

Waqtiyo sidaan oo kale ah waa CAADI in aan wax kuu kala caddayn.

Waa laga yaabaa in aad waxyar welwelsan tahay,
walaacsan tahay ama murugaysan tahay.



Laakiin ka waran haddii dareenkaasi uu wax badan qaato ama sii socdo muddo?
Dhaqsa u gaarida HeadtoHelp, waa dareemida ladnaanta.

Wac 1800 595 212

helna kaalmada caafimaadka dhimirka ee kuugu fiican.

Si aad wax badan uga ogaato aad headtohelp.org.au

