

Mishiinka pokie-ga maaha inuu marna lacag bixiyo.

Macna ma samaynayso waqtigaad ku cayaarto mishiinka, sidaad ugu celceliso, ama intaad lacag ku rido.

Markaad sii cayaartaba, waad sii luminaysaa.



Caawima qarsoodi ah oo lacag la'aana

Wac Caawimada Khamarjiga (**Gambler's Help**) waqti kasta oo aad rabto, weydiina inaad la kulanto lataliye kana hesho ballan qarsoodi ah oo lacag la'aana.

Waxaad heli kartaa mutarjum haddaad mid u baahan tahay.

Wac **1800 858 858** ama booqo www.problemgambling.vic.gov.au.

A Victorian
Government
initiative



gambler's help
1800 858 858

problemgambling.vic.gov.au

Deaf, hearing or speech impaired
call TTY 1800 777 706.
Interpreting services available.

take the **problem** out of gambling



Waxaa soo saaray **Barnaamijka Caawimada Khamarjiyiinta Dhaqamada kala duwan**

Waxaa kharajkiisa bixiyey Xafiiska Gaymamka iyo Tartanada, Wasaarada Cadaadlada

Xuquuqda daabacaada waxaa iska leh Xarunta Centre for Culture, Ethnicity & Health 2009

Somali



Markaad sii khamaartaba,
Markaad waxaad sii luminaysaa lacag.

Waxaa la heli karaa caawima qarsoodi ah oo lacag la'aana.

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Dhibaato ma ku qabtaa khamaarida?

- Ma ku lumisaa waqti aad u badan ama lacag Khamaarida?
- Ma ku sii wadaa isku deyida inaad dib u hesho lacagtii lagaa hellay?
- Ma amaahataa lacag aad ku sii khamaarto?
- Ma ku dareentaa dembi ama cadaadis khamaarida?
- Adiga ama qoyskaaga ma idin haysataa dhibaatooyin dhaqaale khamaarid darteed?

Caawima ayaa la heli karaa

Caawimada khamarjiyiintu (Gambler's Help) waa lacag la'aan taas oo aad wici karto waqti walba.

Waxaad awoodaa inaad noqoto qof aan la aqoon wax kasta oo aad tiraahdana waxay noqon doonaan qarsoodi iyo wax gaar kuu ah.

Waxaad kala hadli kartaa sida loo kantaroolo ama loo joojiyo khamaarida, sida loo maamulo lacagta lagugu leeyahay.

Waxaad heli kartaa mutarjum Somali ah haddaad rabto. Mutarjumku wax kasta oo aad tiraahdo wuxuu u qaadanayaa wax qarsoodi ah oo gaar kuu ah.

Sida loo xafido naftaada

Waxyaallahaan ayaa ka mid ah siyaallaha lagu kantaroolo khamaaridaada.

- Kaararkaaga bangiga guriga kaga tag hana qaadan lacag aad u tira badan.
- Ka fogow dhigashada gaarigaaga goobta khamaarka agteeda si aanay kuu soo jiidan inaad gasho.
- Hel siyaalla kale oo aad naftaada u maaweeliso – akhri buugaag – cab koffee ama cunto doono, soco ama wac saaxiib.
- Bixi ijaarkaaga iyo biilasha sida ugu dhaqsaha badan, si aadan ugu fekerin inaad ku khamaarto lacagta.
- Haddii aad dareemayso dembi ama cadaadis khamaarka dartiis, waxaa kuu fiican inaad kaalmo raadiso intaad dareenkaas ku noolaan lahayd.
- Kala hadal dhibta qof aad aaminsan tahay. Haddii aadan doonayn inaad la hadasho qof aad taqaan, waxaad had iyo jeer wici kartaa Caawinta Khamarjiyiinta si qarsoodi ah oo gaara.

