

Xaqiiqooyin la xiriira

Helitaanka gargaarka maan
dooriyayaasha

The facts about
Getting help with drugs

Somali

FRANK

0800 77 66 00

Lambarkaan kore waxaad ka helaysaa dad
afkaaga kugula hadlaya.
www.talktofrank.com

DrugScope

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Helitaanka gargaarka maan dooriyayaasha.

Waa arrin aad u dhib badan markaad ogaatid in qof dhallinyaro ah ood taqaanid uu maan dooriyeyaal isticmaalo.

Waxaa laga yaabaa inaad:

- ka walwashid caafimaadka qofka dhallinyarada ah;
- ka cadhaysan tahay qaadashada uu qofka dhallinyarada ahi maandooriyaha qaadanayo;
- ka walaacsan tahay inaad si habboon xil isaga saarin;
- foolxumo dareemaysid waayo diintaada ayaa sheegtay in maan dooriyayaasha iyo khamriguba ay xaaraam yihiin.

Laakiin ogsoonow:

- in si kasta oo qofka dhallinta yari uu dhibaaato maan dooriye u qabo ay jiraan siyaabo badan oo uu taageerooyin ku heli karo;
- in qofka dhallinta yari uusan qof xun ahayn;
- in Islaamka, Kirishtanka iyo diimaha kaleba ay noo sheegeen in qofka la taageero marka uu dhibaataysan yahay.

Haddaba maxaan sameeyaa?

- La hadal qofka dhallinta yar. Laakiin si aad ah ha ugu xanaaqin.
- U sheeg qof aad ku kalsoon tahay sida walaashaa ama ina adeerkaa. Markasta waxaa habboon in dhibaataada dadka lala wadaagsado meeshii sir laga dhigi lahaa.

- U sheeg dhakhtarkaaga. Dhakhtarrada looma oggola inay qofna u sheegaan waxa aad u sheegtay. Dhakhtarku waa caawin karaa qofka dhallinta yar.
- U sheeg hawlwadeenka maan dooriyayaasha. Hawlwadeenadaas ayaa ah dadka xirfadaha gaarka ah u leh sida loo taageero dadka maan dooriyayaasha isticmaala.
- Ogsoonow in dhibaataada qofka dhallinta yar aan lagu xallin karin iyadoo guriga markasta lagu hayo.
- Si fiican uga fikir inta aadan qofka dhallinta yar dalkaagii u dirin adigoo ujeedadaadu tahay inaad dhibaataadiisa ku xallisid. Dalal badan ayaa maan dooriyayaasha looga helaa si ka fudud sida UK looga helo, waxaana dhici karta in qofka dhallinta yari uu soo noqdo isagoo sidii hore ka sii liita.

Sidee ayaan taageero dheeraad ah ku heli karaa?

Waxaa jira ururro badan oo adiga iyo qofka dhallinta yarba idin taageeri kara.

- Wac telefoonka 0800 77 66 00 si aad u ogaatid in hawlwadeen maan dooriye uu aaggaaga joogo iyo in kale. Telefonkaani waa bilaash, qofna kuma ogaanayo inaad soo wacday iyo in kale. Waxaana jira dad telefoonkaan jooga oo afkaaga ku hadli kara.
- Booq bogga internetka ee www.talktofrank.com
- Wac telefoonka 020 7729 9904 oo la hadal ururka Release. Release waxay aqoon gaar ah u leeyihiin maan dooriyayaasha iyo sharciyadaba. Hase yeeshee Ingiriisi ayuun baad kula hadli kartaa, sidaa darteed waxaad u baahan kartaa qof arrintaa kaa caawiya. Sidoo kale email ayaad Release ugu diri kartaa ask@release.org.uk.
- Haddii aad ka walaacsan tahay dhuuqista solvent, wac telefoonka 0808 800 2345 oo la hadal Re-Solv.

Getting help with drugs.

It is very difficult when you find out that a young person you know is taking drugs.

You might be:

- worried about the health of the young person;
- angry with the young person for taking drugs;
- concerned that you have not taken proper care of them;
- ashamed because your religion says taking drugs and alcohol is wrong.

But remember:

- even if the young person has a very bad drug problem, there are lots of ways they can get help;

- the young person is not a bad person;
- Islam, Christianity and other religions tell us to help people if they are in trouble.

What should I do?

- Talk to the young person. But do not get very angry with them.
- Talk to someone you trust, such as a sister or a cousin. It is always better to share a problem than keep it secret.
- Talk to your doctor. They are not allowed to talk to anyone about anything you tell them. The doctor will be able to help the young person.
- Talk to a drugs worker. These are people who have special skills to help people who take drugs.

- Remember that the young person's problem will not be solved by keeping them at home all the time.
- Think very carefully before sending the young person to your home country to try to solve their problem. In many countries it is easier to get drugs than in the UK, so the young person could come back with a worse problem.

How can I get more help?

There are lots of groups that can help you and the young person.

- Telephone 0800 77 66 00 to find out if there is a drugs worker in your area. This number is free and no one will know that you called it. There are people on this number who can talk to you in your language.

- Visit the website www.talktofrank.com
- Telephone 020 7729 9904 and speak to Release. Release has special knowledge about drugs and the law. However you can only speak to Release in English, so you might need someone to help you. You can also email Release on ask@release.org.uk.
- Telephone 0808 800 2345 and speak to Re-Solv if you are worried about solvent sniffing.