

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Daryeelka Caafimaadka / Caymiska Caafimaadka - 8**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Medical Care and Health Insurance - 8**

**SOMALI**

<p>Waa caam in qofku u baahdo inuu dhakhtar arko sababta oo ah xanuun iyo dhib uu ka qabo madaxa iyo maskaxda. Ha ka xishoon haddii aad u baahan tahay inaad qof la hadashid sababta oo ah waxa aad dareentay murugo ama walwal.</p>	<p>It is common to need to see a doctor about pain and suffering you have in your head and your mind. Do not be embarrassed if you need to talk to someone because you are feeling sad or worried.</p>
<p>Dhibaatooyinkaagii hore ayaa wali ku hayn kara, isla markaana dhibaatooyinkaaga imminka ayaa dhib ka dhigi kara hurdada, kuu keeni kara hurdo riyo xun, ama dhib u keeni kara xidhiidhkaaga dadka. Haddii aad qabtid qaar ka mid ah dareenadaas, waxa fiican inaad la hadashid qof khabiir ku ah caafimaadka maskaxda.</p>	<p>Your previous difficulties can stay with you, and current problems can make it hard to sleep, give you bad dreams, or cause trouble in your relationships. If you have some of these feelings, it is good to talk to someone who is an expert in mental health.</p>
<p>Haddii aad xusuusatid waxyaabo mar hore kugu dhacay, ama aad si joogto ugu riyootid waxyaabo xun ama naxdin leh, ama aad qabtid dareen ah dambi-qabis ama cadho, ama hurdadu dhib kugu tahay, waxa laga yaabaa inaad u baahan tahay gargaar aad ka heshid khabiir caafimaad maskaxeed. Daryeelka noocaasoo kale ah waxa laga yaabaa inuu bixiyo la-taliye, dhakhtarka maskaxda ama shaqaale bulsho.</p>	<p>If you flash back to memories of the past, have regular nightmares, guilt or anger, or difficulty sleeping, you may need the help of a mental health expert. This kind of care might be provided by a counselor, psychiatrist or social worker.</p>
<p>Waxa muhiim ah inaad gargaar heshid si aad u tagi kartid shaqo. Gargaar la'aantu waxay dhib u keeni kartaa adiga iyo qoyskaaga. <i>Laguuma</i> ciqaabi doono ama qoyskaaga lagaama kaxeyn doono, sababta oo ah waxa aad weydiisatay gargaar ah caafimaadka maskaxda.</p>	<p>It is important to get help so that you can go to work. Going without help can be hard for you and also your family. You will <i>not</i> be punished or taken away from your family because of asking for help with your mental health.</p>