

**Qalabka Baaritaanka Halista Isdilka****Ask Suicide-Screening Questions****Weydii bukaanka:**

1. Dhowrkii toddobaad ee la soo dhaafay, miyaad jeclaan lahayd inaad geeriyooto/dhimato? Haa Maya
In the past few weeks, have you wished you were dead? Yes No
2. Dhowrkii toddobaad ee la soo dhaafay, miyaad dareentay in adiga ama reerkaada ay u wanaagsanaan lahayd haddii aad geeriyoon/dhiman lahayd? Haa Maya
In the past few weeks, have you felt that you or your family would be better off if you were dead? Yes No
3. Toddobaadkii la soo dhaafay, miyaad ku fakartay inaad isdicho? Haa Maya
In the past week, have you been having thoughts about killing yourself? Yes No
4. Weligaa/abidkaa miyaad isku dayday inaad isdicho? Haa Maya
Have you ever tried to kill yourself? Yes No
Haddii ay jawaabtu tahay haa, sidee?
If yes, how? _____

Goorma?

When? _____

Hadduu bukaanku ku jawaabo **Haa** mid ak mid ah su'aalaha kor ku qoran, weydii su'aashan habsasho ah:

5. Miyaad hadda ku fakaraysaa inaad isdicho? Haa Maya
Are you having thoughts of killing yourself right now? Yes No
Hadduu "Haa" ku jawaabo, ku dheh fadlan sifee:
If yes, please describe: _____

Tallaabooyinka xiga:

- Hadduu bukaanku ku jawaabo "Maya" dhammaan su'aalaha 1 illaa 4, baaritaanku wuu dhammaystiran yahay (looma baahna in la weydiiyo su'aasha #5) wax ka qabasho looma baahna (*Fiiro gaar ah: go'aan dhakhtareed ayaa mar walba bedeli kara baaritaan caadi ah)
- Hadduu bukaanku ku jawaabo "**Haa**" mid ka mid ah su'aalaha 1 illaa 4, ama uu diido inuu ka jawaabo, waxaa loo tixgelineyaa in **ifafaalo cudur jiro**. Weydii su'aasha #5 si loo qiimeeyo xaqqiida.
 - "**Haa**" su'aasha #5 = **ifafaalo cudur halis ah** (halis degdeg ah ayaa la aqoonsaday)
 - Bukaanku wuxuu u baahan yahay STAT badbaado/qiimeyn fayooobi maskaxeed oo dhammaystiran. Bukaanku ma bixi karo illa Badbaadadiisa la qiimeeyo.**
 - Isha ku hay bukaanka. Ka saar qolka dhammaan alaabada khatarta ah. Heegan geli dhakhtartka masuulka ka ah daryeelka bukaanka.
 - "**Maya**" su'aasha #5 = **ifafaalo cudur aan darnayn** (halis suurtagal ah ayaa la aqoonsaday)
 - Bukaanku wuxuu u baahan yahay qiimayn kooban oo badbaadada isdilka ah si loo ogaado haddii loo baahan yahay qiimayn dhammaystiran oo fayooobi maskaxeed ah. Bukaanku ma bixi karo illaa badbaadada la qiimeeyo.**
 - Heegan geli dhakhtartka masuulka ka ah daryeelka bukaanka.

Sii macluumaadkan dhammaan bukaanada

- 24/7 Dir Telefoonka ka hortagga Isdilka Qaranka oo ah 1-800-273-8255 ama Af Isbaanish 1-888-826-8454
- 24/7 Khadka Fariimaha Dhibaatooyinka: Dir 741-741 ee ku qor "HOME"