



# WAQTIGAN WAXAA CAAWIMO DHEERAADA U BAAHAN CARRUURO, DHALLINYARO IYO WAALIDIIN BADAN



**116 111**  
ALARMTELEFONEN  
for barn og unge

## TELEFOONKA CAAWIMADA DEG-DEGGA EE CARRUURAHA IYO DHALLINYARADA

- Carruuraha oo dhami waa soo wici karaan lambarka **116 111** haddii dhib, cabsi iwm ay la soo dersaan ama caawimo kale ay u baahdaan
- Waxaa kale oo lambarkan soo wici kara waalidiinta u welwelsan carruurahooda yar yar iyo waawaynba
- Lambarkan lacag la' aan ayaa lagu soo wici karaa



## TELEFOONKA CAAWIMADA XANUUNNADA MASKAXDA IYO MIYIRKA – 116 123

- Waa Telefoon 24 saac furan oo uu wici karo qofkii u baahda cid uu la hadlo
- Waa lacag la' aan lamana ogaan karo magacaaga iyo aqoonsigaagaba
- Waxa kale oo aad xiriirka internett chatt-ah la samayn kartaa barta internetka ee [www.mentalhelse.no/fa-hjelp](http://www.mentalhelse.no/fa-hjelp) si aad u hesho caawimo iskaa isu caawin ah



## TELEFOONKA CAAWINTA WAALIDIINTA – 116 123 (KA DIB DOORO 2)

- Waalidiinta carruuraha yar-yar ee u baahda caawimo, tusaalayn iyo talo siin ku saabsan nolosha qoyska iyo carruurta waxay caawimadan kula soo xiriiri karaan telefoonka iyo hab-internet xiriirka chatt-ka
- Wadashaqayn baa ka dhexaysa ururka Stina Sofies Stiftelsen ee waalidiinta caawiya iyo Mental helse oo waalidiinta ka caawiya xaalad caafimaadka carruuraha ee maxkaxda iyo miyirka
- <https://mentalhelse.no/fa-hjelp/foreldresupport>



## TELEFOONKA CAAWIMADA LAANQAYRTA CAS - 800 333 21

- Waa caawimo wadahalad ah oo u furan carruuraha 18 jir iyo wixii ka yar
- Waxaad kula xiriiri kartaa telefon, e-post, Internet-chatt, waxaanad kala hadli kartaa wixii adiga kuu muhiim ah, dhibaato iyo wanaag labadaba
- Barta internetka ee lagala xirriro karo: [www.korspahalsen.no](http://www.korspahalsen.no)



## TELEFOONKA KOOXAHA ROONDADA(UTSEKSJONEN) EE OSLO KOMMUNE – 913 03 913

- Waa kooxo carruuraha/dhalinyarada caawiya oo roondo ku wareega magaalada saacadaha 08.00-24.00 (habeennada sabsiyada iyo axadahana illaa 04.00)
- Waxaa telefoonka kuugu diyaara oo talooyin kala duwan ku siin kara shaqaale bulshe(sosialarbeidere), kalkaalisoooyin caafimaad(sykepleiere), iyo cilmi-nafsi yaqaano(psykologer)



## CAAWIMADA HEEGANKA EE CARRUURAHA EE OSLO KOMMUNE

- Telefoonada lagala xiriiri karo oo 24ka saacba furan waa: 22705580, 22705581, 92838328, 48016832
- Telefoonadan waxaad la soo xiriiri kartaa haddii adiga ama qof aad garanayso loo gaysto: dhib noocay doonto ha ahaatee(vold), faraxumayn(seksuelle overgrep), daryeelid xumo(omsorgssvikt), gudniin, qasab ugu guurin ama aad haysato waalid balwad leh/ maandooriye isticmaala