



camh

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Fahmida Walafka qodob laga soo xigtay shabakadda Internetka

Wa maxay walafku?

Walafku waa u barasho ama dabecad ka dhigasho isticmaalka maandooriye ama mukhadaraad, taasooy inta badan adagtahay in layska joojiyo. Walafku wuxuu inta badan waxyeleeyaa, wax weyna u dhimaa qofka noloshiisa. Waxaa dhici kara in uu qofka ka maarmi waayo isticmaalaka mukhadaraadka sida khamriga ama kuwa kale, ama uu ku mashquulo ciyaaridda sida khamaarka.

Ma jirto sabab qur ah ee loo aaneeyo in qof si ba'an uu u isticmaalo khamriga ama mukhadaraad kale, ama muxuu qof ciyaaridda khamaarka uu ugu waashaa. In badan oo naga mid ah waxay bilaabaan in ay ku mamaan isticmaalka mukhadaraadka midkood sida khamriga, si ay isu illowsiiyaan mashaakilka noloshooda. In muddo ah, isticmaalka mukhadaraadka ama sida ciyaaridda khamaarka waxaa laga yaaba in ay si dhalanteed ah noo ilowsiiyaan xanuunkeenna ama naga saaraan cabsideenna. Hase ahaatee, ugu dambaystii xalka aan ka raadineyno mukhadaraadka ayaa nagu dhaliya mushkilad kaasoo inta badan burburiya xiriiradeenna iyo qoysaskeenna.

Ma sahlan tahay in la aqoonsado calaamooyinka walafku?

Dadka qaar ma dhacdo in laga arko calaamooyin muujinaaya in ay leeyihiin mushkiladaha walafka.

Waa sahlan tahay in lagu walfo oo laga marimi waayo isticmaalka mukhadaraad ama fal kale oo la mid ah, iyadoo aan durbadiiba lays garanin. Waxaa laga yaabaa xitaa dadka la nool ama u dhow qof walaf leh aysan garan in muddo ah in uu qofka leeyahay mushkilad.

Waa maxay calaamooyinka iyo dareennada lagu garto walafku?

Dad badan ayaa cabba khamri, mukhadaraad kalena isticmaala, am khamaarka ciyaara iyagoo aan la kulmin mushaakil. Laakin, qaar baa waxay ogaadaan goor dambe in, ay xad gudbeen” ayna gabeen awooddii ay ku gaari lahaayeen go’aanno wax ku ool ah.

Calaamooyinka walafku waa badan yihiin, waxayna ku xiran tahay hadba sida ay yihiin mushkiladaha iyo qofka ba. Istimaal mukhadaraad iyo fal ba waxay mushkilad noqdaan marka ay:

- Saameeyaan maskaxdaada iyo caafimaadka jirkaaga

- Kugu kalifaan sharci jebin (haddi qof gaari wado isagoo cabsan, ama uu isticmaalayo ama haysto mukhaadaro uu sharcigu oggolayn)
- Dhaawaceyso arrimo dhaqaale/lacageed
- Dhawaceyso dadka aad la xiriitid iyo asxaabtaada ba
- Wax u dhimeyso Shaqadaada

Sidee xubnaha qoyska u Waxyeelloobaan?

Sida badan xubnaha qoyska waxay bartaan sida ay ugu adkeysan lahaayeen mushaakilka la xiriira qofka ku mammay mukhadaraadka Waxaase dhici karta in:

- Uu wada xiriirkoodu yaraado
- Ay ka gaabsadaan in ay mushkilada ka hadlaan ama ay muujiyaan dareennadooda
- Ay bulshada ka qariyaan walafka
- Ay qaataan xilkii uu cidleeyay qofka walfay
- Ay dareemaan wareer, caro, ciil, cidlo cabsi, iyo ceeb

Daawayn ma caawin kartaa?

Haa. Walafku waa sida mushkilo kale ee caafimaad. Waxay u baahan tahay in la aqoonsado inta aanan la daawayn. Laakin waa la daawayn karaa.

Dadka waxay u maleeyaan inay iskood isaga joojin karaan mukhaadaraadka ama khamaarka. Inkastoo dadka qaarkood awoodaan, mar walba ma sahlaya. Barnaamijyo daawayn ah iyo kooxo is taageero ayaa caawin karaan in la yareeyo ama la baabi'yo Geesinnimo ayay u baahan tahay qaadista tallaabada hore ee caawinaad raadsashada ah, laakin looma baahna in keli ahaan loo sameeyo

Goormay tahay muhiim in caawinaad la helo?

Marna caawinaadda lama yiraahdo waad ku deg-degtay ama waad ka daahday. Waxaa laga yaabaa in aadan kala hubin in mashaakilku uu ka yimid adiga ama qof kale madaama aad labadiinuba aad wada isticmaashaan maandooriye ama aad ciyaartaan khamaarka. Ama malaha waad og tahay in mushkilo jirto, laakin garan maysid meesha aad u doonan lahayd caawinaad.

Haddii aad qof kale ka walwalsan tahay, ku dhiirri geli qofkaa in uu doonto caawinaad. Haddii ay adiga ku khusaysana, bilow in aad kala hadashid qof aad ku kalsoon tahay, xushmadna aad u haysid sida:

- Dhakhtar ama kalkaaliye caafimaad

- La-taliye ka tirsan Barnaamijka Daryeelka Shaqaalaha (Employee Assistance Program-EAP) ama dhakhtarka ama kalkaaliyaha caafimaadka ee jooga goobta aad ka shaqeysid
- La-taliye ama terabiiste (therapist) ee ka shaqeeya beeshaada dhexdeeda
- Adeegaha bulshada (Social Worker)
- Wadaad diineed

Maxaa dhaca marka la daawaynaayo?

Adeeg walba wuxuu qabaa wax gooni ah. Waa kuwan qaar ka mid ah waxyaabaha ay qabtaan:

- In ay ka baaraandegaan sida walafku u saameeyo nolosha qofka
- Waxay sameeyaan qorshaha borogaraamka daweynta qofka, iyo maxaa ku dhici doona qofka daawaynta ka dib, iyo in lala socodo marka qofka uu dhex galo bulshada
- Qofka oo lala xiriiriyo adeegyada kale
- In qofka la baro halista la socoto ku walafka mukhadaraadka
- In qofka la baro tabo uu suurageliya in uu ku noolaado nolol caafimaad leh oo hadana dheellitiran
- In qofka uu helo la talin iyo taakuleyn isagu u gaar ah, iyo toosinba, iyo in qofka lagu xiro kooxaha iskood isu taakuleeyo « self help group » ama kooxaha isweydaarsada taakuleynta, sida kuwa loo yaqaano « Alchoholic Anonimouse AA »
- Taakulyn iyo xogwarran qoyska loo fidiyo

Ma aha in aad keligaa dhibaatoovid.. Caawinaad ayaad heli kartaa.

Meesha aad ka heli kartid caawinaad ama xogwarran dheeraad ah:

McLaughlin Addiction & Mental Health Centre) 1 800 463 6273

Toronto gudaheeda 416 595 6111

Qaybta Caafimaadka Guud ee degaankaaga, - ka eeg bogagga buluugga ee tasmada telefoonka ee degmadaada ama wac 411.

Golaha xogwarranka ee Buulshada degmadaada-ka eeg bogagga buluugga ee tasmada telefoonka degmadaada ama wac 411.

Adeegyada Dejinta ee degmadaada

www.settlement.org

www.ocasi.org

www.camh.net

www.211Toronto.ca

Waxaa laga soo xigtay:

Maxaa doneysa in aad ka ogaatid ku walaf ka mukhadaraadka

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