



# Ma daryeeshaa qof qaba jirada dhimirka?

## Waa maxay jirada dhimirku?

Dadka qaba jirada dhimirka ayaa yeellan kara dhibaato la xiriirta siday u hadlaan, fekeraan, wax u dareemaan ama u dhaqmaan. Hadalkooda, fekerkooda, dareenkooda iyo dabeecada ayaa noqon kara wax isku qasan. Kani wuxuu ka dhigi karaa nolosha qofka jiran, daryeelaha iyo qoyska oo dhan mid qalafsan. Jirada dhimirku maaha qof qaladkiis mana aha wax laga xishoodo.

## Yaa ah 'daryeelle'?

Daryeelle waa qof siiya kaalmo jireed/ama shucuureed xubin ka mid ah qoyska ama saaxiib ku dhow. Daryeelida xubin qoyska ka mid ah oo qabta jirada dhimirka waa muhiim. Qofka hawshaas qabta ayaa la yiraahdaa 'daryeelle'. Daryeellayaashu waxay noqon karaan qof kasta iyo da' kasta ah.

## Waa maxay 'nasniintu'?

Mararka qaarkood markaad daryeesho qof qaba jirada dhimirka caafimaadkaaga ayaad hilmaantaa. Caafimaadkaaga iyo samaqabkaagu waa muhiim iyaguna. Inaad qaadato waqti aad ku nasato ama ku qabato waxyaalla kale oo aad ku raaxaysato ayaa ku siin kara samaqab waxayna kuu suurtagelin karaan inaad u daryeesho qofkaad daryeelayso si wanaagsan. Taasna waxaa loogu yeeraa badanaa 'nasniin'.

## Barnaamijka Caafimaadka dhimirka

Kooxda caafimaadka dhimirku waxay caawimaan daryeellayaasha, waxayna u sheegaan bulshada wixii ku saabsan baahida daryeellayaasha iyo qoysaska dadka la nool dadka qaba jirada dhimirka. Waxaanu ka kaalmayn karaa waqtiyada dhibi jirto, baahida maalmeed iyo qorshaynta mustaqbilka. Waan fahamsanahay jirada dhimirka, arrimaha daryeelaha iyo adeegyada caafimaadka dhimirka.

## Waan caawimi karaa daryeellayaasha annagoo:

- Siinayna talo shakhsiyeed si loo caawimo daryeellayaasha
- Siinaynaa macluumaad, u doodid iyo ku xirida adeegyada kale
- Qabanqaabinayna adeegyada nasinta marka la codsado
- Kaalmaynayna oo awoodgelinayna kooxaha kaalmada daryeelaha
- Qabanqaabinayna barnaamijyo lagu kaalmeeyo daryeellayaasha caafimaadkooda iyo samaqabkooda

## Carers Victoria Respite Connections

Waxaanu kaalmaynaa daryeellayaasha qoyska ku nool agagaaraha xaafadaha Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham iyo Hume (Sunbury keliya).

Barnaamijyadayada takhasuska ah ee kala duwan waxaa ka mid ah: kuwa dadka gaboobay, kuwa iinta leh, Caafimaadka Dhimirka, Daryeellayaasha shaqeeya iyo daryeellayaasha dhalinta yar.

**Si aad wax badan uga ogaato wac (03) 9396 9550**

**Haddii aad u baahan tahay mutarjum wac 131 450**

Somali

# Caring for someone with a mental illness?

## What is mental illness?

People with a mental illness can have problems in the way they speak, think, feel or behave. Their speech, thinking, feeling and behaviour can be all mixed up. This can make life very hard for the person with the illness, the carer and the whole family. Mental illness is no one's fault and is not something to be ashamed of.

## Who is a 'carer'?

A carer is a person who provides physical and/or emotional support to a family member or close friend. Looking after a family member or close friend with a mental illness is very important. A person who does this is called a 'carer'. Carers can be anyone of any age.

## What is 'respite'?

Often when you care for someone with a mental illness your own health and wellbeing gets forgotten. Your health and wellbeing is also very important. Taking some time for yourself to relax or do something you enjoy can help you to stay well and be better able to look after the person you care for. This is often called 'respite'.

## The Mental Health Program

The mental health team helps carers and informs the community about the needs of carers and families of people living with a mental illness. We can offer support in times of crisis, everyday needs and when planning for the future. We understand mental illness, carer issues and mental health services.

## We can assist carers by:

- Providing a personal service to help carers
- Providing information, advocacy and linking to other services
- Organising respite services when requested
- Supporting and resourcing carer support groups
- Organising programs to support carers health and wellbeing

## Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley, Wyndham and Hume (Sunbury only).

Our range of specialist programs includes: Aged, Disability, Mental Health, Carers@Work and Young Carers.

**To find out more please call (03) 9396 9550**

**If you need an interpreter call 131 450**