

Khadka Caawinta Caafimaadka Maskaxda

Sidee tahay ?

Miyaad dareensan tahay **murugo, walaac, xaalad xun** ama miyaad ka **walwalsan tahay** caafimaadkaaga maskaxda?

Haddii uu sidaas yahay ina soo wac

Waxaan hadda bixin karnaa **taageero telefoon** iyo **fool ka fool ah***

*ballan oo kaliya

Taageerada waxaa heli karo kaliya dadka 18 jir ka wayn, ku nool Birmingham ama Solihull



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 **Mind Birmingham**
for better mental health

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La heli karo 24saac* maalintiiba maalin walba

*Wicitaanada telefoonada u dhexeeyo 11habeenimo—9subaxnimo waxaa ka jawaabi doono **Birmingham & Solihull Mental Health Foundation Trust** ama **Forward Thinking Birmingham** ayadoo ku xiran da'da.