

KASOO KABASHADU WAA SUURAGAL

Waxay ka bilaabmaysaa qaadista tillaabada koowaad: caawin weydiisasho.

Kasoo kabashada way ku kala duwanaan karaan dadka, waxaana jirta daaweyn kugu habboon adiga.

Joojin

Joojinta ayaa ku lug leh iska-dhaafidda daroogada opioid oo caafimaad ahaan la kormeerayo, sidoo kalena loo yaqaano maandooriye-joojin.

Hoy' ku hayn

Barnaamijka daaweynta hoy' kuhaynta "bukaan-jiifka" ayaa loogu talagalay in lagugu hareereeyo daryeelka aad u baahan tahay 24/7. Kaqeybgalayaasha waxay caadi ahaan leeyihiin qorshe daaweyn shakhsiyeed.

Daawaynta Daawooyinka Lagu Caawiyo

Habkani wuxuu isku daraa daawooyinka, sida methadone, buprenorphine, ama naltrexone, oo leh latalin iyo baxnaaninta habdhaqanka.

Baxnaaninta Habdhaqanka

Iyadoo uu si dhow ula shaqeynayo baxnaaniye, baxnaaninta habdhaqanka waxaa looga gol leeyahay in lagu saxo habdhaqanada aan caafimaadka ahayn, lagu yeesho xeelado la qabsi, iyo dhiirigelinta in isbeddel la sameeyo.

Kooxaha Taageerada

Kooxaha taageerada asaaga sida Narcotics Anonymous (NA) waxay bixiyaan jawi taageero oo ay shakhsiyaaadku kaga hadli karaan khibradahooda, ku heli karaan hagis, oo ay dhiirigelin ka heli karaan kuwa kale ee ku jira soo kabashada.

Kuwa hoy' ku haynta aan ahayn

Waxaa jira adeegyo loogu talagalay bukaan-socodka halkaas oo aad goobta daaweynta ama xarunta latalinta ku imaanayso ballan.

Caafimaadka khadka taleefanka

Haddii aad ku nooshahay aag aanan laga heli karin daryeel ama qof ahaan aadan u raadsan karin daaweynta, daaweynta taleefanka ah ayaa kuu oggolaanaysa in aad adeegyadaada ku hesho khadka intarneedka.



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