

# Taageerada la heli karo

Hadii ay dhibaato kugu dhacdo  
fadlan wac:

**Dhakhtarkaaga maxaliga ah.**

**Samaritans (24/7)**

Taleegan bilaash ah: **116 123**

## TAAGEEROOYINKA

**Tijaabi (24/7)**

Si bilaash ah qoraal ugu dir: **50808**

## MACLUUMAAD

**[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)**

YourMentalHealth (HSE) 24/7 khadka taleefanka  
ee macluumaadka

Taleefan Bilaash ah: **1800 111 888**

**[www.citizensinformation.ie](http://www.citizensinformation.ie)**

**[www.hse.ie](http://www.hse.ie)**



**Booqo websaydkayaga:**

**[www.hellohowareyou.info](http://www.hellohowareyou.info)**



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Waxaad tidhaa **Hello** ka dibna ku dheh: **Iska waran?**

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**HELLO**

**XIDHIIDHKA**

**DHEGAYSO**

**BARO**

**IKHTIYAARKA**

Waxaad tidhaa Hello ka dibna ku dheh iska waran?

La xidhiidh qofka

Si firfircoon u dhegayso qofka

Baro qofka iyo sida uu dareemayo

Sii wakhti aad kaga hadasho xulashoo -yinka

**Hello**

ISKA WARAN?



Mental Health  
Ireland