

**Barnaamijka Helitaanka  
Caafimaadka Dhimirka  
ee Dadka oo dhan  
(Transcultural Mental  
Health Access Program)**

Barnaamijka Helitaanka  
Caafimaadka Dhimirka  
ee Dadka oo dhan. Waa  
da'daal dawlad goboleedka  
oo dhan ujeedadiisuna  
waa wanaajinta helitaanka  
adeegyada caafimaadka  
dadka qawmiyadaha.



**Sidee lagu helaa ADEC?**

Waxaanu booqan karaa gurigaaga ama goobaha kale ee fadilayso. Si kasta ha ahaatee, haddii aad iman karto ADEC, waxaad isticmaali kartaa gaadiidka dadweynaha:

Taraam: Plenty Road route, Tram No 86,  
Stop No 45

Tareen: Epping line, kaga deg Bell Station

Bas: Stop No. 513 on Bell Street

Waxaad ka heli doontaa ADEC geeska  
Plenty Road iyo Garnet Street, Preston.  
Waxaan waxyar oo socod gaaban oo koofurta  
ah u jirnaa Bell Street.

Haddii aad u baahan tahay macluumaad  
intaas ka badan, fadlan wac:

Xiriiriyaha

Barnaamijka Helitaanka Caafimaadka  
Dhimirka ee Dadka oo dhan (Transcultural  
Mental Health Access Program)

175 Plenty Road Preston 3072

Tel: (03) 9480 1666

Fakis: (03) 9480 3444

Email: [mentalhealth@adec.org.au](mailto:mentalhealth@adec.org.au)

Websayt: [www.adec.org.au](http://www.adec.org.au)

Saacadaha: 9:00 subaxii ilaa 5:00 maqribkii  
Isniinta - Jimcaha



Kharajka Barnaamijka Transcultural Mental  
Health Access Program waxaa laga helay

Victorian Department of Health.



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# ADEC Transcultural Mental Health Access Program

## ADEC Barnamijka Helitaanka Caafimaadka Dhimirka ee Dadka oo dhan

### Asalka

ADEC waa dawlad goboleedka oo dhan, waana urur bulshada ku salaysan taas oo ah hay'ada hogaamisa dhinacyada iinta iyo qawmiyadaha.

Barnamijka Transcultural Mental Health Access Program wuxuu kor u qaadaa oo hormariyaa istaraatiijiyada dhaqan ahaan wax ka qabanaysa arrimaha caafimaadka maanka. Wuxuu kaloo la shaqeeyaa bulshooyinka si loo xoojiyo fahmidooda adeega caafimaadka maanka iyo siyaadinta helitaanka bulshada.

### U Hadlida nadaam ahaan iyo hourmarinta

Barnamijku:

- Wuxuu wax ka qabtaa heerka nadaam iyo wax qabad;
- Wuxuu la socodsiiyaa dawlada wixii ku saabsan nadaamka caafimaadka maanka ay heli karaan bulshada ka tirsan qawmiyadaha;
- Wuxuu horay u mariyaa waxbarashada, macluumaadka iyo fadhigada tababarka adeegyada iyo shaqaalaha;

- Waxay ka tala siisaa xagga horumarinta siyaasad urureed dhaqan ahaan wax qabanaya;
- Wuxuu caawimaa ururadu inay yeeshaan adeeg wax ka qabanaya siyaadinta helida bulshooyinka qawmiyadaha;

### Horumarinta Bulshada leh bulshooyin qawmiyadeed

Hadafka asaasiga ah ee barnamijka Horumarinta Bulshadu waa:

- In lala shaqeeyo bulshooyinka qawmiyadaha si loo siyaadiyo ka warhaynta wixii khuseeya arrimaha caafimaadka dhimirka;
- In kor loo qaado sida caawimo loo raadiyo;
- In la siyaadiyo helitaanka adeegyada macmiilaha iyo daryeelayaasha qawmiyadaha ka soo jeeda;

### Stepping out of the Shadows (Ka soo bixida mugdiga)

- Mashruuca ka soo bixida mugdiga (Stepping out of the Shadows) waxaa abuuray Caafimaadka Maanka ee Dadka kala Jaadjaadka ah ee Australia (Multicultural Mental Health Australia) (MMHA);
- Ujeedada barnamijku waa hoos u dhigida saamaynta qaldan ee ay ku leeyahay bulshooyinka qawmiyadaha;
- ADEC waxay sii wadi doontaa la shaqaynta dhowr ka tirsan tababarayaasha bulshada Fiktooriya oo dhan si ay wax uga qabtaan baahiyaha mucayinka ah ee bulshada qawmiyadooda ka tirsan.



*“Bulshooyinka ka yimid dadka dhaqan ahaan iyo luqada ah kala jaadjaadka ah waxay u baahan yihiin mudnaan ka war-hayn leh sababtoo ah waxay la kulmeen sinaan la'aan xagga caafimaadka dhimirka marka la dhinac dhigo bulshada guud”*

Qorshaha Hirgelinta 2009 - 2011 bogga 47aad ee Istaraatiijiyada Dib U habaynta Caafimaadka Dhimirka Fiktooriya (Victorian Mental Health Reform Strategy)