



# Understanding Mental Health

Fahamka Caafimaadka  
Maskaxda



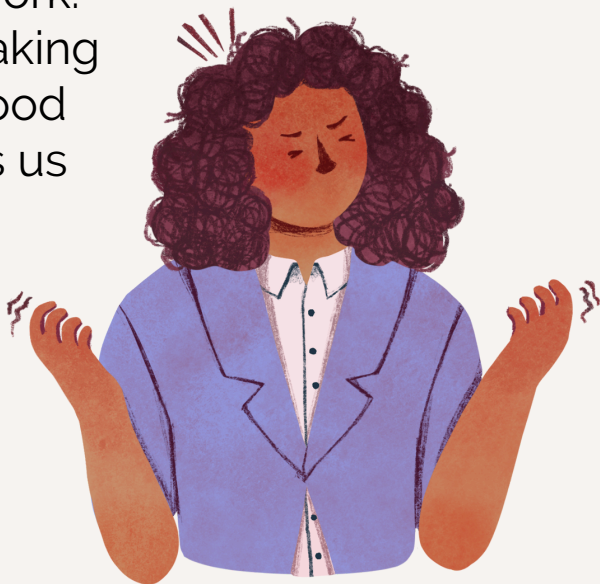
# What Is Mental Health?

Mental health is our emotional, psychological, and social well-being.

It affects how we think, feel, act, handle stress, and connect with others.

## Why It Matters

- Impacts daily life, relationships, and work.
- Affects decision-making and coping skills Good mental health helps us thrive.





# Waa Maxa Caafimaadka Dhimirka?

Caafimaadka maskaxda waa wanaaggaaga  
dareenka, nafsii ahaan, iyo bulsho ahaan.

Waxay saamaysaa sida aan u fakarno,  
u dareemno, u dhaqanno, u maareyno  
walbahaarka, iyo sida aan ula xiriirno  
dadka kale.

## Sababta Ay U Muhiim Tahay

- Waxay saameyn ku leedahay  
nolosha maalinlaha ah, xiriirada, iyo  
shaqada.
- Waxay saameyn ku leedahay  
go'aan qaadashada iyo xirfadaha la  
qabsiga, waxaana caafimaadka  
maskaxdu naga caawisaa inaan  
horumanno.



# Signs of Good Mental Health

- ✓ Being able to recognize and express emotions appropriately.
- ✓ Adjusting to changes without being overwhelmed.
- ✓ Maintaining strong and respectful connections with others.

# Signs of Mental Health Struggles

- ✓ Persistent sadness or low mood
- ✓ Excessive fears or worries
- ✓ Withdrawal from friends and activities
- ✓ Extreme mood changes



# Calaamadaha Caafimaadka Dhimirka ee Wanaagsan

- ✓ Inaad awooddo inaad aqoonsato oo aad si habboon u muujiso shucuurtaada.
- ✓ Inaad la qabsato isbeddellada adigoon dareemin culays ama welwel xad dhaaf ah.
- ✓ Inaad ilaaliso xiriiro xooggan oo ixtiraam leh oo aad la la leedahay dadka kale.

## calaamadaha lugu aqoonsado dhibaatooyinka Dhimirka

- ✓ Murugo joogto ah ama niyad jab
- ✓ Cabsi xad dhaaf ah ama welwel badan
- ✓ Ka fogaanshaha saaxiibbada iyo waxqabadka bulshada
- ✓ Isbeddello daran oo ku yimaado dabeecada qofka



# Coping Skills To Improve Your Mental Health



Do some light  
stretching



Write out your  
thoughts & emotions



Cook yourself  
a good meal



Try  
meditation



Get some enough  
sleep



Call a friend or  
family member

# Xirfado Lagu Hormario Caafimaadka Dhimirka



Samee jimicsi fudud



Qor fikirradaada iyo  
dareemahaada



Isu kari cunto  
wanaagsan



Isku day  
neefsashada  
qotada dheer



Hel hurdo ku filan



La xiriir saaxiib ama  
qof qoyskaaga ka  
mid ah

# Supporting Someone Who Is Struggling

**1**



Don't underestimate  
the problems they face

**2**



Listen without judgment

**3**



Offer encouragement and  
support

**4**



Remind them they're not  
alone

**5**



Encourage them to seek help  
if needed



# Taageeridda Qof La Tacaalaya Dhibaato

**1**



Ha yareysan dhibaatooyinka  
ay wajahayaan

**2**



Dhageyso adigoon xukumin

**3**



Sii dhiirrigelin iyo taageero

**4**



xasuusi inaysan keligood  
ahayn

**5**



Ku dhiirrigeli inay raadsadaan  
caawimaad haddii loo baahdo



# Breaking the Stigma Around Mental Health

- Many people experience mental health struggles
- It's okay to ask for help
- Everyone has ups and downs
- Talking to someone can help you feel supported and understood
- Small steps can make a big difference

# Jebinta Takooridda

- Dad badan ayaa la kulma caqabado la xiriira caafimaadka maskaxda.
- Waa caadi in aad caawimaad weydiisato.
- Qof kasta waxa uu maraa waqtiyo adag iyo kuwo farxad leh.
- In aad qof la hadasho waxay kaa caawin kartaa in aad dareento taageero iyo faham.
- Tallaabooyinka yaryar waxay samayn karaan isbeddel weyn.



# Final Message

You are not alone.

Take care of your mental health like you do your physical health.

Reach out, speak up, and support one another.



# Final Message

Adigu keligaa ma tihid.

Daryeel caafimaadkaaga maskaxda sida aad u daryeesho

caafimaadkaaga jirka.

La xiriir dadka kale, codkaaga muuji, oo is taageera.

