

Sida loo taageero qof la kulmaya faragelin shisheeye

Marka ay jirto aalad degdeg ah:

Haddii qof halis degdeg ah ku jiro hadda, wac 111 oo codso Booliska New Zealand.

Haddii aadan hadli karin **aad oo aad ku jirto khadka taleefanka gacanta**, aamus oo dhegayso isla markiibana 'riix 55'.

Haddi aanad hadli karin oo aad ku jirto **talefanka guryaha**, iska aamus oo dhegayso hawladeenka oo kuu sheegi doona inaad riixdo badhan kasta oo caawimo ah.

Sidaad u caawin karto

Haddii qof aad taqaanid uu la kulmayo faragelin shisheeye:

- **Dhegeyso oo taageero u sii wad.** U sheeg inay aaminsan yihiin iyo inaad halkaas u joogto inaad caawiso.
- **Haddii ay dareemaan kuwo jir ahaan aan ammaan ahayn**, ka caawi inay la xiriiraan Booliska New Zealand (NZ Police). Dhiirrigeli inay la xiriiraan asxaabta ama qoyska lagu kalsoon yahay si ay taageero u helaan.
- **Haddii ay u baahan yihiin taageero caafimaad maskaxeed**, dhiirrigeli inay la hadlaan dhakhtar, GP, ama xirfadle kale oo caafimaad. Waxaad sidoo kale ka caawin kartaa inay helaan adeegyo dheeraad ah adigoo adeegsanaya [Healthpoint](#) ama [Mental Health Foundation](#).

Macluumaad dheeraad ah ka hel sida loo kordhiyo wanaagga bogga taageerada [Wellbeing ee Health](#) New Zealand.

- **Taageer badbaadadooda onlaynka.** Ku dhiirrigeli inay xannibaan ama ka baxaan la socodka akoon kasta oo:
 - shaki leh
 - u soo diraaya hanjabaado
 - dhibaataynaya iyaga ama dadka ay yaqaaniin.

[Halkan ka ogow wax badan oo ku saabsan badbaadada onlaynka](#)

- **Ku dhiirrigeli inay u soo sheegaan faragelinta shisheeye** Booliiska NZ ama

Laanta Nabadsugidda ee New Zealand (NZSIS) haddii wax u muuqdaan ama dareemaan kuwo aan sax ahayn. Si kasta oo ay doortaan waxay hubin doonaan in macluumaadkaagu gaaro meesha saxda ah.

Faragelinta shisheeye waxaa lagu soo sheegi karaa oo keliya NZ Police ama Laanta Nabadsugidda ee New Zealand (NZSIS). U sheegidda hay'ad kale oo Dowladda New Zealand ah looma tixgelinayo warbixin rasmi ah.

[Halkan ka ogow wax badan oo ku saabsan sida loo soo sheego](#)

- **Tixgeli in taageero sharci ay ku caawin karto.** Iyadoo ku xiran waxa dhacaya waxaa laga yaabaa inay rabaan inay la hadlaan qareen gaar ahaan haddii ay jiraan hanjabaado dhibaataayn ama walaacyo kale oo la xiriira xuquuqdooda.

[Halkan ka ogow wax badan oo ku saabsan helitaanka taageero sharci](#)

- **Wax badan ka baro sida loo badbaado.** Booqo qaybta Safeguard ee Xarunta Adkeysiga Bulshada ee Ka Hortagga Faragelinta Shisheeye si aad u ogaato siyaabo dheeraad ah oo aad ku ilaalin karto naftaada iyo dadka kale.

[Ka booqo qaybta Safeguard ee laga heli karo 'The Hub \(Xarunta\)' halkaan](#)

Xusuusnow: Uma baahnid inaad adigu baaritaan ku samayso xaaladda. Isku dayga inaad sidaas samayso waxa uu khatar gelin karaa adiga iyo qofka la kulmaya faragelinta shisheeye labadaba.