

Waalidka/Daryeel bixiyaha Ilaha iyo Taageerooyinka

Hoos waxaa kujira adeegyada qaar iyo ilo lagu diyaariyay si aad uga fakarto haddii aad ka welwelsan tahay caafimaadka dhimirka canuggaaga/da'yarkaaga.

HWDSB

- Bogga webseedka HWSB - Waanu ku Caawinaynaa: Badqabka iyo Caafimaadka Dhimirka <https://www.hwdsb.on.ca/secondary/supports/mental-health-and-well-being/>
- Adeegyada Shaqaalaha Bulshada waxay bixiyaan la talin, wax ka qabasho iyo taageerada helitaanka adeegyada bulshada, iyo sidaa si lamid ah [Kooxaha daaweynta iyo Tababarada](#). Si aad u hesho caawimaad, la hadal maamulaha canuggaaga ama maamule ku xigeenka; ardayda aan fasalka soo xaadirin, wac 905-527-5092 ext. 2802.

School Mental Health Ontario (SMHO-SMSO)-Ilaha Ardayda/Daryeel bixiyayaasha

- [Wargadda Xeeladaha ee Waalidiinta iyo Qoysaska: Taageeridda Caafimaadka Dhimirka iyo Badqabka inta Lagu jiro Ku laabashada Dugsiga](#)
- [Howlaha Caafimaadka Dhimirka Maalin kasta ee Guriga](#)
- [Wargadda Macluumaadka loogu talagalay Waalidiinta iyo Qoysaska: Oggaanshaha Tabashooyinka Caafimaadka Dhimirka ee Canuggaaga](#)
- [Diyaar garoow; Ka hortag; Ka jawaab: Tixraacyada Degdega ah ee loogu talagalay Kahortagga Isdilka Dhalinyarada](#)

School Mental Health Ontario (SMHO-SMSO)-Ilaha Caruurta/Dhalinyarada

- [Majirto Dhibaato aad u Yar iyo Mid aad U weyn: Ilaha loogu talagalay raadsashada ilaha ardayda ee aradaydu bixinayaan](#)
- [Is daryeelka 101 ee Ardayda](#)
- [Cilmiga Caafimaadka Dhimirka iyo Qaybaha Warbaahinta Maaraynta Welwelka Bulshada](#)

Adeegyada Qalalasaaha

- COAST Hamilton coasthamilton.ca Khadka Qalalasaaha (905) 972-8338;
- McMaster Children's Hospital: Child and Youth Mental Health Emergency Services (CHYMES, Adeegyada Ilmaha iyo Dhallaanka ee Xaalada Caafimaadka ee Degdega ah) 1200 Main St W, Hamilton, ON L8N 3Z5 -Waaxda Xaaladaha Degdega ah loogu tala galay da'da dhalinyarada 17 iyo kasi yar.
- Teleefoonka Caawinta Caruurta kidshelpphone.ca Khadka Qalalasaaha 1-800-668-6868; la talin iyo macluumaad 24/7 ah iyo adeegyo loogu tala galay dadka da' yarta ah.
- Sexual Assault Centre (SACHA, Xarunta Xadgudubka Galmada) <https://sacha.ca> Laynka Taageerada 24ka saac 905-525-4162

Taageerada Hamilton Community

- Badalka Dhalinyarada <https://ay.on.ca/> maandooriyaha bulshadu isticmaasho iyo adeegyada daaweynta la qabsiga kaasoo wax ka qabta oo wacyi galiya dhalinyarada iyo qoysaskooda
- The SPACE Youth Centre <https://www.spaceyouth.ca/>
Urur bulsho oo dhalinyaro hogaaminayso oo ka shaqeeya wadashaqayn iyo iskaashi
- Magangalyo: Hamilton Centre for Newcomer Health <https://newcomerhealth.ca/service/mental-health-support>
- LA XIRIIRHamilton contacthamilton.ca (905) 570-8888
Hal meel oo ay ka galaan caruurta iyo dhalinyaradu (da'da 18 iyo kasii yar) adeegyada uga baahan koritaanka dareenka bulshada, dabeecadda iyo baahiyaha caafimaadka maskaxda.
- De dwa da dehs ny(Aboriginal Health Centre)-<https://aboriginalhealthcentre.com> (905) 544-4320,
Sare u qaadidda caafimaadka iyo badqabka dadyoowga Asalka ah, qoysaska iyo bulshooyinka ayada oo loo marayo Aslaka dhammaystiran, Soo jireenka iyo daryeelka caafimaadka Ree galbeedka
- Xarunya Hindida Deegaanka Hamilton <https://www.hric.ca> (905) 548-9593, Si loo siiyo Dadka Urban Aboriginal ee haysta qalabka si loo helo qaab nololeed guud oo isu dheeli tiran
- Adeegyada Caruurta iyo Xiliga qaangaarka ah <https://www.hamilton.ca/public-health/clinics-services/child-and-adolescent-services> (905) 546-2424
Barnaamijka caafimaadka dhimirka waxaa bixiya Magaalada Hamilton si loo siiyo qiimaynta iyo daaweynta caafimaadka ee caruurta iyo dhalinyarada, ka yar 18 sano, iyo qoysaskooda.
- Xarunta Badqabka Dhallaanka-<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre>
Adeegyada Maandooriyaha iyo caafimaadka dhimirka loogu tala galay dadka yaryar ee da'da 17 ilaa 25.

Tageerooyinka Laga heli karo Websaytka

- Khadka Caafimaadka Dhimirka ee Naseeha <https://naseeha.org/> Khadka: 1 (866) 627-3342
Tababarada Caafimaadka Dhimirka, xiliyada caafimaadka websaytka, iyo qoraalka caafimaadka makaxda taageerada 5 maalmood todobaadkii loogu tala galay Muslimiinta iyo dadka aan muslimiinta ahayn.
- Khadka Dhalinyarada Madowga ah <https://blackyouth.ca/> Khadka caawinta: 1-833-294-8650,
Khadka caawinta Dhalinyarada Madowga ah wuxuu u shaqeeyaa dhammaan dhalinyarada wuxuuna si gaar ah uga jawaabaa baahida dhalinyarada Madowga ah adeegyo gaar ah, awood u leh ilo na u haysta sareu qaadidda helitaanka xirfadda, dhaqanka kaalmada ku haboon dhalinyarada, qoysaska iyo dugsiyada.
- Khadka Dhalinyarada LGBT <https://www.youthline.ca/> 1-800-268-9688 ama fariin u dir 647-694-4275

HWDSB

We Help.

Khadka Dhalinyaradu wuxuu kaalmo aan lagu qiimaymayn oo qarsoon ku bixinayaa teleefoonka yaga, qoraalka iyo adeegyada wadasheekaysiga. La xiriir mutadawaciinta is leh laga bilaabo Axadda ilaa Jimcaha, 4:00Galabnimo to 9:30 Habaynimo.

- Speqtrum <https://www.speqtrum.ca/>
Waa Kaalmada Gudaha iyo Dhismaha Bulshada Dhallainya 2S-LGBTQIA+
- Your Space Hamilton - <https://yourspacehamilton.ca/>
Waa meel loogu tala galay dhalinyarada iyo qoysaska raadinaya macluumaadka caafimaadka dhimirka iyo kaalmada Hamilton, Ontario.
- Anxiety Canada <https://www.anxietycanada.com/>
Waa hogaamiyaha samaynta ilaha onleenka ah ee bilaashka ah, is caawinta, iyo caddaymaha ku salaysan ee welwelka.
- Khadka Caawimaada Bulshada Nimoon Naaga ah - <https://translifeline.org/> 1-877-330-6366
Waa adeeg kaalmo dhanka teleefoonka ah oo ah kaalmo dadka is leh oo ay maamulaan dadka socda looguna tala galay dadka socda iyo su'aalaha kuwa is leh.

curiosity • **creativity** • **possibility**