

Darooga isticmaalida qoyska.

Tusaha kaalmada qoyska iyo saaxiibada

In uu qoyska ku jiro qof isticmaala darooga waxay u keeni kartaa qoyska walaac, khilaaf, welwel iyo niyad xumo. Waa wax caadi ah inaad dareento daryeel la'aan, jaahwareer, qaracan, welwel iyo u xanaaqsanaanta qofka isticmaala daroogada.

Dadka daroogada isticmaala waxay u dhaqmi karaan si khaldan, wayna adkaan kartaa in la ogaado sida wax looga qabanayo. Isticmaalidooda daroogada ayaa laga yaabaa inay door ka qaadato siyaabo dhib leh. Waxaa laga yaabaa inay noqdaan kuwa dagaalsan, xanaaqsan oo rabshad wata, ama dadka ka go'an oo maqan. Dhamaan xubnaha qoyska ayay saamayn kartaa, in kasta oo aanay jirin jawaab sahlan oo wax looga qaban karo kuwa soo socda ayaa laga yaabaa inay caawiso.

Qiimay khatarta

Isu ururi aqoonta ku saabsan daroogada iyo saamaynteeda si aad si fiican u fahamto xaallada laga yaabo in qoyskaagu ku sugan yihiin. Si aad u fahamto saamaynta, waxaad qiimayn kartaa khatarta qofka isticmaalaya daroogada iyo kuwa ku wareegsan.

Ka raadi saamaynta ilaa afartan daroogo oo kala duwan websaytka adf.org.au/drug-facts.

Waxaad samayn karto

Way caawintaa inaad iska dhegaysato. Haddii qofku doonayo inuu kaala hadlo adiga isticmaalkooda daroogada, dhagayso adiga oo aan faragelinayn, xakumayn ama aan xanaaqaayn. Markay dhameeyaan hadalkooda, ku celi wixii ay yiraahdeen iyagu si degan – tan ayaa caawimaysa inuu hubiyo oo uu arko inaad fahamtay waxay kuu sheegayaan.

Sidee ku ogaan karaa haddii qof isticmaalayo daroogo?

Way adag tahay in la sheego haddii qof isticmaalayo daroogo. Saamaynta daroogadu aad ayay u kala duwan tahay. Isbedelka dabeecada ama shucuurta ayaa laga yaabaa inay muujiso daroogo isticmaalka; si kasta ha ahaatee, isbedelka ayaa laga yaabaa inay tahay astaanta arrimaha qofka noloshiisa oo aanay ahayn wax daroogo la xiriira.

Calaamadaha u muuqda kuwa aan caadi ahayn oo qofka ayaa laga yaabaa inay u baahan yihiin ka-warhayn, iyada oo aan ku xirnayn inay daroogo lug ku leedahay. Calaamadahaas waxaa ka mid ah.

- Isbeddelka Shucuurta
- Daal
- Qarax cara leh
- Isaga oo xiriir yar la leh qoyska
- Dhibaato kala dhexaysa booliiska
- Isbedelka sida qofku wax u cunayo
- Shaqada ama dugsiga oo uu qofku u googooyo
- Saaxiibadiisa oo isbedela
- Baahi lacageed oo aan la aqoon
- Hab-wanaaga waxbarashada/shaqada oo hoos u dhaca
- Xusuustiisa oo xumaata
- Hoos u dhac ku yimaada waxa qofka muhiimka u ahaan jiray
- Feejignaanta oo xumaata
- Qofka oo dadka ka dhexbaxa
- Lacag ama alaaba qiima leh oo la waayo.

Samaynta arintaas ayaa 'abuurtu' goob amaana' dadku inay daacad u noqdaan dhibtooda. Haddii ay doonayaan caawimo, waa ogyihiin inay kuu iman karaan oo aan la eedaynayn.

Marmarka qaarkood qof diyaar uma aha inuu raadiyo caawimo, laakiin weli waad kaalmayn kartaa iyaga. Dhiirigeli iyaga si aad bedesho. Waad caawimi kartaa inay ka fekeraan isbedel adiga kugu xiran oo kaalmaynaya.

Dooro waqti aad la hadasho markaad labadiinuba xasiloon tihiin, qofkuna aanu isticmaalayn daroogo. Si degan, ixtiraam leh u weydii, tusaale ahaan:

- Maxaad u jeceshahay isticmaalida daroogada?
- Maxaad jeclayn?

Haddii aanay doonayn inay hadlaan ha ku khasbin sheekada.

Xubnaha qoyska ayaa badanaa boos fiican jooga inay caawimaan dadku inay sameeyaan doorashooyin saxa oo ku saabsan daroogada lana xiriiraan adeegyada kaalmada wixii caawima siyaada ah.

Xad samay

qofka si cad ugu sheeg dabecad aan la aqbali karin iyo weliba wixii dhici doona haddii ay jebiyaan xeerarka. Waa muhiim inaad joogto dhinaca fiican una hesho kaalmo naftaada iyo qoyskaaga.

Ka caawin inay masuul noqdaan

Waa adag tahay inaad aragto qof aad jeceshahay inuu galo ama jebiyi sharciga laakiin ka feker in lacag sii siintu ka caawimayso in uu sii wado gadashada daroogada.

Haddii aad lacag siiso, xaqiiji inaad siiso wax aan ka badnayn waxaad awoodo in aanu gadaal u soo noqon.

Isbedel run ah oo muddo dheer ah waa go'aan kaas oo macnihiisu yahay isbedela badan oo qofka isticmaalaya daroogada. Waxaa laga yaabaa inay u baahan yihiin ama caawimadaada ama kaalmada kuwa kaleeto.

Raadi xalka daaweynta

Haddii qofku ka hadlayo joojinta daroogada, xaqiiji inaad hayso macluumaad ah xalalka daaweynta.

Treatment options

Talk to your GP, a local drug and alcohol worker or health service. A range of treatment options are available to assist someone who might be dependent on drugs.

They include:

- Withdrawal management/detoxification (detox)
- Counselling
- Residential Rehabilitation (rehab)
- Drugs in pregnancy services
- Complementary therapies such as massage
- Support groups.

You aren't alone, and help is available

We know this isn't easy for you – you're probably feeling anxious, helpless and desperate for a solution. And to make things harder, not much can change until the person using drugs is ready to admit there's a problem and is willing to make a decision to change their use.

But there are things you can do to stay on top of how you feel. You could think about:

- Talking with a trusted friend or family member
- Talking to your local doctor
- Joining a support group
- Doing activities that you enjoy.

Making sure you 'have a life', continue to do the things that make you happy and stay connected to your family and friends.

You do not have to deal with drug issues alone. For information and advice call DrugInfo on 1300 85 85 84

For tips and support on dealing with a friend or family member who is using drugs contact Family Drug Help on 1300 660 068




Noqo qof warqaba

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Nala soo xiriir

 1300 85 85 84

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Ka Afeefasho: Australian Drug Foundation waxay isticmaashay da'daalkeeda ugu sarreeya in waxa qoraalkaan ku qorani ay ahaayeen sax waqtigii daabacaada.

Australian Drug Foundation bixin mayso ballan qaad mana aqbalayso masuuliyada saxnaanta ama dhamaanta macluumaadka waxayna ilaashanaysaa xuquuqda in isbedel lagu sameeyo mar kasta oo ay iyagu sidaas u arkaan.