joogo ballantayda?

Ballamadu waxay ka dhacaan goobta dhaqankaaga ama taleefanka ama fiidiyowga iyadoo lala xiriirayo xirfadlaha daryeelka caafimaadka dhimirka. Marmar kooxdayadu sidoo kale waxay kugu soo booqan karaan gurigaaga iyadoo ku xiran duruufahaaga.

Ballantaada koowaad waxaan kaa codsan doonaa inaad ka hadasho sida aad dareemeyso, astaamaha aad la kulmeyso iyo waxa ka dhacaya noloshaada.

Waxaan dhageysaneynaa adiga iyo waxyaabaha aad la kulantay waxaan kugula talineynaa ikhtiyaarro kaa caawinaya inaad maarayso xaaladaada oo aad qaaddo talaabooyinka xiga si aad u hesho daaweyn iyo taageero dheeraad ah.

Tan waxaa ka mid noqon kara waxyaabo ay ka mid yihiin:

- helitaanka ballanta daaweynta ama la-talinta
- daawo in lagu qorayo
- In lagaa caawiyo inaad la xiriirto adeegyada laga heli karo bulshadaada deegaanka si aad taageero uga hesho wixii arrimo ah ee saameeya fayooabaantaada sida guriyeynta, lacagta, ama xiriirka.

Adeegga Caafimaadka Dhimirka iyo Fayoqabka Bulsheed ma beddelo ballanta aad dhakhtarkaaga la leedahay, sidaa darteed waxaad weli awood u yeelan doontaa inaad la xiriirto dhakhtarkaaga guud ama dhakhtarka dhimirka haddii aad u baahato.



Sideen ballan u qabsadaa?

Si aad ballan u qabsato la xiriir dhakhtarkaaga qalliinka guud oo weydii Adeegga Caafimaadka Maskaxda iyo Fayo-qabka Bulsheed.

Fiiro gaar ah: Adeeggan ma aha mid ku habboon qof walba. Soo dhaweeyuhu wuxuu kugula talin karaa inaad la hadasho hagaha daryeelka marka hore si aad u ogaato haddii ay kugu habboon tahay.