

Mashruuca ka Kaalmaynta Qaxootiga Caafimaadka Maskaxda
Mental Health Access for Refugees and Immigrants. M H A R I
Cudurka Muragada (Depression)

Cudurka Muragada (Depression) waa mid caan ah oo la daaweyn karo. Daaweyntu waxay u furantahay qaxootiga iyo dadka socdaalka ku yimidba.

Xaqiiqooyin la xiriira cudurka Muragada: (Basic Facts About Depression)

- Cudurka Muragada wuxuu ka mid yahay kuwa uga caansan cudurada Maskaxda.
- Cudurka Muragada (Depression) waxaa qaba in ka badan 19 milyan mraykan ah.
- Cudurka Muragada (Depression) wuxuu keenaa inuu qofku lumiyo xiisaha nolosha. Wuxuuna sii kharibaa cudurka kale. Wuxuuna sidoo kale sababaa inuu qofku isdilo.
- Cudurka Muragada wuxuu ku dhici karaa qof kasta, da' kasta, asal ama midab kasta.
- Cudurka Muragada (Depression) kama mid aha nolosha caadiga ah, si kasta caafimaadkaagu ha ahaado ama da'daadu ha jirto'e.

Daaweynta Cudurka Muragada (Treatments for Depression)

- Cudurka Muragada (Depression) waa mid la daaweyn karo: in ka badan 80% dadka is daaweeya way ka caafimaadaan.
- In kastoo Cudurka Muragada (Depression) yahay mid la daaweyn karo, nasiib darro wax ka yar nus dadka cudurka qaba daaweyn ma doontaan. Dad badan ayaan is daaweyn iyagoo aaminsan in cudurkani yahay mid sahlan oo ay iyagu is daaweyn karaan; ama waxay u arkaan dacfi shakhsiyeed halkii ay u tixgelin lahaayeen cudur.
- Daawada ugu sahlan uguna caansan waa qaadashada daawada loo yaqaano antidepressant oo la dagaalanka jirada muragada. Iyo talo ku daaweynta "talk therapy" ama isku jirka labadooda "Psychotherapy"
- Talo-ku-daaweyntu ama Psychotherapy waa qiimayn in lagu sameeyo da'da qofka, fakarkiisa, dareenkiisa, xiriirkiisa bulshada lugta ku leh Cudurka Muragada (Depression).
- Sida jirrooyimka kale oodhan in xilli hore la daaweeyo waa ay habboontahay waxayna ka hortagaysaa inuu heer xun gaaro.
- Cudurka Muragada (Depression) waxaa daaweyn kara oo kaliya dhakhtar ama cid ku takhasustay jirada maskaxda.

Astaamaha lagu garto Cudurka Muragada: (Symptoms of Depression)

- Murugo joogra iyo dareen maran.
- Seexasho aad u badan ama aad u yar, cunid iyo cayil badan ama caato badan.
- Xiiso la'aan iyo nashaad darro, xattaa waxyaabihii oo qofku horey ugu raaxaysan jiray.
- Daal badan iyo caajis
- Daawada oo si joogta aan waxba ugu tarayn.
- Mushkilada ka qabsata inuu qofku feejignaado, wax xasuusto iyo inuu go'aan gaaro.
- Tabar darro iyo daal
- Dareemid inuu qofku gafey, rajo xumo iyo qiimo la'aan.
- Ku fekerid dhimasho ama is dil.

Haddii aad isku aragto 5 astaamood oo ka mid ah kuwa kor ku xusan muddo 2 asbuuc ama ka badan, waxaad qabtaa Cudurka Muragada (Depression) ka. Waana inaad raadsataa dhakhtar ama dad ku takhasusay jirada maskaxda.

Xagged kaalmo ka heli kartaa? (Getting Help)

La xiriir mid ka mid hay' adaha fuliya mashruuca Mental Health Access for Refugees (MHARI).

Somali Community Center of Nashville Tel (615) 366-6868, Centerstone/Luton Center Tel (615) 279-6700

Waxaa barnaamijkan maalgaliyey deeq ay bixisay dawladda federaalku, xafiiskeeda Minority Health, Washington DC.

Depression - What You Need To Know

Depression is a common, real and treatable illness. Treatment through qualified interpreters is available for immigrants and refugees.

Basic Facts About Depression:

- Depression is one of the most common mental illnesses.
- Depression affects more than 19 million people in America each year.
- Depression causes people to lose pleasure from daily life. It can complicate other medical conditions. It can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group.
- Depression is never a “normal” part of life, no matter what your age, gender or health situation.

Treatments for Depression:

- Depression is very treatable: more than 80% of those who seek treatment show improvement.
- Unfortunately, though treatment of depression is very successful, fewer than half of those suffering from this illness seek treatment. Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves, or that it is a personal weakness rather than a serious medical illness.
- The most commonly used and effective treatments are antidepressant medication, talk therapy (psychotherapy) or a combination of the two.
- Psychotherapy involves evaluating and changing the thoughts, attitudes, and relationship problems that are associated with depression.
- As with many illnesses, early treatment is more effective and helps prevent the likelihood of serious recurrences.
- Depression must be treated by a physician or qualified mental health professional.

Symptoms of Depression:

- Persistent sad, anxious or “empty” mood
- Sleeping too much or too little, middle of the night or early morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed, including sex
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

If you have five or more of these symptoms for two weeks or more, you could have depression and should see your doctor or a qualified mental health professional for help.

The Mental Health Access for Refugees and Immigrants grant (MHARI) works to raise awareness that mental illnesses are common, real and treatable illnesses and ensure that those most at-risk receive proper, timely and effective treatment.

Getting Help

Contact one of the participants in the Mental Health Access for Refugees and Immigrants Grant (MHARI)

Project Agencies: Somali Community Center 615-366-6868; Sudanese Community Association 315-9681; Central African Community Contact, c/o William Mwizerwa 430-5609

Mental Health Treatment Provider: Centerstone 279-6700 (1921 Ransom Place Nashville, TN 37217);

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