

Rastîyên li ser
Sehaldêran

The facts about Tranquillisers

FRANK

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Li vê hejmarê mirov hene ku
dikanin bi zimanê we bi we re bipeyivin.
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Kurdish

Sehaldêr çi bi mirovan dikin?

Mirov ji bo demeke kin sehaldêran disitînin ku ji wan re bibin alîkar ku serî bi problemên di jiyana wan de derxin, wek mirina kesekî.

Lê belê hin mirov van narkotîkan bo demeke dirêj disitînin. Dema ku ev diqewime, sehaldêr êdî bandûrê nake. Her çiqas kar nekin jî, mirovên ku gelek problemên wan hene his dikin ku divê wan bisitînin.

Yekser rawestandina bikaranîna van narkotîkan dikane pir ne xweş be. Mirovek divê tenê bi alîkarîya doktorekî sitendina wan rawestîne.

Sehaldêr dişibin çi?

Ew heb in, rengên wan pircûre ne.

Mirov sehaldêran çawa disitînin?

Tên daqurtandin.

Navên din ên sehaldêran

Navên wan ên minasib ên `kîmyewî` hene, wek Valyûm û Atîvan. Her weha ji wan re hebên xewê û tranks jî tê gotin.

Mesrefê sehaldêran çiqas e?

Doktor didin. Hinek mirov pêwîstî tune ku bihayê van dermanan bidin.

Qanûnî ne?

Ger doktorek nede kesekî, sitendina sehaldêran li dijî qanûnê ye.

What do tranquillisers do to people?

People take tranquillisers for a short time to help them deal with a problem in their life, such as someone dying.

However some people take these drugs for a long time. When this happens, the tranquillisers stop working. Even though they do not work, people with lots of problems feel they have to keep taking them.

It can be very nasty to stop taking these drugs suddenly. A person should only stop taking them with the help of a doctor.

What do tranquillisers look like?

They are pills that come in different colours.

How do people take tranquillisers?

They are swallowed.

Other names for tranquillisers

They have proper 'chemical' names like Valium and Ativan. They are also called sleeping pills and tranx.

How much do tranquillisers cost?

They are from doctors. Some people do not have to pay for these medicines.

Are they legal?

It is against the law to have tranquillisers unless a doctor gives them to a person.