# Ka socota Birmingham iyadoo Jaceyl ku dheehan

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Waxaan dhammaan mareynaa waqti adag ee Covid-19 iyo xayiraadda. Qoysas aad u badanna xaaladu kama fududaan doonto xilliga lagu jiro fasaxa xagaaga, waana sababta aan u joogno in aan ka caawinno. Halkani waxaad ka heleysaa adeegyada iyo taageerada ay fidiyaan isu-kaashiyadeena ee ugu isticmaalka badan, oo nolosha xoogaa yar fududeyn kara....

1. **Koorso waalidnimo oo internetka ku baxda**. Waxaan horey u sii bixinney qarashka ku baxaya waalid kasta oo Birmingham ku nool in uu helo [koorsada waalidnimada](https://inourplace.heiapply.com/online-learning/). Keliya geli furaha gelitaanka oo ah “*COMMUNITY*” kana gal si aad u hesho bogga halka ugu koreysa. Waxaa jira koorsooyin loogu talagaley waalidka, xannaanayaasha iyo awoowayaasha/ayeeyooyinka caruurta laga bilaabo markey uurka gallaan ilaa iyo 19. Ka baro sida cunugaagu u koro, helna talooyin ku saabsan sida dabeecadahooda loo maareeyo.A close up of a logo

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2. **Taageerada caafimaadka maskaxda (Mental health support)**. Xilliyadan adag waa in aynu daryeelnaa caafimaadka maskaxdeena. Da'yarta u dhexeysa 11-25 jir waxa jira goleyaal, hageyaal iyo la talinno laga heli karo [Kooth](http://www.kooth.com). Haddii ilmahaagu 0-25 u baahan yahay taageero, la xiriir Pause adiga oo wacaya 0207 841 4470 ama [email](about:blank). Dadka waaweyn waxaa ay taageero ka heli karaan [MIND](https://www.mind.org.uk/?gclid=Cj0KCQjwpNr4BRDYARIsAADIx9yIupzENb35YuRV85Zwdii-ObWoBX__ar_fL7sIYzi8OpbJ7Ig6-uIaAuvAEALw_wcB) ayagoo wacaya 0121 262 3555. Amaba haddii loo baahdo caawimaad degdeg ah wac [Forward Thinking Birmingham](https://www.forwardthinkingbirmingham.org.uk/) kana wac 0300 300 0099.A close up of a logo

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3. A close up of a logo

   Description automatically generated**Caawimaad dhaqaale**. Haddii shaqo la'aan kugu dhacdey, amaba aad la tacaaleysid cunnada amaba kirada waxaa jira adeegyo kaa caawin kara. [Local welfare provision](http://www.birmingham.gov.uk/lwp) ayaa farqi weyn ku sameyn kara haddii aad dhibaato ku jirtid aadna u baahan tahay cunno, shidaal amaba alaabaha cad ee aasaasiga ah. [Discretionary Housing Payments](https://www.birmingham.gov.uk/info/20017/benefits_and_support/373/extra_help_with_your_housing_costs_council_tax) ayaa suurtagal ah in ay kirada kaa caawiso. Waxaa kaloo jira [food banks](https://www.findfoodbanksbrum.org.uk/project_category/food-banks/) oo ka jira dhammaan Birmingham oo u jira in ay ku caawiyaan.
4. **Xadgudubka guryaha**. Dumarka iyo caruurta ay saameysey xadgudubka guryaha fadllan eeg [hagidda](https://www.birmingham.gov.uk/info/50113/advice_and_support/1219/domestic_abuse_advice) ama si qarsoodi ah ula xiriir [Birmingham and Solihull Women’s Aid](https://bswaid.org). Ragga, fadllan la xiriir [Respect](https://mensadviceline.org.uk/).
5. A close up of a logo

   Description automatically generated**Dhibaatooyinka maandooriyaasha iyo khamriga**. App cusub, oo qarsoodi ah oo la yiraahdo Staying Free ayaa laga heli karaa Android iyo Apple. Adeegso furaha “*birmingham11*” si aad u gasho adeega qarashkiisii la sii bixiyey. Si aad qof ula hadasho soo wac [Change Grow Live](https://www.changegrowlive.org/drug-and-alcohol-service-birmingham).
6. **Taageerada murugada tacsida**. Waa waqti aad u xanuun badan in qof gacaliye ah geeriyoodo — waxaad caawimaad ka heli kartaa in aad soo wacdo 0121 687 8010 amaba halkan [Cruse](http://www.cruse.org.uk/get-help).
7. A close up of a logo

   Description automatically generated**Caawimaadda hore ee qoysaska**. Haddii qof kasta oo ka tirsan qoyskaaga uu u baahan yahay caawimaad dheeraad ah, ugana baahan yahay adeegyada bulshada amaba kooxaha bulshada, fadllan la soo xiriir [voluntary sector local leads](https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2218/from_birmingham_with_love/9). Waxaan haynaa toban meelood oo kugu xiri karta taageerada dhammaan magaalada.

Haddii aad ka welwelsan tahay cunug, fadllan soo wac Birmingham’s Children's Advice and Support Service kana soo wac [0121 303 1888](about:blank). Xaaladaha degdegga ah, oo ay ku jirto ku xadgudubka caruurta, kala xiriir Booliska 999.  Waxaad kaloo la [sheekeysan](https://www.west-midlands.police.uk/contact-us)  kartaa Booliska.A close up of a logo

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