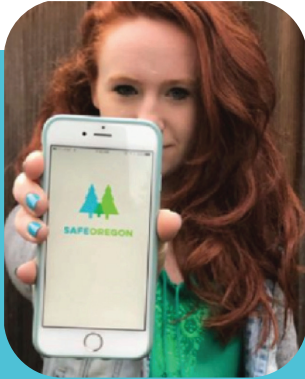


5 siyaabood oo LAGU SOO DIRO MACLUUMAADKA LA HAYO



**WICITAAN ama
FARRIINTA
TELEFOONKA**
844-472-3367



EMAIL-KA
tip@safeoregon.com



MOBILE APP
iTunes ama
Google Pay



WEBSITE-KA
SafeOregon.com

SAFEOREGON



Siyaabo kale oo LAGU HELO CAAWIMAAD



Khadka Ka hortagga Isdilka ee Qaranka

24/7 oo la helayo taageero qarsoodi ah oo loogu talagalay dadka walaacu hayo
suicidepreventionlifeline.org
800-273-TALK (8255)



Khadka Dhallinyarada

Khadka dhibaatooyinka dhanka dhallinyarada "teen-to-teen", oo qarsoodi ah, oo la helayo 4 galabnimo - 10 habeenimo
oregonyouthline.org
Wac 877-968-8491 ama farriin u dir adigoo isticmaalaya kalmada "teen2teen" una diraya 839863



Trevor Project

24/7 la helayo ka hortagga dhibaatooyinka iyo isdilka oo loogu talagalay dhallinyarada LGBTQ
thetrevorproject.org
Wac 866-488-7386 (oo la helayo 24/7) ama farriin u dir adigoo isticmaalaya kalmada **START** una diraya 678678 (Isniinta-Jimaha duhurka - 7 habeenimo)



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Ma aragtay ama ma maqashay

Isku xoog-sheegasho?

Rabshad?

Mukhaadaraad?

Hanjabaado?

Macluumaadka la hayo u soo dir



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BADBAADO DAREEN.
BADBAADO LAHOW.



WAA MAXAY SAFEOREGON?

SafeOregon waa khadka talada.

Miyuu qof waxyeello kuu geystay?

Ma garanaysaa qof laga yaabo

in uu waxyeello kuu geysto adiga ama dad kale?

Ma garanaysaa khatar ay ku sugan yihiin arday, shaqaalaha dugsiga, ama dugsigaagu?

Ma dhibaato ayaa ku haysata?

Caawimaad ma uga baahan tahay qof weyn mana

hubtid miyaa cidda loo sheego?

Waxaad u sheegi kartaa [SafeOregon](#).

SAFEOREGON WAA MID GAAR AH.

SafeOregon waa mid la hubiyo 24/7.

Macluumaadka aad haysaa waa mid gaar ah.

Magacaaga cidna lalama

wadaagi doono adiga oo raba in la wadaago maahee.

Dadka ka shaqeeya SafeOregon ayaa

fiiirin doona macluumaadka aad hayso.

Waxay u diri doonaan

shaqaalaha dugsiga iyada oo suurtagal tahay in ay u diraan

ciidamada fulinta sharciga.

MAXAAN SOO SHEEGI KARAA?

Waxaad isticmaali kartaa SafeOregon si aad u soo sheegto:

- Isku xoog-sheegashada shakhsi ahaaneed
- Isku xoog-sheegashada dhanka internet-ka
- Hanjabaadaha dhanka ammaanka
- Dagaalka
- Mukhaadaraadka
- Aalkolada
- Hubka
- Ka hadalka isdilka, niyad jabka, ama dadka raba in ay waxyeello u geystaan naftooda ama ta dadka kale?
- Xadgudub
- Weerarka dhanka galmada

HA JABIN SHARCIGA!

Diritaanka macluumaad la hayo oo been ah loo dirayo SafeOregon waxay ka soo horjeedaa sharciga. Wararka beenta ah, ciyaarta loola jeedo ama kaftanka ah waxaa laga yaabaa in ay boolisku baaritaan ku sameeyaan.



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